

11th Annual A5M Conference Preconference Workshop 3:

Healthy Gut Balance & the Prevention of Skin Disorders & Premature Ageing

4 AUGUST 2017 SOFITEL MELBOURNE ON COLLINS



PRESENTED BY

Dr Rhona Creegan (AU) Nutritional Biochemist
Marian Rubock (AU) Author, Nurse and Skincare Specialist
Cheryl Wiggins (NZ) Compounding Pharmacist
Ekta Tandon (AU) Educator, Cosmetic Nurse

8.30am – 5.30pm | Victoria Suites, Sofitel Melbourne on Collins

Our digestive system plays an important role in the function of the human body. Gut health has an enormous impact on all aspects of everyday life including physical appearance.

This one day preconference workshop will provide you with the opportunity to understand the connection between gut health balance and the prevention of skin disorders and ageing. The workshop will provide a framework for repairing both the body and skin and achieving realistic outcomes. It will encourage a holistic approach to skin and health; reviewing how to assess clients; and how to integrate treatment protocols and therapeutic strategies to the clinic environment.

Workshop Learning Outcomes

- Examine the link between a healthy gut balance and skin disorders and ageing skin
- Discuss the interaction between the human body, endocrine system and the resulting influence they have on the skin.
- Review the gut skin axis and its role in ageing and skin disorders anti-oxidants and inflammatory preparations. prebiotics, probiotics
- Review treatment protocols and therapeutic strategies including the role of nutritional support and supplements both internal and external (topical)
- Discuss new frontiers, novel products & topical and approaches
- Discuss a preventative approach to skin disorders and the role of inflammation and hormonal imbalances
- How to integrate treatment protocols and therapeutic strategies to the clinic environment and how to connect with your client/patient
- To assist the practitioner to take a holistic approach to skin and health and how to assess their client.

TOPICS:

1. Skin and the Microbiome Connection | **Marian Rubock** 8.30am – 10.30am

Typically we have taken a topical approach to skin complaints however I would like to suggest that our skin problems are more than superficial.

Our digestive health is the pivotal point which affects our skin, its hydration, ageing and function. Systemic inflammation & nutritional deficiency contribute to the vast majority of skin problems such as Acne, Rosacea, its ability to recovery from sun damage, eczema, dermatitis, psoriasis and premature ageing.

Learning Objectives

- To discuss the function of the gut microbiome
- Discuss the connections between the skin and the gut microbiome
- How to take a systemic approach to your client's health as well as their skin
- How to educate your client, assess their outcomes and create realistic expectations

2. Complex Interactions of Diet, Lifestyle and Environment with the Genome and Microbiome – Inner Health reflecting Outer Beauty | **Dr Rhona Creegan**

Genetics are what you're born with and epigenetics is what you can do about it. While your skin may be predisposed to wrinkles or pigmentation it doesn't mean that these genes will be expressed. This depends on the complex interactions of your diet, lifestyle and environment with gene expression and the microbiome. The type of food eaten, exposure to toxins and life stressors can markedly impact your health which can lead to skin

problems and premature ageing. The role of genetics, epigenetics, detoxification, hormone balance and digestive function in terms of skin health will be discussed, with a focus on strategies for achieving skin health.

Learning objectives:

- To understand the effect of diet, lifestyle and environment on gene expression
- To show how abnormal detoxification pathways can adversely affect multiple organ systems including the skin
- To learn how to achieve inner health in your patients which can improve skin health and promote healthy ageing
- How to assess toxicity, microbiome, hormone balance and nutrient status for targeted intervention strategies for inner health/outer beauty.

3. New frontiers, novel products & topical approaches in skin health and the role of nutritional support and supplements both internal and external (topical) to support gut health | Cheryl Wiggins (NZ)

The more we learn, the more we know – the more we need to keep reviewing our approach and how we see health and successful aging. A healthy skin is now so much more than what we see, working with what we see and what is below – the iceberg effect.

In this workshop, you will

- Learn about new ideas and thinking in skin health products both topical and internal.
- Share and understand why the “individual” approach is so important, its’ never just one thing.
- Understand thinking from a compounding pharmacists point of view, when to apply, push through the skin or swallow or all the above and why it is so important to the gut/brain/skin axis.
- Share the concept of the gut/brain/skin axis and future thinking in skin/gut health
- Review some novel ideas, where to from here?

4. Understanding the Cosmetic Medical Practice: Patient Journey | Ekta Tandon (AU)

Learning Objectives:

- Explain the roles and responsibilities of the dermal therapist and cosmetic nurse within a cosmetic medical practice
- Discuss the appropriate dermal therapies applied to each specific skin condition and assess their indications, contra-indications, downtime and potential complications – Acne, Pigmentation, Rosacea, Aged skin
- Assess consultation, consent, post procedure care and documentation techniques used in a cosmetic medical practice for dermal therapies
- Understand the importance of prepping skin with cosmeceuticals prior to skin treatments
- Discuss how to minimise complications
- Case Studies

5. Q&A Panel Discussion | ALL

All delegates will receive printed workbook, certificate of attendance, morning and afternoon refreshments and lunch.

 **Register Now**

PRICE | \$450 for AACDS Graduates To registration, please use **PROMO CODE: AACDS**

PROFESSIONAL DEVELOPMENT POINTS: This activity is eligible for CPD points with the following associations.



ACN

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COURSE

NURSES: This activity is endorsed by **ACN** according to our Continuing Professional Development (CPD) Endorsed Course Standards. It has been allocated 7 CPD hours according to the *Nursing and Midwifery Board of Australia – Continuing Professional Development Standard*.

PHARMACISTS: This activity is eligible for Group 2 CPD Activity by the Pharmacy Board of Australia and will provide **Pharmacists** with 14CPD Points after all the requirements are fulfilled and the participants knowledge and skills can be demonstrated through the successful completion of an assessment.

This workshop is proudly sponsored by our Education Partner

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