



## Laser Florence 2003

### LASER FLORENCE 2003 –HIGHLIGHTS FROM THE MEETING

Laser Florence 2003 is over, this year meeting, as before, yielded a substantial quantity of new and interesting innovations.

Again ,the importance of lasers, for day care hospitals was shown and strengthened.

**Day care Surgery** Procedures, that not long ago, required expensive hospital stay, are nowadays performed in a sterile operating room, without the need of hospital stay.

For example, intervertebral disk hernia,are treated with lasers conveyed with a fiber optic inserted through a needle similar to the conventional epidural needle, the laser evaporate a small amount of the disk thus reducing /decompressing the hernia with immediate and long-lasting effect for the patient .

This type of operation,was practiced already, in 1986, elsewhere.

In Italy, however, it has been attempted only last year during Laser Florence 2002. This year, the main authorities of this field were gathered here in Florence and have performed several such operations in the Casa di Cura S.Chiara of Florence. So, J.Hellinger(Germany,with over 60.000 operations performed) , DS.Nakay (Japan), M.Marumo (Japan),H.Brat (Belgium),PPM.Menchetti (Italy),and others have demonstrated the evolution, material and methods used, histology and the long term results- all the necessary evidence–based material, needed for the conclusion that partial nucleolysis by laser , is the treatment of choice, for intervertebral disk hernia .

**Lasers vs. Traditional Surgery** Very interesting, was the session dedicated to, comparison of lasers with traditional methods .R Waynant (USA,FDA) illustrated the guiding lines of the FDA ,regarding the use of medical lasers. R.Waidelich (Germany)showed the utility of lasers in Surgical Urology .V.Jeghanathan(India) in Proctology, B.K.Rau in Bronchology, N.Mortellaro in Inguinal Hernia .

I. Kaplan has stressed the importance of lasers and particularly the CO<sup>2</sup> laser in Esthetics . **Side effects and complications of laser and pulse light** it has been emphasized, in this session , that complications are the results ,not only of of injudicious use of the laser beam, but also of intense pulsed light (IPL).The fact that there is ,a significant increase in the number of patients seeking corrective treatment, due to complications from laser and light-based hair removal, subsurface laser/light rejuvenation techniques, and other cosmetic medical/surgical procedures performed by nonphysicians, without adequate training or supervision, driven by easy profit making and unrealistic advertisement, indicates the need for improved awareness, legislation, and enforcement regarding the nonphysician practice of medicine, along with further study of this issue.

Penny Smalley, demonstrated the model of an ideal laser nurse and has shown the existence of confusion among different companies regarding safety and protection means. The issue ,was exhaustively discussed by A. Sona (Italy. President of the Committee UNI-CEI for laser safety ).



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**Other sessions** were dedicated to special issues, such as hypoglycemic effects of laser in diabetic patients, a special attention was also given to the laser treatment of vascular lesions e.g. angiomas (S.Lanigan, Birmingham) and photocoagulation of the saphena veins moderated by some authorities including Angelo Scuderi (Brasil , President of the Union Internationle de Phlebologie ).

**Physics and Basic Research** .Many Innovations and new techniques were presented in this session, under the guide of M.L. Pascu (Romania) S.Gabay (Israel) and L.Navratill (Rep.Czech).

**Dermatology and Cosmetic Surgery** a special emphasis, was put on tattoo removal including post-traumatic, AM .Baruchin (Israel ).The mechanism of auction of the pulsed light and laser in the rejuvenation process were discussed by R.Lubart (Israel). New devices for this purpose were demonstrates by K.Khatri (USA).

**Wound Healing** the session was moderated by J .Andres and, was dedicated to the influence of lasers on wound healing, positive effects were shown,during the proliferative and regenerative phases of nerve fibers .Anti-inflammatory effects were shown as well , T.Oshiro (Japan).

E.Battle (USA)moderated a very interesting session, were the advantages and limits of the laser and IPL, in skin depilation as well as the use of pulsed light for the treatment of vitiligo . and psoriasis.

**Maxillofacial and Dentistry** Dentists from Brasil,A.Brugnera and T.Pinheiro have discussed the practical uses of laser in Maxillofacial surgery and dentistry together with G.Lynn-Powell and (R.Convissar USA) and EP Tomasini (Italy) continued to show his studies on laser vibrometry.

**Ophthalmology** A. La Torre and M. Mertz have drawn the limits of the photodynamic therapy for macular degeneration and a new technique was proposed C. Forlini (Italy).

**Otolaryngology** moderated by V. Oswal (GB), S.Wolf (Germany) and M.Remacle (Belgium) has discussed similar issue in their specific field.

**Prizes** The prizes for the best lecture were won by:

**Gideon Ho** (Glasgow Univ,) for a lecture on the effects of low level laser on skin substitutes.

**F. Baldini** (Ist.di Fisica Applicata, Univ.Di Firenze) for a talk concerning clinical monitoring with fiberoptics

**M.Kardasi**(Athens,Greece) for her lecture on skin rejuvenation with ablative and non-ablative lasers

**M. Fantato**(Milan Italy )for the treatment of psoriasis and vitiligo with pulsed light

**T.Rappi** (Graz Univ.) for laser treatment of Carpal Tunnel Syndrome.

**S.Hartner** (Marburg Univ.) For the photo –induced release of drugs.

Participants there were **268** participants from **31** nations including delegates from the European community, FDA, WHO. Also to be mentioned are Dr.A.Panti President of Ordine dei Medici di Firenze ,Dr.Cioni ,assessor for Health of the Community of Florence.



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A letter of congratulation was sent by the **President of the Italian Republic**.

It is also important to note that, Laser Florence is Patronized by the ministers of University and Scientific Research and of Health, as well the Regione Toscana .Moreover ,The

European Community, for over 3 years now,include Laser Florence in the strict cycle of High Level Scientific Conference and is being considered as a European Reference Point for International Laser Medicine .

It is mentioned and referred to in their bulletin CORDIS.

The abstracts are published by Springer (London) in their Journal Laser Medical Science (Impact Factor> 1) .

The Proceedings will be printed by SPIE of Bellingham, USA

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**Arrivederci in Laser Florence 2004 ,October 28-30 2004 .**