

PRESIDENT'S EMAG

2023

October
ISAPS



MESSAGE FROM THE ISAPS PRESIDENT



Lina Triana, MD
ISAPS President

Dear Friends and Colleagues,

Thank you to all of you who came to Athens and took an active role in our past ISAPS Athens Olympiad 2023. As you already know, **abstract submissions for our ISAPS World Congress 2024 Cartagena are open now** and **close in just one month, on November 6**. Yes, in 2024, we will be in Cartagena, Colombia!

Take advantage of this once-in-a-lifetime opportunity, be part of our 2024 world scientific event, and visit this incredible city, Cartagena, and my beautiful home country, Colombia. We will be at Las Americas Beach Hotel and Convention Center, just minutes from downtown of the colonial times magical walled Cartagena city. So, take action: register, and submit your abstracts to be part of our program! Come and join us, in 2024 in Cartagena!

What makes us live our lives in action mode and get away from the automatic or judging/victim mode where we are not leading our lives, where we have no choice but to live commanded by our feelings, emotions, body sensations, thoughts, and memories?

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I want to share with you today how humans can overcome our humanity and have an active role in creating our future.

What comes to mind when a magical colonial walled city comes into the equation, surrounded by the sea and full of color and tropical spices? What **memories and thoughts** come to you when you listen to the waves on the beach and when you imagine bringing into existence the possibility of this tropical paradise? These thoughts and memories immediately impact your **mental state** - how you feel about life, that life you are living, that possibility you are creating for yourself, being in this magical, tropical place called Cartagena. And what about your **emotional state**? What emotions are emerging? Even your heart starts to beat harder, you just want to be there; you are present in your **bodily state**. And you want to register for the next ISAPS Cartagena World Congress 2024 :)

And as happy as I am to have you at **ISAPS Cartagena World Congress 2024**, are humans just that: one's bodily state, mental state, emotional state, and thoughts and memories? Is this it? Do we really have the possibility of choosing, taking action, and leading „How I live my life?“ Am I a person who lives my life based on my bodily state, my mental state, my emotional state, and my thoughts and memories? Am I an **ordinary human being**? Because that is how we humans live our lives. How do I become an **extraordinary being**, how do I be a leader and exercise leadership effectively as my natural self-expression?

Life is all about context, about the significance you put into the conditions that you encounter through life. You can be sad (emotional state), have a headache (bodily state), live life as if life is hard (mental state), and remember how everything was better before (thoughts and memories) OR **take away the significance** of these human states and be free, to be and free to act. It is **your** choice.

What is your choice towards your aesthetic world? Live in automatic mode, and stay a victim towards those that invade it, or be part of something bigger: the ISAPS Aesthetic World?

I invite you all to be extraordinary beings beyond your bodily state, mental state, emotional state, and thoughts and memories.

Be part of the **ISAPS Leadership Insights for Transformation Program (ISAPS L.I.F.T.)** and its activities. Our next teaching module focuses on coaching and mentoring and is open to all of you: join our short webinar on **Sunday October 22, 2023** followed by our live full day event in London on **December 10**: places are strictly limited for this special interactive workshop run by leadership coaches from London Business School. Learn more and register [here](#).

Being that ISAPS is the biggest aesthetic education network with English as our official language, and that our 2024 World Congress taking place in Colombia, ISAPS is considering the possibility for speakers to present their abstracts in Spanish, with English translation, during **ISAPS World Congress 2024 Cartagena**. If you are interested in presenting your abstract in Spanish, in Cartagena, please indicate this during abstract submission. *Please note: this option will only be provided if there is sufficient interest in doing so.*

Be part of ISAPS Aesthetic World, give yourself the opportunity to engage with the world's biggest multicultural aesthetic education society, of the rich interchange of knowledge and networking opportunities you have as a member of the **ISAPS Family**, and as part of **ISAPS World Congress 2024 Cartagena**, [register and lead](#).

Sincerely,



Lina Triana, MD
ISAPS President

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P.S. For those who are new to my eMagazine or want to review the three ways in which we can live our lives, here they come again:

Automatic mode: where we are so busy, that we even forget to have time for those things that really matter, those things that keep our internal engine really going, we just go with the flow, and our memories; we must remember how we were when we had fewer responsibilities, how it felt to be free, we have lost our spark.

Judging mode: where we are victims of what we are living, we are here and everything else takes place there, our life passes by as if we are sitting on the stands watching a tennis game where our emotions flourish, many times we even feel as part of the game, but wait a minute, are we really impacting what is happening on the court where this tennis player is living? Do we really have control over the game?

Action mode: where with your actions you create your future, otherwise, that future was not going to happen.

**Many of the concepts shared during this message are from the leadership course, "Being a Leader and Exercising Leadership Effectively as Your Natural Self-Expression", from the authors Werner Erhard, Michael C. Jensen, Steve Zaffron, and Jeri Echeverria.*



This month's [online video library](#) a session on breast reconstruction from [ISAPS World Congress Miami 2018: Mastopexy, Reduction and Reconstruction](#).

Speakers:

Farid Hakme, MD
Walter Servi, MD
Seth Thaller, MD
Mauricio Castellon, MD

Fernando Magallanes Negrito, MD
Carlos De Souza Toledo, MD
Klaus Ueberhiter, MD
Per Heden, MD

For full access to the online video library, [become a member](#) today.

Additional note for non-members: If you still need to take advantage of an ISAPS membership, sign up today and start experiencing the many benefits. From the online educational webinars, growing Video Library, and the MedOne e-learning platform, ISAPS offers Aesthetic Education Worldwide for the safety of patients.

Check out our [diverse programs today!](#)

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October BREAST CANCER AWARENESS MONTH



Interview with **Renato Saltz, MD** Past-President (2016–2018)

As we recognize **Breast Cancer Awareness Month** this October, we are honored to interview Dr. Renato Saltz, ISAPS Past-President (2016–2018), **an influential leader** in facial rejuvenation, body contouring, and **breast surgery**. As part of his ambition to help breast cancer survivors, he founded the Image Reborn Foundation in 1998, whose mission is to provide no-cost renewal retreats to women diagnosed with breast cancer and to assist them in living rich and fulfilling lives. With so many people affected by breast cancer every year, foundations such as this and medical advancements have provided more options for recovery, both physically and mentally.

ISAPS: How has the Image Reborn Foundation established itself since its conception, and what do you attribute to its success? What can patients anticipate when attending a retreat?

Saltz: As a breast reconstructive surgeon, I always felt that despite all our efforts to get the best surgical results and outcomes, my breast cancer patients were often sad, depressed, and experiencing family issues with spouses/partners, children, etc. They would come to the office after several stages of treatment (biopsies, mastectomy,

radiation, and chemotherapy) to discuss and undergo breast reconstruction. However, despite achieving the best breast reconstruction results, it appeared to me their body and souls were still struggling with the disease and all the implications it had on their lives, their appearance, wellness, health, sexuality, ability to have a relationship, intercourse, having babies, and breastfeeding.

To help mitigate these issues, I founded the **Image Reborn Foundation** to provide no-cost renewal retreats for women diagnosed with breast cancer and assist them in living rich and fulfilling lives. Our weekend-long retreats are held in luxury accommodations for small groups of 8 to 10 women. Every retreat focuses on providing support and renewal in an informal setting, including specific retreats throughout the year including retreats for Stage IV patients, Hispanic, young, and adventure-seeking women.

We now offer **Renewal Retreats** in Park City and, St. George, Utah, Denver, Colorado, Houston, Texas, and soon in Florida. Our goal is to host over 200 breast cancer survivors in one of our 28 to 30 retreats per year. The Image Reborn Foundation

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has **hosted over 4,000 breast cancer survivors** at our 3-day, no-cost renewal retreats since its establishment in 1998.

ISAPS: ISAPS places great emphasis on patient safety. In your opinion, how does ISAPS set itself apart in this area, and how does ISAPS hold its strong foundation in dedicating itself to patient well-being?

Saltz: It is part of our mission statement and advocated at every meeting and every office by every member in each of our 117 countries where ISAPS has members. We focus on patient safety at our meetings, scientific programs, and courses and continue communications with our members worldwide. Recent partnerships with ASAPS on breast implant removal and ASAPS & ASPs on BBL safety are great examples of how ISAPS has reached out to educate its members, media, and the public on patient safety.

The **Global Accreditation Initiative** launched during my presidency allows patients and regulatory bodies to easily identify the safest facilities for procedures. The ISAPS membership combined with **QUAD A Accreditation for Facilities** provides a clear and easy-to-understand statement to patients that a center is staffed by highly qualified and properly trained surgeons and is run in accordance with global standards to promote safety.

By committing to following international standards through accreditation and being qualified plastic surgeons, ISAPS members can separate themselves from those practicing in centers that cannot demonstrate they are appropriately equipped to treat patients safely in all aspects of operations. By partnering with ISAPS, QUAD A can further **distinguish its accredited facilities** as having staff committed to superior scientific and technical education and reduced adverse outcomes.

I dream one day to have all ISAPS members perform aesthetic surgery in fully accredited facilities in each of the countries or cities they practice in worldwide!

ISAPS: As the winner of last year's Ohmori Prize and lecture presenter, you shared your insights on patient care, teaching, and service. How has being part of the ISAPS Family influenced you and your career in these areas?

Saltz: To be invited to present the distinguished Ohmori Lecture by Past-President Dr. Nazim Cerkes at his meeting in Istanbul was one of the greatest honors I received during the many years I have served ISAPS. I joined the Society in 2002 as the National Secretary of the United States, and in 2004, I joined the Board of Directors and served as Scientific Program Chair for the 2004, 2010, and 2018 global meetings. I have been on the Board and have occupied every position for 18 years (2004-2022). ISAPS is much more than a society; it is where I have developed lifelong friendships, where I continuously learn from my colleagues and friends worldwide, and allows me to attend a meeting I most look forward to every year, primarily to see my dear friends!

ISAPS: Can you describe one of your most inspiring moments from engaging with a breast cancer survivor?

Saltz: I have those encounters every single Sunday when I am in town and can attend "the medical hour" at the weekend retreats, which is the only medical portion during the no-cost 3-day retreats that we offer at The Image Reborn Foundation. During those two hours, they share their journeys and struggles with breast cancer. Their questions about reconstructive surgery, complications, chemotherapy, radiation, wound healing, and any other medical issues are addressed. The Sundays that I attend retreats are my best Sundays. It reassures me that we are doing the right thing at The Image Reborn Foundation.

To support the Foundation, we host an Annual Gala, which this year is at the Stein Ericksen Lodge at beautiful Deer Valley in Park City, Utah, on October 14th. I invite you to join us for our 24th Annual Gala! To learn more and to see a list of our retreats, please visit our website at www.imagerebornfoundation.org.

Footnote:

1. imagerebornfoundation.org

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MONTHLY EDUCATION CORNER BREAST CANCER EDUCATIONAL RESOURCES



Recently published in
Aesthetic Plastic Surgery...

Invited Discussion on: “Palpable Nodules After Autologous Fat Grafting in Breast Cancer Patients- Incidence and Impact on Follow-Up”

Steven L. Bernard

The paper demonstrates that we still have areas to explore and reinforce. Fat grafting has been used across the board following reconstruction of all types, while most of the literature on fat grafting has focused on its use in implant reconstruction. Findings include a range of different types of reconstruction.

Read

[Click here](#) for a preview of this article!

Become a member to have full access of **[Aesthetic Plastic Surgery](#)**.

For questions, please contact **memberservices@isaps.org**.

PRACTICE MANAGEMENT



The Importance of Your Office Manager

For your practice to **run effortlessly and with utmost attention to detail**, you need to be able to rely on your office manager. You must have confidence in this individual to manage everything your office requires daily.

Patient-Focused

A successful office manager should be **familiar with every nuance of your practice**, from greeting your patients and teaching the rest of the staff to do so in a professional manner to identifying, evaluating, analyzing, and modifying your practice's Standard Operating Procedures (SOPs) ensuring that you have a safe and transparent patient-focused operation.

The knowledge they have and exemplify is a **reflection** of your practice. An individual who is well-versed in their work and the specialty they serve is a

respected person who shows confidence to **lead** the rest of your office team.

Setting the Correct Mindset

This leads to another important facet of this position, which should portray a **stress-free environment** where employees respect one another. This mindset will carry over to how they make your patients feel: to be comfortable, appreciated, and safe.

Foundation of Security

Patient safety is a top priority for ISAPS, and if we can start this process from the moment a patient steps into our practice, we are getting them and ourselves set up with the foundation of security. Your employees and patients will benefit from a strong office leader, and your practice will prosper under the proper management.

Interested in more practice management tips?

[Register now to view ISAPS Business School 2021 On Demand!](#)

Free for ISAPS members, non-members \$300, office staff and nurses \$100.

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JOIN ISAPS L.I.F.T.

Our **Leadership Insights For Transformation Program**



The next ISAPS L.I.F.T. Program webinar is scheduled for **Sunday, October 22, 2023**. More details will be available soon!

Full-day **ISAPS Leadership Academy, on December 10, 2023**, in London, UK. Register now for the „**Coaching and Mentoring Workshop**“ run by L.I.F.T. Program Director Andy Craggs, together with Randall S Peterson, Professor of Organizational Behavior at London Business School and Academic Director of the Leadership Institute.

For more information on the **ISAPS L.I.F.T. Program** and to watch the inaugural webinar, [click here](#). Congress delegates can watch the ISAPS L.I.F.T. session „**Building Personal Power**“ on-demand in the app or virtual platform as part of the Leadership Morning, including [the Women's Symposium](#).

A promotional banner for the ISAPS World Congress 2024. On the left, there is a photograph of a colorful, historic building complex in Cartagena, Colombia, with a modern city skyline in the background. On the right, the ISAPS logo is displayed above the text 'WORLD CONGRESS Cartagena | Colombia | 2024'. Below this, a green box contains the text 'SEE YOU IN June 11 - 15, 2024 CARTAGENA | COLOMBIA'. The background of the right side features stylized palm trees and a sun.

Call for Papers Deadline is Next Month on November 6, 2023!

ISAPS World Congress 2024, Cartagena is **the place** for you to connect with the International Aesthetic Plastic Surgery community and gain new perspectives. Learn and share the **latest procedures, techniques, and options** in aesthetic and reconstructive plastic surgery; be part of our international faculty and you may be eligible to win one of our **Congress Scientific Awards**. This is your opportunity to join an **international forum for the exchange of ideas and knowledge** for the advancement of aesthetic plastic surgery.

Submit your work as an [abstract for presentation](#) by **November 6, 2023**, don't delay!

Important 2024 Dates:

CALL FOR PAPERS IS OPEN!

Deadline for **submission of papers**: **November 6, 2023**

[Click here](#) to download the submission guidelines.

REGISTRATION IS NOW OPEN!

Early bird **registration** deadline: **April 11, 2024**

Pre-Congress: **June 11, 2024**
Main Congress: **June 12-15, 2024**

Guest Entry from ISAPS Platinum Global Sponsor:

Bio | SCIENCE

Calf Augmentation with or without Hyaluronic Acid Filler

Calf augmentation has gained increasing popularity as people seek a more balanced and sculpted lower body appearance. Traditionally, calf implants were the preferred method of calf contour enhancement. However, recent advances in non-surgical techniques have introduced hyaluronic acid (HA) fillers as a simpler, safer, and more effective alternative.

Calf augmentation utilizing HA filler entails the injection of a biocompatible HA-based gel into designated areas of the subcutaneous tissue of the calves. The application of this gel aims to augment volume and impart form to the calves, leading to a more sculpted and defined aesthetic. Performing calf contouring with HA fillers necessitates a profound level of expertise in injection techniques and an extensive understanding of the regional anatomy prior to conducting the procedure.

This injection-based augmentation technique offers several advantages over traditional surgical calf implants. As a plastic surgeon, I often recommend this procedure to patients who wish to avoid surgery and experience little or no downtime. Unlike calf implants, which require general anesthesia, incisions, and a long recovery period, calf augmentation with HA filler is a simple outpatient procedure. Patients can immediately notice an improvement in calf shape and size right after their appointment.

Another advantage of calf augmentation with HA filler is the ability to customize the amount of filler and injection sites to meet each patient's individual needs, resulting in a natural-looking augmentation. In addition, the results of HA filler are reversible with hyaluronidase enzyme injections, offering patients peace of mind and flexibility.

However, it is essential to consider a few factors when opting for calf augmentation with HA filler. Maintenance treatments may be necessary over time as the filler material is gradually absorbed. It is prudent for patients to be conscious of potential adverse reactions, including but not limited to, edema (swelling), and ecchymosis (bruising), along with a minimal probability of encountering infections or hypersensitivity responses. These manifestations are typically transient and manageable, contributing to the comprehensive knowledge and awareness essential for optimizing patient outcomes and satisfaction.

In conclusion, calf augmentation with HA filler presents an interesting non-surgical option for improving lower leg definition. In addition, thorough aesthetic evaluations can culminate in achieving harmonious and aesthetically pleasing outcomes. As advancements in 3D planning and imaging tools continue to evolve, calf augmentation utilizing HA filler is anticipated to progress towards increased precision and sophistication in future applications.



Michail G. Vourvachis
Plastic, Reconstructive, and Aesthetic Surgeon

FOOTNOTES:

1. Hedén P, Sellman G, von Wachenfeldt M, Olenius M, Fagrell D. Body Shaping and Volume Restoration: The Role of Hyaluronic acid. *Aesthetic Plast Surg* 2020, 44(4):1286-1294.
2. Rosset, L, Goisis M. Hyaluronic Acid in Calves Defects Correction. *Plast Aesthet Res* 2014, 1:62-4. <http://dx.doi.org/10.4103/2347-9264.139702>.

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ISAPS Membership

ISAPS members receive free or discounted access to most of our events, including ISAPS World Congress, and access to our Journal. Plastic surgeons at any stage of their career can also upgrade their membership to include access to our MedOne e-learning resource, which includes hundreds of books, videos and discussions.

ISAPS offers membership to accredited aesthetic plastic surgeons and residents worldwide. We have members in more than 117 countries and provide them with access to training, e-learning, and networking opportunities within our community of more than 5,000 fellow surgeons.

Membership costs from just \$250 for qualified surgeons; Residents can join for free, for up to three years. Applications for membership are available online, through our website.

Apply today to become an ISAPS Member!

If you have any questions, please feel free to contact us at memberservices@isaps.org.

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upcoming ISAPS events!**

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