



**INTELLIGENT
BEAUTY
CONGRESS OF
AESTHETIC
MEDICINE**

**19 – 20 June 2023
09:00-19:00
ATTA CENTRE,
Krasta street 60,
Riga ,Latvia**



Intelligent Beauty Congress of Aesthetic Medicine - costs and registration
<https://www.kosmetikprof.com/register-now>

Intelligent Beauty Expo - entry to the exhibition is free

All Congress participants are issued certificates of attendance.


8 TIP for every Congress day - cosmetologists (MD) and beauticians receive the Congress Certificate


12 TIP for every Congress day - Physicians receive RSU Certificate

19.06.2023 09:00-19:30	Hall 1	«All about a menopause: nutrition, lifestyle, aesthetic and skincare management. How to evaluate an individual condition, create a personalised lifestyle and diet and choose right procedure or range of skincare products» Conference Supervisor Dr.Tiina Orasmae Meder (Great Britain) – MD (dermatologist), cosmetologist, designer of innovative cosmoceutical formulations and protocols, expert in cosmetic products efficacy and safety, member of the expert panel at the Ukrainian Medical Laser Association, author of multiple publications in international journals.
	Hall 2	 EN/RU New Trends & Health Technologies Supervisors Dr. Egor Kolodchenko (Ukraine) - MD, PhD, dermatologist of the highest category, member of EADV, ESLD, president of the laser medicine and cosmetology association of Ukraine, member of West European Board IMCAS, international speaker on laser and mechanical methods, member of the Experts Council of the Association of Aesthetical Gynaecology and Andrology of Ukraine. Dr. Dina Mihailova (Latvia) , dermatologist specialist in laser technologies, President of the Latvian Aesthetic Dermatology Association (LEDA)
	Hall 3	Seminar: "The Secret Of Popularity Of Icoone" The organiser: Company INOMEDIS
	Lobby 2	Brands Workshop
19.06.2023 19:30-23:30	Lobby 4	Congress Disco Time
20.06.2023 09:00-19:30	Hall 1	"How to achieve good results from cosmetic procedures without using botulinum toxin, fillers and laser technologies" ,Conference Scientific supervisor : Dr Ludmila Stavro-Freiberga (Latvia) ,Head of the Clinic for Preventive and Aesthetic Medicine Panacea Premium, developer of skincare brand Response by Dr. Stavro, curator of the University of Educational Medicine in Latvia, member of the Board of the Latvian Anti -Aging and Integrative Medicine Association (LAAIMA)
	Hall 2	 EN/RU V Baltic Anti-age Symposium Supervisor Dr.Kristīne Azarjana (Latvia) MD PhD, dermatologist, venereologist, Board member of the Latvian Dermascopy Society
	Hall 3	EN/RU New Trends & Health Technologies Supervisors : Dr. Egor Kolodchenko (Ukraine) - MD, PhD, dermatologist of the highest category, member of EADV, ESLD, president of the laser medicine and cosmetology association of Ukraine, member of West European Board IMCAS, international speaker on laser and mechanical methods, member of the Experts Council of the Association of Aesthetical Gynaecology and Andrology of Ukraine. Dr. Dina Mihailova (Latvia) , dermatologist specialist in laser technologies, President of the Latvian Aesthetic Dermatology Association (LEDA)
	Hall 4	Conference: The Future of Skincare MEDER day. Closed conference Meder Beauty Science Supervisor Dr.Tiina Orasmae Meder (Great Britain) – MD (dermatologist), cosmetologist, designer of innovative cosmoceutical formulations and protocols, expert in cosmetic products efficacy and safety, member of the expert panel at the Ukrainian Medical Laser Association, author of multiple publications in international journals.
	Lobby 2	Brands Workshop

The Congress is supported by Riga Pauls Stradins University (*Rīgas Stradiņa Universitāte*), *LKKA*, *Baltic SPA association*, *Latvian Aesthetic Dermatology Association (LEDA)*, *Association of Laser Medicine and Cosmetology of Ukraine*

Preliminary program

19.06.2023 Зал 2	 EN/RU “New Trends & Health Technologies Forum”	Supervisors Dr. Egor Kolodchenko (Ukraine) - MD, PhD, dermatologist of the highest category, member of EADV, ESLD, president of the laser medicine and cosmetology association of Ukraine, member of West European Board IMCAS, international speaker on laser and mechanical methods, member of the Experts Council of the Association of Aesthetical Gynaecology and Andrology of Ukraine. Dr. Dina Mihailova (Latvia) , dermatologist specialist in laser technologies, President of the Latvian Aesthetic Dermatology Association (LEDA)
10:00-10:30	Commercial Empathy or Rise of the Machines	Katya Levit (Israel) General Director for sales and development of the company "InMode". Expert in equipment for beauty centers and plastic surgery. 17 years of experience in Aesthetic Medicine. Anti-crisis manager for international companies. Business speaker at international congresses of aesthetic medicine and forums for executives. Founder of the "Beauty Boss Event" - an annual forum for owners and managers of a beautiful business.
10:30-11:00	Multi-level rejuvenation with erbium and neodymium lasers	Dr. Eugene Skivka Dermatovenereologist, cosmetologist, trainer and expert in laser equipment in cosmetology and dermatology. Founder and director of the training center for laser medicine "L. Energy" in Kyiv. Director of the clinic and doctor at "Clinical Academy of Laser Medicine" 2018-2022 Kiev.
11:00-11:30	Mixed technology CO2+1540 nm in dermatology and anti-age	Dr. Piia Sillamäe (Estonia)
11:30-12:00	Scar correction with CO2 laser	Dr. Ilze Jākobsone (Latvia)
12:00-12:30	Complications of laser therapy How to avoid them. Preparation protocol.	Dr. Egor Kolodchenko (Ukraine)
12:30-13:00	3DEEP technology in the office of a cosmetologist and plastic surgeon. New protocol for non-surgical blepharoplasty.	Dr. Olga Andriyuk (Ukraine)
13:00-14:30	Break (lunch)	
14:30-15:15 ONLINE	Progressive And Cumulative Rejuvenation At Clinical, Histological & Genetical Level With BBL-Hero	Dr Antonio Campo (Spain) , dermatologist doctor
15:15-15:45	An advanced solution for aesthetic medicine - fractional microneedle therapy ADVANCED AESTHETIC MEDICINE SOLUTION – FRACTIONAL MICRO- NEEDLE THERAPY	Dr. Gita Grigonite-Babayan (Lithuania) Plastic surgeon
15:45-16:15	A modern approach to the correction of rosacea and pigmentation	Dr. Maria Khomich (Ukraine) Dermatovenereologist, expert in machine technologies. Trainer at InMode.
16:15-16:45	Focused ultrasound in cosmetology. Fundamentals of safe and efficient work.	Dr. Denis Karelin (Belarus) Dermatovenereologist. Candidate of Medical Sciences. Certified trainer and international speaker. ULTRAcel Q+ Jeisys Medical.

20.06.2023 Зал 3	 EN/RU “New Trends & Health Technologies Forum”	Supervisors Dr. Egor Kolodchenko (Ukraine) - MD, PhD, dermatologist of the highest category, member of EADV, ESLD, president of the laser medicine and cosmetology association of Ukraine, member of West European Board IMCAS, international speaker on laser and mechanical methods, member of the Experts Council of the Association of Aesthetical Gynaecology and Andrology of Ukraine.
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		Dr. Dina Mihailova (Latvia) , dermatologist specialist in laser technologies, President of the Latvian Aesthetic Dermatology Association (LEDA)
10:00-10:40	How to combine LPG and aesthetic injection procedures for optimal results.	Dr. Phillip Hamida Pisal (UK) , dermatologist, the President of The Society of Mesotherapy of the United Kingdom (SoMUK), co-director of the Society of Mesotherapy of South Africa (SoMZA). He is an Aesthetic Practitioner specialised in dermatology and the founder and managing director of PHP Aesthetic and PHP Wellness, divisions of PHP Health First.
10:40-11:00	Compression micro-vibration + EMS. Advantages of the combined technique.	Dr. Anastasia Anikina-Lomunova (Ukraine)
11:00-11:30	Scar Wars. Laser treatment of scars.	Dr. Alexander Uskov (Estonia) , doctor of laser medicine
11:30-12:00	Possibilities of vascular lasers. How to work? Fractional microneedle RF. Bodyshaping - to be or not to be. "Fractional microneedle RF, application in anti-age therapy" Break (lunch) 675 nm - innovations in laser skin rejuvenation without rehabilitation. Multimicrostimulation of the skin: from medicine to aesthetics.	Dr. Egor Kolodchenko (Ukraine)
12:00-12:30	Fractional microneedle RF. Bodyshaping - to be or not to be.	Maria Khomich (Ukraine) Dermatovenereologist, expert in hardware technologies. Trainer at InMode.
12:30-13:00	"Fractional microneedle RF, application in anti-age therapy"	Dr. Olga Andriyuk (Ukraine)
13:00-14:30	Break (lunch)	
14:30-15:00	675 nm - innovations in laser skin rejuvenation without rehabilitation.	Dr. Alena Sokha (Latvia) Dermatovenereologist, specialist in aesthetic medicine, PhD student at RSU, clinical specialist at Deka in Latvia
15:00-15:30	Multi-microstimulation of the skin: from medicine to aesthetics.	Dr. Maria Kapitanyuk (Ukraine) Doctor of aesthetic medicine, certified trainer in hardware cosmetology in Ukraine. Trainer of hardware techniques of icoone® companies (i-Tech Industries).
15:30-16:00	Maximizing cosmetic benefits following laser treatment: an integrated approach for improved effectiveness and lasting results	Dr. Liga Brunina (Latvia)
16:00-16:30		
16:30-17:00	Questions/Discussions / IBCAM2024 ticket raffle	All speakers


19.06.2023 3a.n №3	Conference "The Secret of Popularity of icoone"	Organizer: Inomedis.
10:00-10:30	"Icoone's popularity secret"	Anastasia Cavallaro (Italy) icoone® Export Manager (i-Tech Industries). International Business Development Specialist.
	<i>Questions</i>	
10:30-11:30	"New Opportunities and Results for Plastic Surgery and Aesthetic Medicine Clinics"	Maria Trifonova (Ukraine) , Cosmetologist, endocrinologist, founder of the TRYFONOVAMD clinic. Co-owner of the MEDIHUB clinic network.
	<i>Questions</i>	
11:30-12:30	Icoone technology - perfect body correction with complex results. The secret of youth multi-microstimulation.	Dr. Maria Kapitanyuk (Ukraine) Doctor of aesthetic medicine, certified trainer in hardware cosmetology in Ukraine. Trainer of hardware techniques of icoone® companies (i-Tech Industries).
	<i>Questions</i>	

12:30-14:00	Break (lunch)	
14:00-15:00	“Effective service matrix. How to build an upselling system by increasing the average check”	Olga Haynovskaya (Ukraine) Salon management business consultant, practicing international business coach. Trainer No. 1 of the international award "Stella International Beauty Awards" in the nomination "Best business consultant in the beauty industry". Author of the books "Successful business in beauty", "How to increase the profitability of the salon", "Scripts, checklists and business processes". Books published in Ukrainian, Russian and Bulgarian. Co-founder of the international network of beauty salons "Fast Line Studio" Co-founder of the company "DUSO" Ukraine. Co-founder of Proxy Beauty Romania.
	<i>Questions</i>	
15:00-16:00	“Modern technologies for recovery, aesthetic procedures and post-operative rehabilitation”	Gabriele Grodyte (Lithuania) Cosmetologist. Lecturer of hardware techniques and skin care. Trainer of hardware techniques from icooone® (i-Tech Industries), Venus Legacy®, Venus Bliss® (Venus Concept), Primelase®, Cooltech Define® (Sinclair).
	<i>Questions-answers/ IBCAM2024 ticket raffle</i>	

19.06.2023 Зал 1	«All about a menopause: nutrition, lifestyle, aesthetic and skincare management. How to evaluate an individual condition, create a personalised lifestyle and diet and choose right procedure or range of skincare products» Conference	Supervisor Dr.Tiina Orasmae Meder (Great Britain) – MD (dermatologist), cosmetologist, designer of innovative cosmeceutical formulations and protocols, expert in cosmetic products efficacy and safety, member of the expert panel at the Ukrainian Medical Laser Association, author of multiple publications in international journals.
09:45-10:00	<i>Introduction</i>	
10:00-11:20	Skin changes during menopause and adaptation of skin care. Slowing down the rate of aging and mitigating the manifestations of estrogen deficiency.	Tiina Orasmäe-Meder (UK) Dr.Tiina Orasmae Meder (Great Britain) – MD (dermatologist), cosmetologist, designer of innovative cosmeceutical formulations and protocols, expert in cosmetic products efficacy and safety, member of the expert panel at the Ukrainian Medical Laser Association, author of multiple publications in international journals.
11:20-11:30	<i>Questions</i>	
11:30-12:00	Communication online and offline: how to talk about menopause without metaphors and shame?	Anna Rymarenko (Ukraine/Germany) Psychologist, speaker, expert in ethical communications and beauty marketing.
12:00-12:10	<i>Questions</i>	
12:10-12:50	Sun protection: how to choose the right sunscreen for menopause?	Tatyana Shalagina (Ukraine/Netherlands) Molecular biologist, cosmetologist.
12:50-13:00	<i>Questions</i>	
13:00-14:30	Break (lunch)	
14:30-15:50	Healthy nutrition in menopause: necessary and simple! Estrobolome as a new concept for changes in the gut microbiome.	Oksana Skitalinskaya (Ukraine) Nutritionist, founder of the Longevity Academy Dr. Skytalinska. Vice President of the Association of Dietitians of Ukraine.
15:50-16:00	<i>Questions</i>	
16.00-16.45	Optimal use of aesthetic medicine methods and hardware effects in menopause.	Olga Rymarenko (Ukraine/Germany) Dermatologist, cosmetologist and trainer in laser and injection techniques in aesthetic medicine.
16.45-17.00	<i>Questions and final remarks/ IBCAM2024 ticket raffle</i>	

20.06.2023 Hall 4	Conference: The Future of Skincare MEDER day. Closed conference Meder Beauty Science	Supervisor Dr.Tiina Orasmae Meder (Great Britain)
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10.00-10.15	<i>Opening</i>	
10.15-10.45	Meder Beauty - The Future of Skincare. Why did we change the slogan in 2023 and what is behind this?	Tiina Orasmäe-Meder (UK)
10.45-11.30	Skincare innovations and how to talk about them on social media so you can be heard.	Anna Rymarenko , Psychologist, specialist in SMM promotion.
11.30-12.00	Interactive SMM Workshop	Anna Rymarenko , Psychologist, specialist in SMM promotion.
12.00-12.45	Skin microbiome. New concepts: friendliness and orientation of care. Classification of ingredients according to their effect on the skin microbiome.	Dr.Tiina Orasmae Meder (Great Britain) – MD (dermatologist), cosmetologist, designer of innovative cosmeceutical formulations and protocols, expert in cosmetic products efficacy and safety, member of the expert panel at the Ukrainian Medical Laser Association, author of multiple publications in international journals.
12.45-13.00	<i>Questions</i>	
13.00-14.00	Break (lunch)	
14.00-14.45	How to study for the benefit of business development? Online learning as an investment in the future and an opportunity for real growth	Tatyana Shalagina, founder of the Skinstory Education project.
14.45-15.15	What do chronic acne, atopic dermatitis and sweat odor have in common? Biofilms and possibilities of their therapy. Eu-Seb, Eu-Body and Body-Day - how to use it correctly.	Tiina Orasmäe-Meder (UK)
15.15-16.00	5 years of experience using Meder microbiome-based skin care in the treatment of acne, rosacea and skin sensitivity. Advantages, limitations and possibilities of combination with other types of aesthetic therapy.	Olga Rymarenko , chief physician of Rymarenko Clinic
16.00-16.45	<i>Round table. Chronic acne as a challenge for cosmetologists. Discussion of practical experience in the use of Meder tools and procedures, difficulties and successes.</i>	Tiina Orasmäe-Meder (UK), Olga Rymarenko, Anna Rymarenko, Tatyana Shalagina, Natalya Barshch, Inna Khorbachova, Svetlana Shidlovskaya
16.45-17.00	<i>Questions/ IBCAM2024 ticket raffle</i>	

20.06.2023	 EN/RU	Scientific supervisor
Hall 2	V Baltic Anti-Age Symposium	Dr Kristina Azaryan (Latvia) , MD, dermatologist, specialist in aesthetic medicine. Owner and chief physician of Azaryan Medical Clinic, member of EADV, member of LDVA, member of LEMA.
09:30-10:00	opening	Dr Kristina Azaryan
10:00-10:30	Botulinum toxin: the relevance of purity in neuromodulation treatments	Dr. Udi Maor (Israel) , M.D.Board Certified Plastic Surgeon
10:30-11:00	Vector lifting with hyaluronic acid fillers. From ptosis to lifting in 30 Minutes	Dr. Anna Cebrovskaya,(Spain) MD, cosmetologist, international speaker, teacher of individual and group educational programs in mesotherapy, biorevitalization, injection contouring and botulinum therapy. Author of many methods of face and body correction, treatment of skin defects, certified trainer and opinion leader of the company Innoaesthetics
11:00-11:30	NLift protocol -synergistic approach with PEGylated HA fillers, hybrid CaHA + HA skin booster, and energy-based devices	Dr.Viktor Shavlak (Ukraine) , M.D. founder and medical director of CULT clinic.
11:30-11:45 VIDEO Presentation	Myomodulation and science behind VISTABEL®	Sylwia Lipko-Godlewska (Poland) , MD, PhD
11:45-12:35	Facial anatomy applied to treatment options. Surgeon perspective.	Dr.Maris Krumins (Latvia) certified plastic surgeon

12:35-13:10	Safety of aesthetic procedures as the basis for effectiveness	Olga Rymarenko (Ukraine/Germany) Dermatologist, cosmetologist and trainer in laser and injection techniques in aesthetic medicine, members of the EAVD
13:10-14:20	Break (lunch)	
14:20-14:40	Regenerative aspects of the PRF method and use in medicine	Dr. Aiva Pakule (Latvia) the chief physician of the FICD PRF Clinic
14:40-15:00	Hydration – the foundation of holistic skin care	Agnese Ruskule (Latvia), MD, PhD
15:00-15:45	The role of PCL in aesthetic medicine. Various applications, indications, contraindications. Dealing with complications.	Dr Gurnam Viridi (UK) certified plastic surgeon, Global Key Opinion Leader on PCL technology.
15:45-16:10	One syringe correction benefits: a simultaneous, but multidirectional method of positive stimulation of collagen. Summer trends in working with hybrid preparations.	Dr. Alena Sokha (Latvia) dermatovenerologist, specialist in aesthetic medicine, PhD student at RSU, clinical specialist at Deko in Latvia
16:10-16:40	The relevance of collagen stimulation in aesthetic medicine, a comparative review of collagen-based drugs in injection cosmetology	Dr. Olga Zenkevich (Italy) doctor, doctor of aesthetic medicine, specialist in injection and laser techniques, official Fidia trainer
16:40-17:10	Succinic acid: care and treatment of rosacea, acne, post acne, scars.	Dr. Kristīne Kalniņa (Latvia), dermatolog
17:10-17:30	<i>Questions and final remarks/ IBCAM2024 ticket raffle</i>	

20.06.2023 Hall 4	Conference " How to achieve good results from cosmetic procedures without using botulinum toxin, fillers and laser technologies ".	Scientific supervisor : Dr Ludmila Stavro-Freiberga (Latvia), Head of the Clinic for Preventive and Aesthetic Medicine Panacea Premium, developer of skincare brand Response by Dr. Stavro, curator of the University of Educational Medicine in Latvia, member of the Board of the Latvian Anti -Aging and Integrative Medicine Association (LAAIMA)
09:50-10:00	Opening.	Dr Ludmila Stavro-Freiberga (Latvia)
10:00-10:30	Review of cosmetic procedures. Skin features of clients after Covid-19	Dr Ludmila Stavro-Freiberga (Latvia), Head of the Clinic for Preventive and Aesthetic Medicine Panacea Premium, developer of skincare brand Response by Dr. Stavro, curator of the University of Educational Medicine in Latvia, member of the Board of the Latvian Anti -Aging and Integrative Medicine Association (LAAIMA)
10:30-11:00	Why is it important to be able to diagnose sensitive skin? How to solve this problem?	Dr. Tatyana Averyanova (Latvia) - dermatovenerologist, practice in dermatology and cosmetology, member of the Latvian Association of Dermatovenerologists and the European Academy of Dermatovenerology, CELL FUSION C cosmetics trainer
11:00-11:30	Chemical peels: yesterday, today, tomorrow. The use of a variety of peels is an integral part of the work of cosmetics	Dr. Elena Panova (Latvia), doctor, cosmetologist, specialist in botulinum therapy, injection and laser technologies, certified trainer of Roksana Baltic
11:30-12:00	Mesotherapy from all sides. How to build effective protocols for mesotherapy procedures?	Ms.C Svetlana Shabalina (Latvia) Master of Science in Chemistry, Cosmetics, ITEC certified teacher. Founder and co-owner of the Beauty School BEAUTY SCHOOL.
12:00-12:30	Nutritional supplements in the fight against premature aging	Dr. Rima Balanaškienė (Lithuania), dermatologist
12:30-14:00	Перерыв	
14:00-14:30	Small hardware cosmetology	Dr Ludmila Stavro-Freiberga (Latvia),
15:00-15:30	The importance of proper nutrition for beautiful skin	Elena Pavlova (Latvia), Certified Nutrition Specialist Master of Science in Nutrition, Specialist in Low FODMAP Diet Application, Specialist in Lifestyle Modification and Non-

		Medicated Wellness (Health Coach), Specialist in Human Microbiome Correction, Author of Methodological Manuals
15:30-16:00	The effect of chronic stress on skin condition	Anna Kashina (Latvia) , psychologist, doctoral student of the University of Latvia in the field of clinical psychology and health psychology, author of numerous scientific publications, author of books for children.
16:00-17:00	Innovative developments to protect cells from ultraviolet and other types of radiation. Use of protective filters without suppression of vitamin D production	Anna Marcjasz (Poland) . Cosmetologist. Arkana Cosmetics and Beauty of Science trainer and teacher.

Brands Workshop		
19/06/23	Hall 4	
10:30-11:30		
11:30-12:30	Asclepion. MeDioStar Monolith “Wide range of applications of hybrid technology”.	Dr. Dina Mihailova (Latvia) , dermatologist specialist in laser technologies, President of the Latvian Aesthetic Dermatology Association (LEDA), official laser technology trainer of Inomedis Aesthetic Group.
12:30-13:30		
13:30-14:30	Endymed	
14:30-15:30	Fotona. Fotona 4D SP Dynamis Fotona 4D Rejuvenation	Dr. Eugene Skivka (Ukraine) Dermatovenereologist, cosmetologist, trainer and expert in laser equipment in cosmetology and dermatology. Founder and director of the training center for laser medicine "L. Energy" in Kyiv. Director of the clinic and doctor at “Clinical Academy of Laser Medicine” 2018-2022 Kiev.
15:30-16:30	BBL	speaker to be confirmed
20/06/23	Hall 5	
10:30-11:30	Jeisys CO2 + Hifu “Combined protocol for the use of HIFU and CO2 technologies in one procedure”	Dr. Denis Karelin (Belarus) Dermatovenereologist. Candidate of Medical Sciences. Certified trainer and international speaker. ULTRAcel Q+ Jeisys Medical.
11:30-12:30	LPG	speaker to be confirmed
12:30-13:30	Sinclair. Primelase Excellence. “The benefits of using an ultra-short pulse for laser hair removal. Safe application of high energies”	Dr. Eugene Skivka (Ukraine) Dermatovenereologist, cosmetologist, trainer and expert in laser equipment in cosmetology and dermatology. Founder and director of the training center for laser medicine "L. Energy" in Kyiv. Director of the clinic and doctor at “Clinical Academy of Laser Medicine” 2018-2022 Kiev.
13:30-14:30	Venus Concept. Venus Legacy. “Multipolar RF combined with negative and positive vacuum”	Gabriele Grodyte (Lithuania) Cosmetologist. Lecturer of hardware techniques and skin care. Trainer of hardware techniques from icoone® (i-Tech Industries), Venus Legacy®, Venus Bliss® (Venus Concept), Primelase®, Cooltech Define® (Sinclair).
14:30-15:30	Inmode. Morpheus8, Lumecca. “Innovative technologies for rejuvenation. Minimally invasive combination - maximum results.”	Dr. Maria Khomich (Ukraine) Dermatovenereologist, expert in machine technologies. Trainer at InMode.
15:30-16:30	speaker and presentation to be confirmed	

[The program is subject to changes](#)