

# PRESIDENT'S EMAG

# 2023

January ISAPS



## MESSAGE FROM THE ISAPS PRESIDENT



  
Lina Triana, MD  
ISAPS President

**Dear friends and ISAPS members,**

Once again I want to thank you for accepting the invitation to be part of our ISAPS family and work together for something bigger than ourselves: The Aesthetic World. ISAPS unites us around a global aesthetic world and gives us opportunities for sharing scientific contributions towards delivering excellence in aesthetic education for the safety of our patients.

Hope you enjoyed these holidays and got to spend quality time surrounded by your loved ones. I certainly did, but guess what: as a living and active organization ISAPS never stops thanks to our executive team lead by Sarah Johnson.

Thanks to them, and to Resident Education and APS Journal Club Chairs Gustavo Abrile and Jerry O'Daniel our chairs for resident education and Journal Club, we are starting our events calendar early this year with the ISAPS-APS Journal Clubs **Body Contour Update** on January 7 at 12:00 UTC.



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I am also excited to come together again with my colleagues from our Global Alliance for Women Leaders in Aesthetic Plastic Surgery for [the next in our series of webinars](#), also on January 7 at 9:00 CT, which will focus on „How to Stand in Your Power and Avoid Burnout“.

Our Education Council and Executive Team are already busy planning ahead for the ISAPS Olympiad Athens World Congress. The abstract deadline is earlier this year, closing on January 31, so don't delay, and send your submissions soon. Remember **the program for this new format Congress is entirely yours to decide - just submit your abstracts before the deadline of January 31 to be considered as a speaker in our program.**

One more reason to renew your ISAPS membership to benefit from the special member registration fees for the Congress - and our abstract submitters also qualify for an additional discount on top of the member early bird discounts which will be confirmed when registration goes live in the next week.

With the new year, we are also live with the new ISAPS website: a work in progress for our future communication with our members, prospective members and patients. Here I want to thank the Board, Ex-Co, Website Committee, and our Executive Team for their contributions to this enormous task. We invite you to visit the new website and look around at the newly upgraded features and let us know what you think and what we can do to improve. There is already a lot to discover - and this is only the beginning. We keep working hard to prioritize further development of the site, and more features and content will keep coming!

I want to thank all our loyal ISAPS members who make the Society what it is - and I want to welcome more than 250 new members who have already joined us for the first time in 2023!

Our members are the cornerstone of all activity, so we invite you to participate proactively; please give us your feedback, take part in our activities, and help us to help you in the best way possible.



As ISAPS, we are leaders in aesthetics - and let's remember action mode is the way leaders live, so as an ISAPS member, I want to invite you to start 2023 by taking advantage of the holiday downtime we had, where we were forced away from our day-to-day routine, and start the new year in action mode. Instead of having one huge new year resolution, choose one achievable specific action with a certain time and date, write it in your schedule, and make it happen!

Start proactively towards creating your future, be an active ISAPS member, and lead your peers to do the same. We are leaders in aesthetics in our micro surroundings, but our personal aesthetic world is just a part of the broader picture of the entire aesthetic world. ISAPS gives us the opportunity to be part of something bigger than ourselves, the **global aesthetic world!**

Kind regards,

A handwritten signature in black ink, appearing to be 'Lina Triana'.

Lina Triana, MD  
ISAPS President

# MONTHLY E-MAGAZINE

## ISAPS Global Alliance Partnership News



Interview with  
**Dr. LYDIA MASAKO FERREIRA,**  
President of Sociedade Brasileira de Cirurgia  
Plástica (Brazilian Society of Plastic Surgery)



&  
**Dr. LINA TRIANA**  
President, ISAPS

Already a part of the ISAPS Global Alliance Partnership, the Brazilian Society of Plastic Surgery (SBCP) is further collaborating with ISAPS on additional opportunities, and we had the chance to discuss what this partnership means for the two Societies, and what is planned in the subsequent months.

**ISAPS: What do these new collaborations represent for each of your Societies respectively?**

**Masako Ferreira:** The Alliance Partnership between ISAPS and SBCP represents an action that adds to the newly created platform established by this current Board. One of our priorities in the 2022-2023 SBCP term, was two-way internationalization (international knowledge brought to the country and knowledge from Brazil abroad). We created and strongly inserted the goal of internationalization in the **Department of Internationalization** (DEPINTER), directed by our colleague Dr. Carlos Uebel (former ISAPS President 2012-2014), and in the **Department of Scientific Events** (DEC) directed by Dr. Andre Auersvald. In fact, in less than a year, this collaboration has already established itself and is an integral part of the visibility and international competitiveness of Brazilian plastic surgery.

**Triana:** It represents growing bridges toward education worldwide and working together toward patient safety. Also, Brazil has been a constant pillar for innovation in

aesthetic plastic surgery, and ISAPS is here to serve them by increasing the reach of their country's innovations and also to show the world that new ideas and techniques from other parts of the world can be introduced to Brazilians. It also serves to promote networking opportunities to contribute to the leading developments in the aesthetic world.

**ISAPS: What can members of each Society anticipate in terms of how this parentship will influence their membership (if any)?**

**Masako Ferreira:** Advancement in knowledge and exchange of experiences.

**Triana:** New educational opportunities as seen at the recent **Brazilian Congress of Plastic Surgery**, and also reminding members that they can count on ISAPS to serve as a channel for those Brazilian constituents that want to share their knowledge with the world. Also, as a globalized world to work together towards strategies on how to defend our plastic surgery specialty.

**ISAPS: Looking ahead to next year, what can we expect from the Brazilian Society at the ISAPS Olympiad Congress in Athens in terms of participation?**

**Masako Ferreira:** Brazilian plastic surgeons are fascinated by the ISAPS Congress and have certainly already included it in their 2023 schedule, just as they are

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looking forward to meeting everyone in Sao Paulo at the 59th Brazilian Congress of Plastic Surgery, on November 15-18, 2023, for its 75-year Diamond Jubilee.

**Triana:** We welcome all Brazilian plastic surgeons that want to share their knowledge to come to Athens and present their new ideas and work. Athens is a great opportunity for those that are not well known to get to the podium and be heard, and the best free papers will be invited as faculty to our 2024 World Congress in Cartagena, Colombia.

**ISAPS: Dr. Triana recently spoke at the 58th Brazilian Congress of Plastic Surgery in Goiânia as part of the Global Alliance of Residents and Fellows Program, what other areas of support are your Societies providing for residents, and how can residents get involved?**

**Masako Ferreira:** For four years now, Dr. Renato Saltz has been leading this idea of greater integration between plastic surgeons at ISAPS and SBCP, in particular, actions with residents. We signed an MoU between the two Societies (ISAPS and SBCP) in the first half of this year, and during the 58th Brazilian Congress of Plastic Surgery, the current Board held and formalized the first Global Alliance Forum with residents. Also, residents will have facilities for exchanges and participation in the congresses of these institutions which will add scientific and cultural to their professional training.

**Triana:** Residents are the base of our specialty so we want them to start being part of our international plastic surgery community and ensure that they can take advantage of our educational events even without a membership, and to start early in their career, and to also provide them with the opportunities of networking with other plastic surgeons all over the world.

**ISAPS: According to the latest ISAPS Global Survey, Brazil is the second country in the number of aesthetic procedures, and the first in the face and head procedures. How do you see the future trends of the specialty in Brazil and internationally?**

**Masako Ferreira:** The future trends of the specialty are the strength of sectorization increasingly focused on detail, and the introduction of technology and industrial advancements in our procedures.

**Triana:** As a place of innovation in plastic surgery, Brazil lets us discover the latest trends and also shows what other surgeons worldwide are learning through the latest innovations of Brazilian plastic surgeons, with the constant exchange of ideas that ISAPS offers to their Global Alliance members.

**ISAPS: Patient safety is always a priority in our specialty. What vision does the Brazilian Society of Plastic Surgery / ISAPS have in terms of patient safety, and how will these shared visions be integrated?**

**Masako Ferreira:** In fact, patient safety is our focus and priority! We must get more and more involved with the demands and difficulties on this subject found in our countries and exchange experiences and solutions that we have had at different times. Therefore, I suggest a joint document on the subject that can support our partners on behalf of the patient.

**Triana:** Definitely, we are all about patient safety and we are ready to work and serve the Brazilian Society in this fight, as we know they have been doing in their country.

**ISAPS: With ISAPS collaborating with the Global Alliance for Women Leaders in Aesthetic Plastic Surgery, and as your role as President of your respective Societies, what does it mean for you personally to hold this position, and what advice do you have for women in this specialty to be leaders?**

**Masako Ferreira:** SBCP was created in 1948, therefore, it is a “young lady” at 74 years. Since then, we’ve had 31 male presidents. It is the first time in the history of SBCP that we have a female president, which demonstrates maturity and corporate evolution. I’m laying the foundation, stimulating, and giving hope to countless women who help make up SBCP, and who didn’t see this possibility. The position of president of a society like the SBCP, the second-largest specialty society in the world, requires great responsibility, and women plastic surgeons are very well prepared for this important task.

**Triana:** It is very inspiring to see more and more societies having strong women leaders like Lydia and myself serving as their presidents. As the SBCP leader, she has worked towards the unity of the country, its plastic surgeons and opened the internationalization of Brazil to the aesthetic world, and what better partner to do this with, than ISAPS as the International Society for Aesthetic Plastic Surgery?

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## ISAPS Global Alliance Partnership News



To inspire and nurture excellence in  
**aesthetic education worldwide<sup>®</sup>**  
for the safety of our patients

### our international community

#### membership



**117**  
Countries



**88**  
National  
Secretaries



**88**  
Global Alliance  
Partners



**5,550**  
Members



**98%**  
Recommend  
ISAPS

#### residents program



**1,340**  
Residents



**50**  
Fellowship Placements  
in 12 Countries



**99**  
Fellowship  
Applications

## PRACTICE MANAGEMENT



### Stay Informed & Educated on the Latest Technologies and Advancements

The importance of what we practice on a daily basis falls in large part to what we do to stay educated and informed in our specialty. Our patients rely on us to have the most current technologies at our disposal, and the knowledge to utilize these technologies.

#### Education is Paramount

Like many specialties, aesthetic plastic surgery is always evolving and progressing. Years ago, some procedures that are possible today, were only ideas at the time. It is due to technological growth, that these “ideas” have become reality. This makes it imperative for us as practicing surgeons to make sure we are educated on the latest innovations available. This is not only what we owe our patients, but it also ensures that we stay competitive with our peers and colleagues.

#### Stay Informed

What better way to maintain this level of up-to-date education, than to learn from and with

your peers at the many events, congresses, and symposia that are offered for professionals in our specialty? There is no shortage of these learning and networking options, and it is our duty to make sure that we take the time to attend these events, so we can remain the pundits that we set out to be.

#### New Year's Resolution

So, as we take on 2023, let's all make a resolution to attend as many of these training events as we are able. We owe it to ourselves, and just as importantly, to our patients. Make your plans today to stay informed and make sure you are one of the “enlightened” practicing surgeons that we all strive to be. As an ISAPS member, there are no borders, so let's share in all of these **exceptional learning opportunities** together.

**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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## The ISAPS Olympiad Athens World Congress 2023 Program is Yours to Decide!

Our initial invited faculty of approximately 60 speakers have been chosen as your 'best rated' speakers across all ISAPS events of the last three years, according to the speaker ratings. The rest of our program is also up to you! All program presentations will be selected from a competitive peer-reviewed abstract submission process.

### Important Dates!

Abstract Submission is Open!  
Abstract Submission Closes: January 31, 2023  
Registration Opens: Early 2023  
Early-Bird deadline: June 15, 2023

## Be Part of the 2023 Program! Submit your abstracts **now**, before January 31!

Submission is open to any plastic surgeon: whether you are a regular ISAPS speaker or a newly qualified surgeon, your work will be considered. Best presentation awards will be presented in all topic categories and our winners will be acknowledged in ISAPS official Journal and receive invitations to speak at our next World Congress in Cartagena, Colombia. Best papers from residents are also eligible for stipend awards.

Submit your abstracts today!





In the latest issue of  
***Aesthetic Plastic Surgery...***



## **Preliminary Exploration of a New Clitoral Hood Classification System and Treatment Strategy**

**Meichen Liu • Qiang Li • Senkai Li • Yu Zhou • Yujiao Cao • Yilin Li • Lu Yu • Fengyong Li**

Increasing attention has been given to clitoral hoods in recent years, but few studies have been conducted on the classification and treatment strategies of clitoral hood hypertrophy. The purpose of this article is to introduce a new system of clitoral hood classification based on relevant anatomy and make recommendations for clitoral hood reduction.

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

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



## Guest Article from an ISAPS Global Sponsor

### Safety profile of the VASER® system

Despite the well-documented advantages of UAL (Ultrasound Assisted Liposuction), concerns about complications remain a significant barrier. The VASER® UAL system has clearly demonstrated significant advances in efficiency such as minimal blood loss and the extraction of large volumes.<sup>2,3</sup>

#### Safety in Clinical Studies

Mark Jewell et al published the results of 77 patients who underwent VASER®-assisted lipoplasty (VAL) by 3 different clinicians. No complications similar to those associated with traditional UAL, including seromas, prolonged dysesthesias, burns, indurations, contour irregularities, hyperpigmentation, or prolonged swelling, were reported. Pain was reported as average, bruising and swelling were minimal, and both patient and surgeon satisfaction were high.

The authors concluded that VASER® technology offers excellent safety and efficacy profiles for body contouring and that the shorter fragmentation time, smaller probe diameters, and reduced ultrasound energy associated with the VASER® System minimize collateral tissue damage.<sup>3</sup>

Garcia et al compared 27 consecutive female patients (ages 18.75 years to 54.5 years) receiving suction-assisted lipoplasty (SAL) with 30 consecutive female patients (ages 18.5 years to 70.3 years) receiving VASER®. The mean hematocrit of aspirate in the SAL arm was 3.98%, compared to 0.61% for the VASER® arm. The mean hemoglobin content of the aspirate was 7.5 times higher in the SAL arm (2.23 g/dL vs 0.30 g/dL). Statistical analysis of the differences in aspirate hematocrit and hemoglobin was determined to be highly significant ( $P < .0001$ ). No VASER®-related complications were reported in this study.

The authors concluded that VAL should be considered for patients undergoing large-volume lipoplasty procedures or lipoplasty of tight, fibrous areas such as the back and posterior flanks where increased blood loss is expected.<sup>2</sup>

#### Advantages over other lipoplasty platforms

- The VASER® solid titanium probes provide more efficient delivery of ultrasound energy, enabling the use of a smaller probe and a smaller incision.<sup>5</sup>
- VASER® probes are available with 1, 2, 3, or 5 groove tips, providing greater versatility and precision. VASER® probes with more grooves allow for greater fragmentation, while VASER® probes with fewer rings allow for greater penetration of more fibrous tissue.<sup>6</sup>
- The VASER® System offers a choice of continuous or pulsed ultrasound energy delivery, allowing the surgeon to tailor the approach according to the extent of fibrosis.<sup>5</sup>

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- Continuous mode is appropriate for general use, for more fibrous tissue, and for higher-speed fragmentation. The pulsed VASER® mode is appropriate for softer tissue and applications in which finer sculpting is required, such as with the face and neck.<sup>6</sup>
- VASER® technology is able to roughly double the efficiency while cutting the power in applied in half<sup>4</sup>, reducing the risk of thermal complications such as fibrosis and seroma.<sup>5</sup>



**Onelio Garcia, MD**  
Florida, USA

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## ISAPS Global Survey Results

This distinguished study represents a collection of worldwide data and scientific analysis related to procedures in aesthetic surgery and cosmetic medicine. Be sure to [check the website](#) from January 9 to see the 2021 results.

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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 5,300 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](mailto:memberservices@isaps.org).**



**[www.isaps.org](http://www.isaps.org)**