

PRESIDENT'S E-MAGAZINE

2025

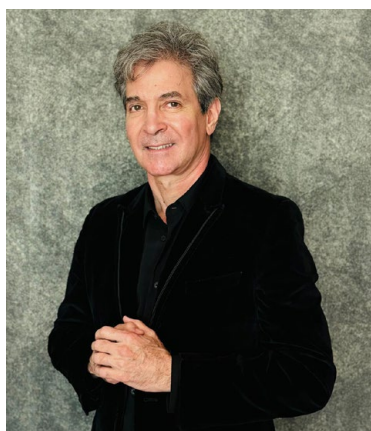
March

ISAPS



MONTHLY UPDATE FROM YOUR ISAPS PRESIDENT

CONNECTING LIVES, CULTURES, KNOWLEDGE
AND THE FUTURE IN AESTHETICS



Arturo Ramírez-Montañana, MD
ISAPS President

Dear ISAPS Community & #ISAPSFAMILY,

Here we are in March, with another busy month of travel and meetings to be with our #ISAPSFAMILY around the globe. Travel can take its toll; however, 'friendship makes a difference,' and this has certainly been a theme for this last month!

EGYPT

On February 7 and 8, I had the privilege of meeting colleagues and friends at the **55th Annual Conference of the Egyptian Society of Plastic and Reconstructive Surgeons**. We received the warmest of welcomes from the entire local team, who cared for our every need for every second of our stay! A huge thank you to the entire committee for organizing this fantastic meeting and for their hospitality, kindness, and friendship: **Prof. Hisham El Minawi,**



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Course President and ISAPS National Secretary of Egypt; Course Secretary Dr. Aly Hussein Saber; ESPRS President Prof. Atef Emam, Prof. Hussein Abulhassan, ISAPS previous National Secretary. Thank you also to Bertha Torres (Chair of ISAPS National Secretaries), Amin Kalaaji (Assistant Chair of ISAPS National Secretaries), Mohammed Alghoul, Saed Kaldari, and Samy Saad for joining our faculty there.

CHINA

Whilst I was unfortunately not able to attend in person due to meetings in Mexico last week, ISAPS also had the opportunity to be back with our colleagues in China for our **ISAPS Course in Facial Rejuvenation: From Minimally Invasive to Surgical**, in Guangzhou, China (February 28-March 2, 2025). It was great to see more than 600 delegates in attendance, and we extend our thanks to our national and international speakers for creating such an engaging program, and to **Dr. Lee Pu, Editor in Chief APS**, for initiating this course, working closely with our Chairs: **Dr. Andre Auersvald, EC Chair; Dr. Ahmad Saad, EC Vice Chair, Prof. Sheng-Kang Luo (Guangzhou, China), and especially Dr. Dan Li, National Secretary for China**, who also coordinated the local organization.



INDIA

And now, as I write, we are just wrapping up another exceptional meeting in India, where we have enjoyed four days of the warmest Indian hospitality during the **ISAPS Symposium, AESURG 2025**, March 5-9, held in Ooty, India. The meeting featured a combination of lecture and video sessions showcasing crucial procedure steps, including marking, preparation, surgical techniques, and postoperative management. Ooty is a special place, with its majestic backdrop of mountains, lakes, and forests and a working steam train railway, creating a reminder of a colonial past and rich culture and history.

Aside from full lecture halls, and excellent educational sessions, the social program was unforgettable! Endless energy, music, dancing, color, and fun, with many good friends enjoying life together! As I said, 'friendship makes a difference,' my sincere thanks go to our **ISAPS Program Chair, Kai Kaye**, and to all our many friends here in India. I would especially like to acknowledge the support of **Dr. James Roy Kanjoor, President of the Indian Association of Aesthetic Plastic Surgeons (IAAPS), Dr. Shivaram Bharathwaj, Scientific Chairman, and, of course, Dr. Ashish Davalbhakta, ISAPS National Secretary and ISAPS Board Member.**

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I am happy to see the many images of our members worldwide uniting to celebrate **International Women's Day, March 8** with the theme, **#AccelerateAction**, and also supporting our commitment to **Diversity, Equity, and Inclusiveness (D.E.I)**.

With friendship and community in mind, I am looking forward to being together again at the **ISAPS Olympiad World Congress in Singapore** this June. With not long to go, we are busy with final program arrangements, pre-congress courses, and numerous networking events. Thank you to everyone involved in making our World Congress happen, and a special mention and thanks to **Dr. Matthew Yeo, our ISAPS National Secretary and Local Organizing Committee Chair**, both for joining us as faculty in both India and China this last month and indeed for dedicating so much of his time through this last year to our Congress organization!

If you haven't booked yet, make sure you take advantage of the **early bird registration** and discounted **hotel rates**. It is going to be a special **#ISAPSFAMILY gathering**, and I can't wait to see you all there!



Arturo Ramírez-Montañana, MD
ISAPS President



SEE YOU IN SINGAPORE

June 18-21, 2025 www.isaps.org

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MEET OUR NATIONAL SECRETARIES FROM CHINA AND INDONESIA

As we prepare for the **ISAPS Olympiad World Congress in Singapore**, we are excited to celebrate Asian culture, especially its connection to aesthetic plastic surgery. In this issue, we are pleased to introduce our **National Secretaries from China and Indonesia** and highlight their initiatives. The presence of two women leaders in this month's edition also coincides with **International Women's Day on March 8, 2025**. Please join us in celebrating these remarkable ISAPS women, all of our **women members in the #ISAPSFAMILY, and everyone who supports them**.

We invite you to meet **Dr. Dan Li from China and Dr. Elida Siburian from Indonesia**. They are extraordinary leaders, and we are fortunate to have them represent ISAPS, support our mission, and contribute to the success of the [#ISAPSFAMILY](#).



Dan Li, MD, PhD

National Secretary Chair, China

ISAPS: First, congratulations on being nominated for National Secretary Chair. How did it come to fruition, and what work did it require?

LI: It's a very interesting history for me; I recently reviewed my files and found a letter from 2009 from an ISAPS teaching course in Beijing.

I had just graduated from a leading university, Peking Union Medical College, where I got my MD and PhD. That year, I received an invitation to an ISAPS teaching course, but I was so busy and unable to attend. But I recall ISAPS members visiting Beijing. I feel so lucky because, after all this time of knowing about ISAPS, I am now a National Secretary and can serve this great organization.

ISAPS: What does it mean for you to be elected as ISAPS National Secretary, and how do you see your role's impact in helping others get more engaged?

LI: The National Secretary is a significant position for me, as it allows me to serve all the doctors, have them communicate with me, and be able to reach surgeons outside of our country. I view my position as a crosspoint for this exchange of information.

ISAPS: What do you consider necessary for the success of aesthetic plastic surgery?

LI: I have a very good sense of beauty, with Plastic Surgery as my major; 10 years ago, I started to focus on aesthetic surgery, and eight years ago, I joined ISAPS. For continued success in our specialty, we must first be 'the thinkers'; aesthetic plastic surgery is more than just a cultural perception, and we must communicate with each other to learn as much as we can. For example, when considering human tissue in surgery, there are many techniques and ways to modify different types of tissues. I think we are still at the very beginning of aesthetic medicine.

With so much still to learn, this is one of the reasons why communicating frequently is so important. That is why I am happy about the National Secretary position; it's not only about accepting this role but also having the responsibility to get more opportunities to communicate regularly.

ISAPS: What is on your agenda as National Secretary?

LI: I hope we can entice local plastic surgeons to join ISAPS at the beginning of the year. To facilitate this, I am working with the Education Council Chairs and hope to

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get ISAPS faculty to join local meetings and present. I hope to have a combination of lectures, discussions, live surgeries, and cadaver courses, providing local Chinese plastic surgeons with new concepts. And I also want to encourage Chinese doctors to attend the ISAPS Olympiad World Congress in Singapore.

ISAPS: What does ISAPS represent to you?

LI: When I attended the meeting in Cartagena, even though I had never visited South America, it felt like I was coming home since we all have a shared aesthetic plastic education background, which makes it feel like we are all family.

What means a lot to me is the emphasis ISAPS places on patient safety, a fundamental principle for our specialty, and being able to deliver the importance of this locally

and hopefully get more people to join based on this notion. I also want to engage current members with interactive online educational opportunities. Patient education is critical, but even more so is education among surgeons. ISAPS is known among doctors, but it should also be familiar to patients. If the public sees ISAPS as the great organization it is, we will gain public awareness and recognition.

ISAPS: Will you be attending the ISAPS Olympiad World Congress in Singapore? What does the city represent to you?

LI: Yes, I will! I look forward to it. Singapore is actually very similar to the position of the National Secretaries, as it serves as a crosspoint between East and West and is also a wonderful vacation spot.



Elida Siburian, MD, PhD

National Secretary Chair, Indonesia

ISAPS: As National Secretary, what is at the top of your agenda for helping others get more engaged in ISAPS?

SIBURIAN: I will continue and be actively introducing ISAPS and the benefits of membership, especially to young plastic surgeons and residents. I will also encourage the active members to participate in ISAPS events to enhance their knowledge in aesthetic plastic surgery, both in terms of sharing expertise and exploring the latest tools, equipment or technology.

Additionally, updating ISAPS activities through the national organization's social media such as WhatsApp group is an effective way to keep everyone informed and engaged.

ISAPS: How do you foresee implementing the plan, and why is it so important?

SIBURIAN: This plan is very important because joining an international plastic surgery organization at

an early stage not only helps improve the standards of aesthetic plastic surgery in Indonesia but also creates a collaborative and educational network. A more engaged ISAPS community can provide better and higher-quality plastic surgery services and, ultimately, contribute to a more solid and coordinated international aesthetic plastic surgery network.

ISAPS: What advice would you give to other women who are looking to develop their careers and get into leadership positions?

SIBURIAN: Women must have confidence, build a supportive community, and never stop learning—both as leaders and in aesthetic plastic surgery. Continuous learning is essential to stay at the forefront of the profession and to grow as a leader who can inspire and empower others.

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ISAPS: What does it mean for you to have the ISAPS Olympic World Congress coming to Asia in 2025, and why is this a „must-attend“ event for plastic surgeons?

SIBURIAN: It is a great opportunity to participate in international aesthetic plastic surgery events, whether for learning, sharing knowledge, or building friendships with fellow plastic surgeons from around

the world. This is especially valuable for young plastic surgeons and residents who may be attending an ISAPS event for the first time. It is a „must-attend“ event because it brings together plastic surgeons from around the world to share knowledge, build friendships, and establish connections, and it is conveniently located near our country.

Celebrating International Women’s Day 2025!

For **International Women’s Day 2025, March 8**, the campaign theme is **#AccelerateAction**, and we are excited to present a powerful collage featuring ISAPS members from around the world, showcasing our united support for „accelerating action“ toward gender equality.

ISAPS is committed to **Diversity, Equity, and Inclusiveness (D.E.I)**, and the active involvement of Board members, Committee members, National Secretaries, and all members will make a significant statement in support of this cause. Thank you all for your support!

Follow us, engage and see how we are accelerating action!



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Leadership & Personal Branding - A Master Class from the L.I.F.T. Team

Inspired by Women, Open to All | [March 13, 2025 @ 16:00 UTC](#)

In honor of **International Women's Day**, we're bringing you a special session on leadership, personal branding, and professional growth. Please join us on **March 13, 2025 at 16:00 UTC**.

Get ready for this Instagram Live, take a look at our [Leadership Insights For Transformation \(L.I.F.T.\) program!](#)

Open to ALL plastic surgeons looking to **strengthen their leadership skills and personal brand**.

WHAT TO EXPECT:

- Spotlight on women surgeons - featuring Dr. Lina Triana, ISAPS Past President & Chair of the [ISAPS Women Surgeons Network](#), sharing key insights.
- Andy Craggs, [L.I.F.T.](#) Program Director, recaps the program's journey
- Paz Martorell, Medical Marketing, Patient Experience and HealthCare Management specialist, dives into [Leading Self](#) and the power of personal branding.

Instagram Live



Your 2025 Olympiad Action Items!

With **only 105 days remaining** to prepare for the **ISAPS Olympiad World Congress in Singapore**, we have created a checklist to help you stay organized and ensure you don't overlook anything!

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- **Check out the world-class program & learn what to expect!** [Preliminary Program](#).
*Subject to change
- **Register for [Pre-Congress Courses](#)!** June 18, 2025, details below. Places are limited for some of the Pre-Congress Courses, so register now to avoid disappointment!
- **Meet the international [Invited Faculty](#)!**
- What were the most cited and most downloaded papers published in the *Aesthetic Plastic Surgery Journal*? Find out during the [Awards Lectures and Presentations](#)!
- **Get ready to compete!** [Award](#) winners in all presentation categories of the Congress will be voted by attendees and the Scientific Committee. Gold, silver, and bronze medals will be awarded in each subject area as well as a special prize for the best presentation from an early career surgeon. All submitting authors are encouraged to be present in order to receive their awards.
- **Register early & save!** The next [Early Bird](#) rate ends on April 10, 2025
- **Book your hotel!** Attendees receive special [hotel discounts](#)!
- **Invite your colleagues!** [Join our global community](#) to promote the ISAPS Olympiad World Congress 2025
- **Meet the #ISAPSFAMILY at the Social Events!** Book your tickets for the [ISAPS Networking Evenings](#), [ISAPS Networking Party](#) and the [ISAPS Olympiad Informal Social](#)!

Pre-Congress Courses: Wednesday, June 18, 2025

Make the most out of your experience in Singapore with our special Pre-Congress Courses! Separate registration is required, so add them to your main Congress registration. Plan your trip accordingly to make the most of these unique learning and networking opportunities.

Intra-op with the Masters: A Journey From Cadaver Anatomy to Surgery

To learn more, and to register [click here](#).

Rhinoplasty Simulation Workshop

Limited space available. [More information soon](#).

This workshop is supported by Osteopore.

Residents' Symposium

This symposium supports ISAPS early career surgeons and is offered at a **nominal booking fee of just \$50**. Some of this year's main topics highlight social media and cross-cultural learning perspectives, including:

- Debatable social media content from an ethical perspective
- The pendulum between facelift and non-surgical procedures
- Demystifying tuberous breast and applying breast lift techniques
- Cross-learning on Western and Oriental upper blepharoplasty
- Cross-learning on Western and Asian rhinoplasty
- Applications of stem cells in aesthetic surgery: current state and the future

This is a special session, and onsite registration includes on-demand access to the **Pre-Congress Course | Intra-op with the masters: A Journey from Cadaver Anatomy to Surgery**. Access to the recordings will be done via the Virtual Platform post-event.

[More information.](#)

**Separate registration is required, and places are limited, so be sure to register separately when signing up for the main Congress so as not to miss out.*

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ISAPS NETWORKING EVENTS!

Informal Networking Evenings

Want to continue networking with ISAPS delegates at the end of the day on **Wednesday, June 18 and Thursday, June 19?**

Lion Brewery have an exclusive offer for our delegates.
No booking needed, just show your badge to enjoy this offer.

Exclusive Networking Party

Friday, June 20, 2025 at Gardens by the Bay

This year's **Networking Party**, will feature access to the **Flower Dome**, the largest glass greenhouse in the world, at the **Gardens by the Bay**. **This is a ticket-only event, and spaces are limited!**

Secure your place early!

ISAPS Olympiad Informal Social

Saturday, June 21, 2025 at Duomo Ristorante

Join us at Duomo Ristorante, located in Chijmes, a historic heritage building complex in Downtown Singapore. This is the ideal way to bid farewell to vibrant, multicultural Singapore-savoring delicious Italian treats, enjoy a drink or two, and share quality moments with your #ISAPSfamily in this beautiful venue.

This is a ticket-only event, and spaces are limited!

Secure your place early!

**Separate registration is required for the Networking Party and the Informal Social, and places are limited, so be sure to register separately when signing up for the main Congress so as not to miss out.*

[Register](#)

ISAPS
GLOBAL
SURVEY



[Participate Today](#)

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Applications Are Open Through April 3, 2025!

The international **ISAPS Fellowship Program** offers 50 fellowships in 21 countries, designed for **a stay of three months** and available for ISAPS Resident and Associate members. Don't wait to fill out your application!

[Your ISAPS Fellowship Program Guide: Tips, Stories, and Advice](#)

Applications Close on April 3, 2025

Application Criteria

Fellowship Program



ISAPS Olympiad Athens 2023: Master Class: To Dos and Not To Dos in Vaginal Rejuvenation

Speaker:

Lina Triana, MD (Colombia)

Browse more than 2,000 educational videos!

Video Library



MONTHLY EDUCATION CORNER



Recently published in *Aesthetic Plastic Surgery...*

Patient Safety Advisory—Breast Implant Removal and Capsulectomy

Caroline A. Glicksman • Patricia A. McGuire • Melinda J. Haws • Lina Triana • Montserrat Fontbona

There has been a worldwide increase in the number of patients requesting implant removal for a variety of systemic symptoms that they attribute to their implants. This has been referred to as silicone incompatibility syndrome (SIS), autoimmune/inflammatory syndrome induced by adjuvants (ASIA), and breast implant illness (BII)[1] In the USA, the Food and Drug Administration (FDA) has included systemic symptoms in a box warning that is required for all implants sold in the US which states, “Patients receiving breast implants have reported a variety of systemic symptoms such as joint pain, muscle aches, confusion, chronic fatigue, autoimmune diseases, and others. Individual patient risk for the development of these symptoms has not been well established.

What We Know

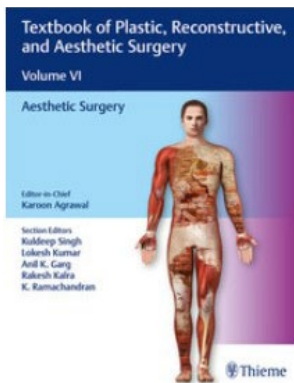
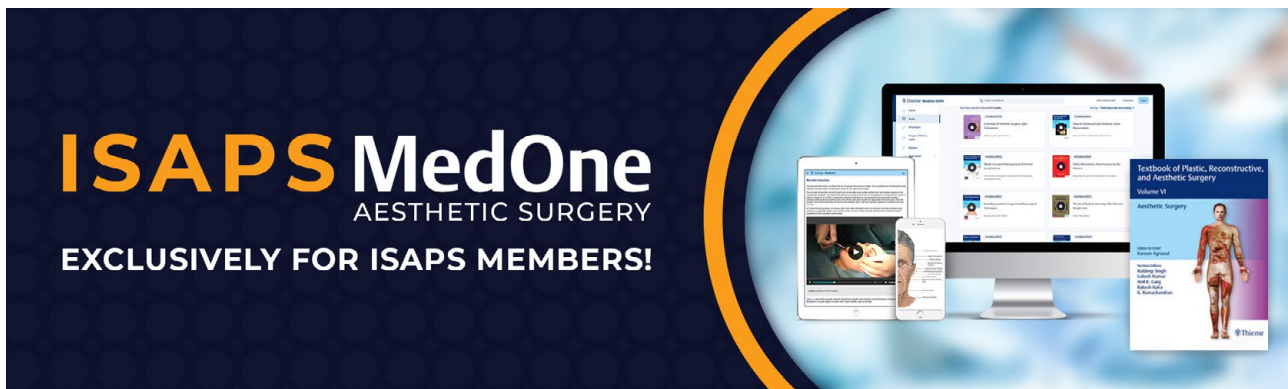
- Systemic symptoms patients attribute to their breast implants have been reported with all types of implants: saline and gel filled, smooth and textured surfaces, and has been reported with implants from every manufacturer.
- Over 100 symptoms have been reported, in no specific configuration.
- Some patients will experience symptom improvement with implant removal.

1. Magnusson MR, Cooter RD, Rakhorst H et al (2019) Breast implant illness: a way forward. *Plast Reconstr Surg* 143(3S):74S-81S

[Read Article](#)

Become a member to have full access of [Aesthetic Plastic Surgery](#).
For questions, please contact memberservices@isaps.org.

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March 2025 MedOne Feature: Textbook of Plastic, Reconstructive, and Aesthetic Surgery: Volume VI Aesthetic Surgery

**Karoon Agrawal • Kuldeep Singh • Lokesh Kumar • Anil Kumar Garg • Rakesh Kalra
• K. Ramachandran**

Chapter: Upper Blepharoplasty

Upper blepharoplasty is one of the most commonly performed aesthetic facial surgical procedures. It is performed for both functional and cosmetic reasons. Redundancy of upper eyelid skin can result in compromise of peripheral visual field, particularly on upward and outward gaze.

Upper blepharoplasty can result in improvement of peripheral visual field. When there is redundancy of upper eyelid skin, the patients tend to raise their eyebrows to compensate for the redundancy and this results in a constantly surprised look. Furthermore, it results in transverse wrinkling of the forehead.

Copyright: Thieme Medical Publishers

MedOne is available to select ISAPS members based on their [membership level](#).

MedOne

Want to Learn More About Upper Blepharoplasty?

Check out the [Residents' Symposium on June 18, 2025](#), at the ISAPS Olympiad World Congress Singapore on, **Assessment and Techniques of Aesthetic Surgery - Cross Learning on Western and Oriental Upper Blepharoplasty!**



PRACTICE MANAGEMENT



The Art of Storytelling: The Key to Successful Plastic Surgeons

I recall my early years as a doctor with a mix of nostalgia and some embarrassment. My head was full of knowledge, my hands were agile, and my heart was willing to heal, but when it came to communicating with my patients ... I was a disaster!

I used a lot of medical jargon and explained technical details during consultations, which ended up confusing my patients or, worse, scaring them. I spoke much more than they did, thinking I was giving them the most complete and accurate information. When I started to venture into the digital world, my emails were cold and technical, and my social media posts seemed to be taken from a textbook. I couldn't connect, and that frustrated me enormously.

One day, after a long explanation of a patient's diagnosis, with great detail and statistics, I felt that my patient had not understood anything; their face said it all. This happened frequently; everything I explained had to be repeated; it was an absolute waste of time. Even worse, on one occasion, a patient told me, „Doctor,“ she said with a trembling voice, „I didn't understand anything. I just want to know if I'm going to be okay after my surgery.“ I realized that, in my eagerness to demonstrate knowledge, I had forgotten the most important thing: **the “human being” behind my patient.**

To further emphasize this disengagement, of the 10 patients I would consult, only three underwent surgery. My patients didn't need a masterclass; they needed **empathy, clarity, and hope.** I needed to improve my efficiency in the consultation.

From that moment on, I decided to change. I started to research and explore communication techniques, read about persuasion and effective communication methods, observe and ask for advice from my more experienced colleagues, and look for mentors in related fields. Thus, I discovered the power of **storytelling.**

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Instead of overwhelming patients with data about their reason for consultation, I began to use the story of another patient who, by making the right decisions, researching reliable sources, and trusting us, had a successful outcome in their surgery. I always told anecdotes about patients to illustrate better the situation that would arise in the case of the current patient, and so they paid more attention and were more satisfied; they understood better what I wanted to say, and they didn't forget it so quickly.

On my social networks, instead of publishing scientific articles and my participation at congresses, I shared **anecdotes about my patients** (always with their consent and taking care of their privacy), success stories that inspired me, or personal reflections on my path as a doctor. The response was incredible. My **patients felt more understood** and connected with me, and now they make their decisions more easily, and the efficiency of my consultation has increased.

I learned to use metaphors to explain complex concepts, including a touch of humor to relieve tension and end my consultations with a message of encouragement and hope. I discovered that stories not only informed but also generated **trust and engagement**.

A good „story“ has four basic components: the protagonist, the conflict, and the way forward, impregnated with emotions. The protagonist in our case is the patient; we must **identify their fears, hopes, and desires**. The conflict is what they want to resolve; we must ask about their feelings about it, and it is fundamental to elaborate a script. The path is the solution we can offer them, always finding a way to **connect with their feelings**; we must communicate everything constantly, resorting to emotions associated with their desires.

In the competitive world of plastic surgery, standing out and connecting with the audience is essential to **building a strong personal brand** and converting people interested in surgery into patients who decide to undergo surgical procedures. Stories humanize us, make us feel emotions, and connect us with others. They **generate trust and establish a more authentic connection** with your potential patients. They help you differentiate yourself by showing uniqueness and a personal approach. They are an effective way to educate about procedures, techniques, and results while entertaining and keeping the audience engaged. They inspire potential patients and motivate them to make informed decisions.

Juan Sierra, MD - COLOMBIA
ISAPS National Secretary

Interested in more practice management tips?

- Check our [L.I.F.T. program online](#).

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

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

- Business School 2022 recordings from Istanbul available free for members in our [Online Video Library](#).

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ISAPS GLOBAL SURVEY



Support Your Country & Take The Survey

Our **Global Survey** is open—and we need your participation!

This year, we would like to strongly encourage countries with a smaller number of plastic surgeons to participate in the Global Survey and provide their data. We will be working to present data from more countries and to be more representative of our international society. Please help us achieve our goal and participate.

Added Benefits of Participation

Help improve patient safety: Use data analysis to enhance safety protocols and minimize risks.

To see previous reports and statistics, [visit the website today](#).

Participate Today



**CLICK HERE
TO SEE UPCOMING
ISAPS EVENTS**



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ISAPS Membership

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 6,000 fellow surgeons.

ISAPS membership now includes:

Our Aesthetic Plastic Surgery Journal is published as two online issues per month, one online-only issue, and a second 'selected articles' issue, which will also be sent to print subscribers.

A video library on our website, offering more than 2,000 plastic surgery videos.

Members-only discounts for events, including our ISAPS Olympiad Singapore World Congress 2025.

Listing on the ISAPS Find a Surgeon Directory on the ISAPS website

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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