



Asian Society for Pigment Cell Research

**SAVE THE DATE : 11TH ANNUAL ASPCR MEETING
24-25TH MAY, TAIPEI, TAIWAN**

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Visit our new website!

Welcome to our “new” official website of the Asia-Pacific Society for Pigment Cell Research (ASPCR).

As a member of the International Federation for Pigment Cell Societies, ASPCR plays a pivotal role in promoting collaboration and knowledge exchange across borders.

Explore our website to discover valuable resources, connect with experts, and stay updated on the latest developments in pigment cell research.

Official website link: <https://www.aspcr.org>

ASPCR 11th Annual Congress 2024 is now open for registration!

**SAVE THE DATE:
May 24-26, 2024 - Taipei**

The registration for our 11th ASPCR Annual Congress is now open. The conference will be held on 24 - 26 May 2024 at the Taipei International Convention Centre in Taipei, Taiwan.

This event will offer fresh perspectives on pigment cell disorders, aesthetics, dermatology, and anti-aging medicine. See inside this newsletter for more detailed information about the upcoming congress.

ASPCR COUNCIL MEMBERS 2024



Dr Eric Cheng-Che Lan – President

- Vice President for Global Affairs, Kaohsiung Medical University
- Professor and Chair of the Dermatology Department at the Kaohsiung Medical University Hospital, Kaohsiung Medical University.
- Editor-in-chief of Photodermatology, Photoimmunology & Photomedicine
- Section editor of the Journal of Dermatological Science
- Council member of the International Federation of Pigment Cell Societies and the president of Asian Society of Pigment Cell Research

Dr Michelle Rodrigues – Secretary General

- Director of Chroma Dermatology
- Consultant at the Department of Dermatology at The Royal Children's Hospital
- Co-founder of the Vitiligo Clinic at the Skin Health Institute, Melbourne



A/Prof Adrian Mar – Co-treasurer



- Head of the Department of Dermatology at Monash Health
- Adjunct Associate Professor in the Department of Medicine, Monash University.
- Director of NorthWestern Dermatology, Melbourne
- Co-founded the Vitiligo Clinic at the Skin Health Institute, Melbourne, where he is a visiting consultant

Dr Emily Gan Yiping – Co-treasurer

- Senior consultant dermatologist and paediatric dermatologist at the KK Women's and Children's Hospital (KKH), Singapore
- Visiting consultant at the Department of Dermatology, Singapore General Hospital (SGH)
- The lead of the Pigmentary disorders clinics at both KKH and SGH.



Dr Rashmi Sarkar – Immediate Past President

- Director Professor (Senior Professor) in Department of Dermatology and Venereology at Lady Hardinge Medical College & Associated SSK and KSC Hospitals, New Delhi, India of Delhi University.

ASPCR COUNCIL MEMBERS 2024

Dr Boon Kee Goh

- Consultant dermatologist at Skin Physicians in Singapore
- Renowned speaker in international dermatological meeting
- Contributing author in the surgical treatment of vitiligo in two leading textbooks of vitiligo



Prof Sang Ho Oh

- Professor and Chair, Department of Dermatology at Yonsei University College of Medicine
- Director of Cutaneous Biology Research Institute, Yonsei University College of Medicine
- Head of Department of Dermatology and Severance Hospital
- 2023 PCMR Thomas B. Fitzpatrick Medal (International Federation of Pigment Cell Societies) and Section Editor for many SCI journals

Prof Chengfang Zhang

- Vice chair of Dermatology at Huashan Hospital, Shanghai Medical College, Fudan University.
- Published over 30 international peer-reviewed articles, including top journals in dermatology including JAMA Dermatology, Journal of Investigative Dermatology, British Journal of Dermatology.
- Multiple oral presentations in international conferences



A/Prof Chau Yee Ng

- Dermatologic Surgeon, Chang Gung Memorial Hospital (CGMH) Linkou Taipei Main Branch, Taiwan
- Director, Vitiligo clinic and pigment research center, CGMH
- Chair, Dermatology and Aesthetic Medicine Center, Jen Ai Br. CGMH
- Published 60+ SCI articles and has special interest on pigmentary disorder and skin imaging, National Innovation award for OCT Skin imaging invention

ASPCR COUNCIL MEMBERS 2024

Dr Lu Yan

- Director of the Dermatology Department at Jiangsu Province Hospital, the First Affiliated Hospital with Nanjing Medical University.
- Focuses on basic research of the pathogenesis and clinical management of vitiligo
- Nomination for the 2010 Annual Young Researcher Award by the American Society for Pigment Cell Research



A/Prof Si-Hyung Lee

- Work in the Department of Dermatology at Seoul National University College of Medicine, Seoul, Republic of Korea.
- Published over 35 scientific papers and has special interests in pigmentary diseases.

Dr Surabhi Sinha

- Work in the Department of Dermatology at Lady Hardinge Medical College, New Delhi, India.
- More than 60 publications in peer-reviewed journals
- Co-authored six textbooks of dermatology.



ASPCR 11TH ANNUAL CONGRESS 2024



Co-joint AMWC Asia-TDAC

MAY 24-26 2024

2-Day Conference Pass Rates

ASPCR Members* : USD 200

Non-Members : USD 600

Abstract submission deadline **20 Mar 2024**

For more details on abstract submission,
please refer to the our website at
<https://www.aspcr.org/abstract/>

*To find out more about becoming an
ASPCR member, visit our website at
<https://www.aspcr.org/membership/>

Scan to register



Or use this
registration link



**Taipei International
Convention Center**

For more details visit:

<http://www.aspcr.org>

Email: aspcr@aspcr.org



CALL FOR ABSTRACT

Let's seize the opportunity together!

Submit your abstracts now to ASPCR via email and stand a chance to **win one of five travel grants**, each totaling USD 400 in cash and USD 200 credited in-house towards registration fees.

We encourage all researchers to contribute their original researches, structured under headings such as **Background, Objectives, Materials & Methods, Results,** and **Conclusion**. For case reports, structured abstracts are not required.

Send in your abstracts to **aspcr@aspcr.org** and be part of this enriching experience!

Categories & Topics

- **Pigmentary disorders: clinical studies**
- **Pigmentary disorders: basic/translational studies**
- **Therapies for pigmentary disorders**
- **Vitiligo**
- **Others**

Abstract submission deadline: 20 March 2024



MEMBERSHIP BENEFITS

- FREE online subscription to Pigment Cell and Melanoma Research journal
- Privileged registration fees to the ASPCR annual meeting
- Privileged registration fees for all sister pigment cell research societies around the world (JSPCR, ESPCR & PASPCR)
- Lower registration fees to the triennial IPCC
- Travel Awards and Scholarships
- Networking opportunities with dermatologists, scientists and industry experts
- An online discussion platform for members Regular updates and newsletters on research, practice and education in this sphere of dermatology and pigment cell research.

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RESEARCH SPOTLIGHT

*Did you know your membership gives you FREE access to the journal *Pigment Cell and Melanoma Research (PMCR)*?*

In this Research Spotlight, we highlight articles centering on melasma treatment, covering topical agents, photobiomodulation, and oral tranexamic acid, specifically tailored for skin of color. Special thanks to Professor Zhang at Huashan Hospital for sharing their recent research on the effectiveness and safety of home-based 590 nm light-emitting diodes in treating facial melasma. We encourage fellow members to submit their contributions for further exploration in this field.

Embark on a journey with us to delve into the latest advancements in melasma treatment, providing practitioners with evidence-based strategies for optimal patient care!

Editorial team lead: Dr. Chau Yee Ng
Section Editor: Dr. Wei-Kai Hung, Dr. Shu-Hao Lin

Efficacy and safety of a novel triple combination cream compared to Kligman's trio for melasma: A 24-week double-blind prospective randomized controlled trial

- Bertold C, Fontas E, Singh T, et al. Efficacy and safety of a novel triple combination cream compared to Kligman's trio for melasma: A 24-week double-blind prospective randomized controlled trial. *J Eur Acad Dermatol Venereol*. 2023;37(12):2601-2607. doi:10.1111/jdv.19455

The study conducted a 24-week investigation comparing the efficacy and safety of a novel triple combination cream, New Trio (NT), with the established Kligman's Trio (KT) in treating melasma. Forty patients with melasma were randomized into NT and KT groups, both showing significant improvements in the modified Melasma Area Severity Index (mMASI) scores after 12 weeks of treatment. Interestingly, the NT group exhibited a greater mean improvement in mMASI compared to the KT group, although the difference was not statistically significant. Quality of life assessment using the MelasQoL questionnaire indicated a more substantial improvement in the NT group, suggesting enhanced patient satisfaction and well-being. Despite observing a partial relapse in both groups during the 12-week follow-up, there was no indication of melasma severity rebounding or worsening, indicating the sustained efficacy of both treatments. The study highlighted the potential benefits of the NT combination, particularly for individuals prone to skin irritation and hyperpigmentation. Overall, the NT combination demonstrated promising efficacy and tolerability, positioning it as a viable alternative to the traditional KT regimen for managing melasma. The study also emphasized the importance of further research involving diverse populations and skin types to better define the role of the NT combination in melasma treatment, acknowledging the evolving landscape of treatment options in clinical practice.

RESEARCH SPOTLIGHT

Efficacy and safety of topical agents in the treatment of melasma: What's evidence? A systematic review and meta-analysis

- Chang YF, Lee TL, Oyerinde O, et al. Efficacy and safety of topical agents in the treatment of melasma: What's evidence? A systematic review and meta-analysis. J Cosmet Dermatol. 2023;22(4):1168-1176. doi:10.1111/jocd.15566

The systematic review and meta-analysis on the efficacy and safety of topical agents in treating melasma provide a comprehensive assessment of various treatment modalities for this common dermatological condition. Drawing from a pool of 45 studies involving 2359 patients for efficacy evaluation and 55 studies with 4539 patients for adverse effects assessment, the analysis offers insights into the effectiveness and safety profiles of different topical agents. Notably, hydroquinone (HQ) monotherapy, HQ-containing combination therapy, cysteamine, tranexamic acid, azelaic acid, and kojic acid demonstrated comparable efficacy in reducing Melasma Area Severity Index (MASI) scores, while zinc sulfate did not exhibit significant improvement. The study underscores the importance of individualized treatment approaches, taking into account patient-specific factors such as tolerance and preferences to optimize treatment outcomes in melasma management. Furthermore, the analysis revealed that HQ-containing combination therapy and cysteamine had the highest incidence of skin irritation, emphasizing the need for careful monitoring of adverse effects during treatment. The review also addresses challenges related to study heterogeneity, including variations in treatment protocols, study designs, and participant demographics, which may impact the interpretation and generalizability of the results. Additionally, the review highlights limitations in the existing literature, such as potential biases in randomized controlled trials and inconsistencies in outcome measurement, emphasizing the importance of methodological rigor in future research on melasma treatments. Overall, this systematic review and meta-analysis offer valuable insights for clinicians in making informed decisions tailored to individual patient needs and preferences in the management of melasma.

RESEARCH SPOTLIGHT

Best practices in the treatment of melasma with a focus on patients with skin of color

- Desai SR, Alexis AF, Elbuluk N, et al. Best practices in the treatment of melasma with a focus on patients with skin of color. J Am Acad Dermatol. 2024;90(2):269-279. doi:10.1016/j.jaad.2023.07.1045

The paper discusses melasma treatment in patients with skin of color, emphasizing its chronic nature and the necessity for lifelong care. It outlines various topical agents, stresses patient adherence and tolerability, and highlights the importance of combining skin-lightening agents with photoprotection for effective management while cautioning about adjunctive procedures' conservative use.

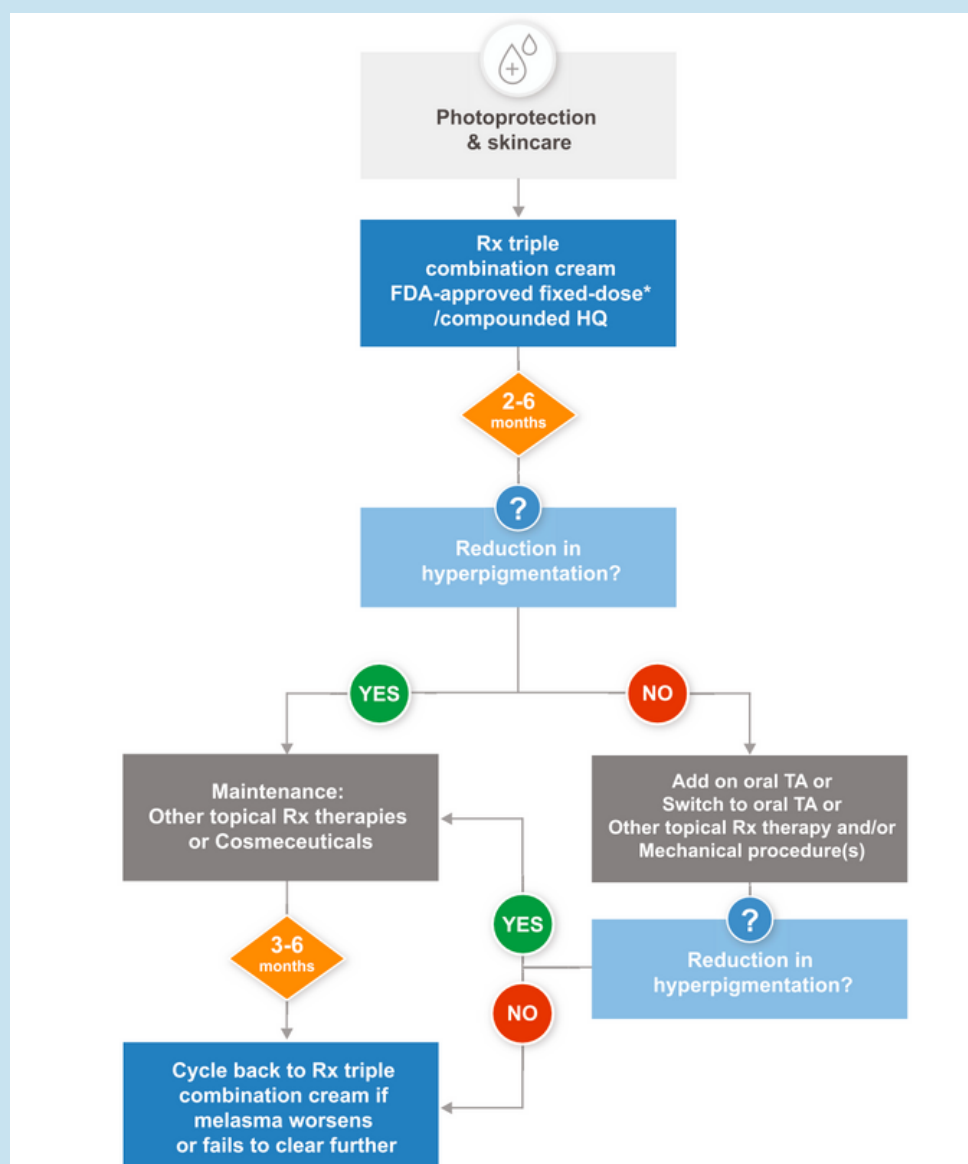


FIGURE 1. MELASMA TREATMENT ALGORITHM.

Photobiomodulation for melasma treatment: Integrative review and state of the art

- Galache TR, Sena MM, Tassinari JAF, Pavani C. Photobiomodulation for melasma treatment: Integrative review and state of the art. Photodermatol Photoimmunol Photomed. 2024;40(1):e12935. doi:10.1111/phpp.12935

This review presents the potential of photobiomodulation therapy in managing melasma. Clinical studies, supported by in vitro experiments and animal models, suggest that photobiomodulation therapy effectively reduces melasma-associated hyperpigmentation. Specific wavelengths, such as red (630 nm), amber (585 and 590 nm), and infrared (830 and 850 nm), at radiant exposures between 1 and 20 J/cm², have been shown to modulate tyrosinase activity, gene expression, and protein synthesis of melanocytic pathway components, leading to a significant reduction in melanin content. Additionally, photobiomodulation therapy has demonstrated efficacy in improving dermal structure and reducing erythema and neovascularization, which are pathological components of melasma. These findings suggest that photobiomodulation therapy holds promise as a contemporary and non-invasive approach for treating melasma, offering potential benefits beyond inhibiting melanogenesis by addressing other key features of the condition, such as vascularization and dermal conditions. However, the review emphasizes the need for robust and well-designed clinical trials to improve the evidence level of this approach.

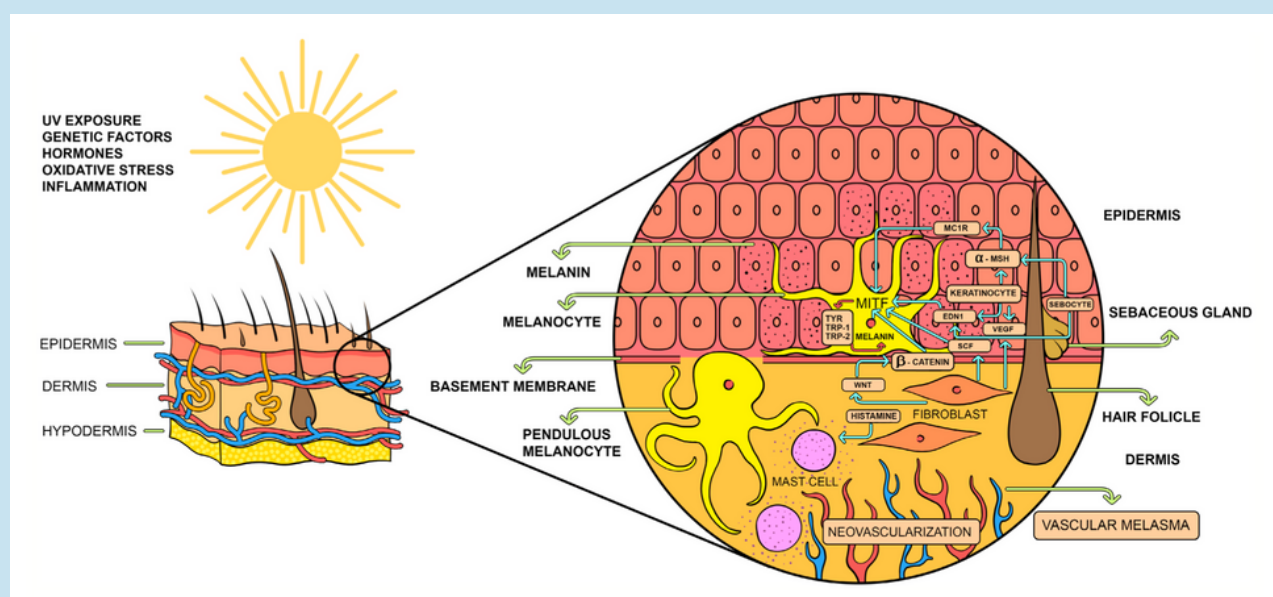


FIGURE 2. CELLS AND SIGNALING PATHWAYS RELATED TO SKIN PIGMENTATION.

RESEARCH SPOTLIGHT

The optimal dose of oral tranexamic acid in melasma: A network meta-analysis

- Wang WJ, Wu TY, Tu YK, Kuo KL, Tsai CY, Chie WC. The optimal dose of oral tranexamic acid in melasma: A network meta-analysis. *Indian J Dermatol Venereol Leprol.* 2023;89(2):189-194. doi:10.25259/IJDVL_530_2021

This network meta-analysis conducted by Wang et al. aimed to determine the optimal dose of oral tranexamic acid for treating melasma. Through a comprehensive search of studies up to September 2020, six randomized controlled trials were included in the analysis. The study found that the most effective dose of oral tranexamic acid for melasma treatment is 750mg per day in three divided doses for 12 consecutive weeks. The authors utilized the Melasma Area and Severity Index (MASI) as the standard tool to evaluate melasma severity and employed a random effects model for statistical analysis. Despite some limitations, such as potential inter-observer bias and incomplete data in some studies, the results provide valuable insights for clinical decision-making. This research contributes to the understanding of optimal dosing strategies for oral tranexamic acid in melasma treatment, offering guidance for healthcare providers in developing personalized treatment plans for patients with this dermatological condition.

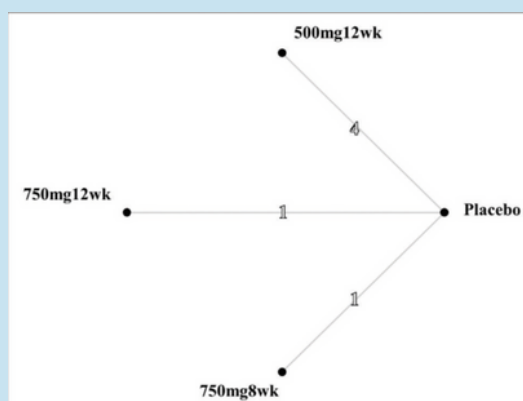
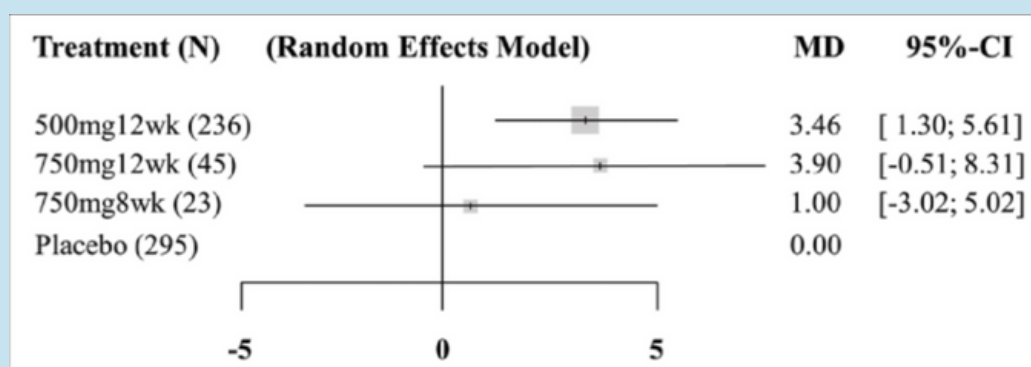


FIGURE 3. NETWORK STRUCTURE

FIGURE 4. FOREST PLOT OF THE NETWORK META-ANALYSIS.



RESEARCH SPOTLIGHT

Efficacy and safety of home-based 590 nm light-emitting diodes and in-hospital 1064 nm Q-switched Nd:YAG laser in the treatment of facial melasma: A single-centre, prospective, randomized clinical trial

- Xuan YJ, Dai XX, Chen L, Xiang LH, Jin SL, Zhang CF. Efficacy and safety of home-based 590 nm light-emitting diodes and in-hospital 1064 nm Q-switched Nd:YAG laser in the treatment of facial melasma: A single-centre, prospective, randomized clinical trial. *J Eur Acad Dermatol Venereol.* 2024;38(2):e162-e164. doi:10.1111/jdv.19510

This single-center, prospective, and randomized study, recently published in JEADV, reported a controlled comparison of fifty melasma patients randomly assigned to receive either home-based 590nm LEDs treatment or in-hospital 1064nm QSNY treatment, with sufficient documentation on follow-up at weeks 0, 4, 8, 12, and 16. One group was instructed to use home-based LEDs emitting amber light with a wavelength of 590nm \pm 10nm and a power density of 10mW/cm² for approximately 5–6 minutes, once a day for 16 consecutive weeks, while patients in the other group were treated with 1064nm QSNY at the hospital monthly. The QSNY treatment was delivered to the pigmentary lesions in a three-pass fashion, with fluence ranging from 800 to 1000mJ/P and a repetition rate of 2Hz. Melanin index (MI), erythema index (EI), and the modified melasma area severity index (mMASI) were conducted by two dermatologists independently and recorded. Side effects were carefully evaluated. The average mMASI scores, MI, and EI all decreased significantly in both groups. Between the groups, no statistical differences were revealed in the decrease of the average mMASI score, MI, and EI. No side effects were reported in this study. Therefore, home-based 590nm LEDs and in-hospital 1064nm QSNY exhibit comparable efficacy and safety in melasma management. The non-invasive, portable, painless, safe, and cost-effective features of home-based 590nm LEDs make it a promising therapeutic alternative for melasma.

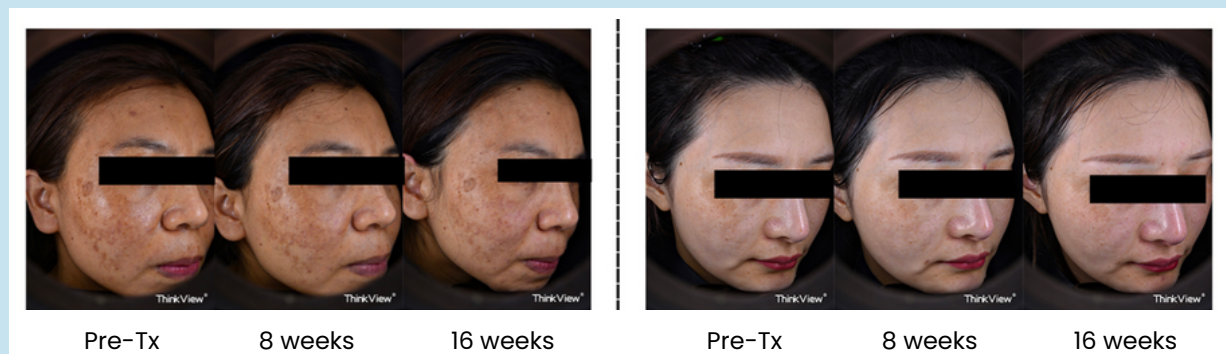


FIGURE 1 (MODIFIED). FACIAL MELASMA TREATED WITH 590 NM LEDs (LEFT) OR 1064 NM QSNY (RIGHT)

ASIAN SOCIETY FOR PIGMENT CELL RESEARCH



The ASPCR was founded in 2004 with the aim of promoting research, education and relations between those in the Asia-Pacific region who are interested in dermatological problems that arise from pigment cell abnormalities. **This organisation is a part of the International Federation for Pigment Cell Societies.**

Leading clinicians, researchers, educators and industry representatives collaborate and interact with ASPCR members as well as the other organizations around the world that are a part of the IFPCS. The activities organized by the ASPCR including the annual ASPCR conference, which is hosted in a different Asian country each year.

Access to the pigment cell and melanoma research (PCMR) journal, scholarships, opportunities to present research and social activity that promotes working relationships and friendships are all intrinsic benefits of ASPCR membership.

More about ASPCR



Join ASPCR membership



EDITORIAL TEAM

Dr Tsung-Fu (Henry) Tsai

Hello, I'm Henry, a Dermatology resident currently undergoing training at Chang Gung Memorial Hospital in Taiwan. I have a strong passion for traveling, playing football, and, without a doubt, coffee. I am looking forward to taking part in the pigment cell community!



Ms Sue Liu

Hi there, I'm Sue and I'm a final year medical student at Monash University in Melbourne, Australia. I grew up in New Zealand but have loved to travel ever since I was young to all corners of the globe. When I'm not on a plane, my guilty pleasure is watching medical dramas such as Grey's Anatomy and the Good Doctor!

Dr Wei-Kai (Jacky) Hung

Hello everyone, I'm Dr. Wei-Kai Hung, currently a fourth-year resident at Chang Gung Memorial Hospital, Linkou branch in Taiwan. I enjoy reading crime fiction in my leisure time. I have an interest in the fields of drug allergies, cosmetic medicine, and pigmentary skin disorders. I am thrilled to be a part of the pigmentary skin research team.



EDITORIAL TEAM

Dr Samuel Morriss

Hello, I'm Sam and currently an intern at the Royal Melbourne Hospital in Melbourne, Australia. My hobbies include watching shows, exploring nature and trying new food places. I am honoured and excited to work alongside a team that values and promotes the importance, research and impact of pigmentary disorders.



Dr Shu-Hao Li

Hello, I am Dr. Shu-hao, presently serving as the Chief Resident within the Dermatology Department at Chang Gung Memorial Hospital in Linkou, Taiwan. During my leisure hours, I have a keen interest in immersing myself in the world of pop music and exploring various destinations through travel. It brings me great satisfaction to contribute to the field of pigment cell research.

Dr Ya-Wen (Sara) Tsai

Hello, I'm Ya-Wen Tsai, a fourth-year dermatology resident from Chang Gung Memorial Hospital in Taiwan. My life is a tapestry of diverse interests, and I'm fervently devoted to jazz music, the allure of hiking, and the thrill of globetrotting. I am looking forward to joining the dynamic world of the pigment cell community!



Please Join Us !

Join the ASPCR community for free access to the journal Pigment Cell and Melanoma Research, discounted member activities, travel awards and scholarship opportunities, and networking opportunities with experts in different fields. Discounted memberships apply for residents!

Website : <https://www.aspcr.org/membership/>



Group photo : 2023 ASPCR Council Members in WCD, Singapore

Acknowledgment for Newsletter Editorial Team:

2023 September Issue : Dr. Michelle Rodrigues, Dr. Samuel Morriss, Dr. Sue Liu

2023 December Issue : Dr. Chau Yee Ng, Dr. Ya-Wen Tsai, Dr. Tsung-Fu Tsai

2024 March Issue : Dr. Chau Yee Ng, Dr. Wei-Kai Hung, Dr. Shu-Hao Lin



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