

**LATVIAN ASSOCIATION OF BEAUTICIANS AND COSMETOLOGISTS
CONFERENCE "MULTIDISCIPLINARY APPROACH TO ACNE
TREATMENT"**

**2 November
Hall II, conference room No. 3**

- 9.15–9.55 Registration
- 10.00–10.05 Opening remarks
Welcome address by Nellija Janaus, president of the Latvian Association of Beauticians and Cosmetologists (LKKA)
- 10.05–10.25 **Epidemiology and pathogen directed treatment of acne vulgaris**
Ināra Stepanova, dermatologist, cosmetologist, president of the Latvian Association of Cosmetology Doctors, LKKA board member
- 10.25–10.55 **Nutrition as information. The role of nutrition in correcting inflammatory processes in the skin**
Dr. Antra Briede, specialist in orthomolecular medicine
- 10.55–11.15 **The maze of nutrition for acne patients**
Gundega Rudzīte-Aņiščenko, certified nutritionist
- 11.15–11.35 **Food intolerance and acne**
Dr. Viktorija Priedīte, laboratory specialist
- 11.35–11.55 **Acne scars: how can we help?**
Dr. Aleksejs Zavorins, dermatologist, member of European Academy of Dermatology and Venereology
- 11.55–12.30 Coffee break
- 12.30–12.50 **The influence of psychoemotional factors on the skin condition**
Elīna Selēviča, psychologist
- 12.50–13.10 **Acne in problematic skin conditions**
Dr. Agnese Portnaja, dermatologist
- 13.10–13.30 **Massage techniques for acne treatment**
Natalia Yevkina (Russia), cosmetologist, international trainer, author of massage techniques, member of Russian mesotherapy and aesthetic medicine associations, manual therapist, teacher of Enrique Garcia methodology
- 13.30–13.50 **Holistic approach to treat acne**
Inga Millere, beautician, director of Aromatherapy Training and Consultation Centre "Larēna"
- 13.50–14.10 **The efficacy and use of herbal active substances in acne treatment**
Renāte Reinsone, beautician, LKKA Board member
- 14.10–14.30 **Acne vulgaris – homeopathic treatment options**
Dr. Irina Vdovičenko, Irina Vdovičenko Medical Practice

14.30–14.50 **Acne vulgaris – gynaecologist and endocrinologist's point of view**
Dr. Eva Barkāne, gynaecologist

14.50–15.10 **How to increase acne patients' satisfaction with treatment results?**
Importance of cooperation among specialists
Dr. Dārta Miķelsone, general practitioner