

PRESIDENT'S EMAG

2024

April ISAPS



MESSAGE FROM THE ISAPS PRESIDENT



Dear Friends and Colleagues,

In this monthly issue, I want to thank our many active members. We are ISAPS because of “you” - our **#ISAPSFAMILY**.

An example of this activity is the recent **Global Survey**, for which we received responses from several new countries for the final report.

This is possible because of your participation. I also want to extend a special thanks to our **National Secretaries** and **Global Alliance Partners**, who were instrumental in helping motivate so many members to participate. This year's countries include:


Lina Triana, MD
ISAPS President

Argentina
Bangladesh
Belgium
Brazil
Colombia
France
Germany

Greece
India
Iran
Italy
Malaysia
Mexico
South Africa

Spain
Syria
Thailand
Turkey
United Kingdom

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I also want to thank our Global Survey Committee Chair, **Gianluca Campiglio**, National Secretaries Chair, **Bertha Torres**, and National Secretary Vice Chair, **Amin Kalaaji**, for making it possible to release our **ISAPS Global Survey** the earliest it has ever been done for the global aesthetic plastic surgery statistics and will be released during a press conference at the ISAPS World Congress in Cartagena in June.



Last month I attended the **54th National Congress of the Mexican Association of Plastic, Aesthetic, and Reconstructive Surgery** in Mérida, Yucatán, organized by Bertha Torres, current Mexican President and ISAPS National Secretaries Chair and Board Member. It was a very well-organized and well-attended meeting where we had the opportunity to promote our ISAPS Cartagena World Congress.

I want to remind you all that our **Board of Directors (BoD) elections** are approaching; eligible voters will receive an email in the coming weeks. The voting process will be online and **open for a limited time (three days only)**, so you must act quickly once you receive the voting campaign email. The newly elected 2024-2026 ISAPS BoD will be announced during the **ISAPS Business Meeting** at our Cartagena World Congress. Do not miss it.

Today's **Aesthetic Plastic Surgery Journal** Editor-in-Chief, **Dr. Lee L.Q. Pu** has added new members to the Editorial Board - thank everyone who accepted our invitation. Now, we are looking for reviewers, so once again, I invite you to take action and consider offering your time and expertise for the *Journal*. We seek **reviewers** for the following subject matters:

- Body Contouring
- Breast
- Face
- Minimally Invasive and Non-surgical
- Practice Management Business School
- Regenerative Medicine
- Rhinoplasty
- Surgical-Other

To be considered as a reviewer, please send your experience in your area to Editor-in-Chief Lee L.Q. Pu, at llpu@ucdavis.edu.

We look forward to seeing many of our #ISAPSFAMILY at our **World Congress in Cartagena, June 11-15, 2024!** Do not miss our **opening ceremony on June 12**, including the Ohmori Lecture and a Latin flavored inaugural cocktail theme. Also, our Awards Committee has been working hard towards special awards to be presented during the **closing ceremony on June 15** for:

- Most downloaded paper published in 2023
- Most cited paper in 2023
- Best-published patient safety paper

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I hope many of you can attend and share in the celebrations! Check out the [program online](#), which features **more than 800 presentations**, including our pre-congress **Live Surgery Day on June 11** and the **Business School on the last day, June 15**. In addition to a full educational agenda, we look forward to fun social opportunities in beautiful and tropical Cartagena! It all starts with networking and cocktails at the opening ceremony on **June 12** at the [Las Américas Convention Center](#).

On **June 14**, join us for our **networking dinner at the Plaza de la Proclamación** (Proclamation Square) within the historically walled city. Attire will be a white dress code, and to feel local chic, I recommend that men wear the traditional shirt known as the **guayabera**, which holds cultural significance dating back to the early 19th century. They are distinguishable by their two closely sewn rows of pleats (called *alforzas*) and are great for the tropical climate. Women can wear their version of the **guayabera**, which features a similar linen garment with a stylish feminine touch. If you don't have one in your wardrobe yet, visit one of the many local shops!

To conclude the event, on **June 15**, we will meet at **Andrés Carne de Res Cartagena for a fun evening of local cuisine, drinks, and entertainment**. Be prepared for a late night as we celebrate our #ISAPSFAMILY at this unique venue, a former bullfighting ring building. *(More details and reservation information will be on the website soon).*

- Live Surgery Day: June 11
- Opening Ceremony and Ohmori Lecture: June 12
- Networking Dinner at The Plaza de la Proclamación: June 14
- ISAPS Business School: June 15
- Closing Ceremony and Andrés Carne de Res Cartagena Social Event: June 15

Coming up at the end of this month on **Saturday, April 27, 2024, at 13:00 UTC**, is the next [ISAPS Leadership Insights for Transformation \(L.I.F.T.\) webinar on Strategic Leadership](#), which is part of the ISAPS leadership L.I.F.T. program. We appreciate our speakers, Dr. **Eva Siolo**, ISAPS Member and National Secretary for South Africa, who will present alongside **Richard Jolly** (United States) and L.I.F.T. Program Director **Andy Craggs** (United Kingdom) as facilitator. They will explore how to think more strategically as a surgeon and discuss ways to build your personal and professional profile and practice. This interactive session aims to help you explore your potential as a medical professional in a panel format.

I hope you can also participate in our next [Instagram Live event](#), celebrating World Health Day (April 7). It will be hosted alongside the **Chair of the Humanitarian Programs Task Force, Tunc Tiryaki**. The Task Force is working on developing the program and its initiatives, which include increasing our Society's impact on global humanitarian efforts. Please check out his interview in this issue and look for updates in our member communications.

Thank you all for your time, and I look forward to creating unforgettable memories with many of you in Cartagena!

Warm regards,



Lina Triana, MD
ISAPS President



Interview with
Tunc Tiryaki, MD
Chair of the ISAPS Humanitarian
Programs Task Force

Developing the ISAPS Humanitarian Programs Task Force

This month, we connected with the Chair of the Humanitarian Programs Task Force, Tunc Tiryaki, to learn more about [ISAPS' Humanitarian Program](#) initiatives.

The ISAPS Humanitarian Task Force was founded in 2012 in collaboration with the United Nations at the Biennial World Congress, organized in Geneva, to **increase ISAPS' activity in areas where a humanitarian response was needed**, including goals to expand opportunities for educational programs in developing countries.

It is for these reasons that we are developing and progressing our current **Humanitarian Programs Task Force** to develop ISAPS members' missions for future disaster volunteer outreach. By leading these projects, we hope to intensify our Society's impact on global humanitarian affairs.

Leading this initiative is Tunc Tiryaki, who is eager to refine the current **Humanitarian Programs Task Force** and provide indispensable resources to those afflicted by troubling circumstances so that we can help those who need it most.

ISAPS: Why is the ISAPS Humanitarian Program so important, and how can ISAPS and its members work to increase awareness in this respect?

TIRYAKI: There are two reasons. The first is for **public benefit**. The importance of the ISAPS Humanitarian Program is highlighted by the urgent necessity of specialized medical intervention during disasters.

This is a truth I understood firsthand during the 1999 earthquake in Turkiye. As the Chief Resident at the

epicenter of the earthquake disaster, I witnessed firsthand that plastic surgeons, due to their extensive surgical skills, are **essential in providing critical care** - making us indispensable leaders in disaster response. Our extensive surgical training makes us vital in disaster management, positioned at the forefront to deliver critical care.

Second, the ISAPS Humanitarian Program is **very important for our own community** because there's a compelling need to reshape the public image of our profession. Despite extensive training in reconstructive surgery, including craniofacial and microsurgery, plastic surgeons are often narrowly perceived as *aestheticians*.

This is a profound misperception with significant implications. By actively engaging in humanitarian missions, we not only provide critical aid but also strive to correct this misunderstanding, elevating the public's awareness of our true scope of expertise to its rightful and deserved recognition. Therefore, I believe that **active participation in humanitarian missions is crucial** in realigning this public perception with the reality of our expertise and the breadth of our contributions to medicine and Society.

ISAPS: Can you share some of the missions you led in the past five years? How have they guided you as it pertains to your role as the ISAPS Chair of the Humanitarian Programs Task Force?

TIRYAKI: I have been deeply involved in disaster relief operations, especially in response to significant earthquakes in Turkiye. My role was proactive and

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hands-on, involving the immediate mobilization of surgeons, setting up surgical facilities, and managing triage and essential plastic surgery procedures.

To me, it is a profound privilege to possess the skills and expertise that enable me to assist our fellow human beings in times of dire need. **This opportunity to serve is a gift.** I believe it is a gift to have the capability, knowledge, and experience to help our fellow men and women.

ISAPS: What is your vision for the development of the ISAPS Humanitarian Program over the next 1-2 years, and how will these be implemented?

TIRYAKI: Looking ahead, my vision for the next couple of years is to establish **a comprehensive database of plastic surgeons engaged in humanitarian work globally.** This will not only serve as a resource for coordination and support but also enhance the visibility of these missions, seeking industry backing to ensure their sustainability and growth.

ISAPS: How can ISAPS members get involved, and why is it important?

TIRYAKI: It is **crucial for ISAPS members to be involved** in these humanitarian efforts. We have

reached out to our community for information on ongoing missions and eagerly await their responses and feedback. This information is vital in expanding our database, **enabling us to rapidly mobilize surgeons in response to emergencies.** For those interested but not yet involved, I strongly encourage reaching out, as your expertise could be invaluable in a future crisis.

ISAPS: Can attendees anticipate a humanitarian aspect at the ISAPS World Congress in Cartagena?

TIRYAKI: At the upcoming ISAPS World Congress in Cartagena, attendees can indeed anticipate a **significant focus on humanitarian work.** We have organized a dedicated panel to spotlight surgeons who are at the forefront of humanitarian surgeries and missions. This will be a critical platform for learning and advocating the vital support these endeavors require, underpinning the overarching message that our skills as **plastic surgeons have far-reaching implications beyond the operating room,** touching lives when and where it matters most.

ISAPS HUMANITARIAN PROGRAM



Do You Volunteer for Humanitarian Programs or Missions? Please Share Your Story!

Whether you're a member of ISAPS contributing to ongoing missions or part of an organization seeking assistance from plastic surgeons, share your endeavors with us, and we'll assist in spreading awareness to ISAPS members globally!

Humanitarian Program

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World Health Day – April 7, 2024

To commemorate **World Health Day**, our next **Instagram Live** will feature Chair of the Humanitarian Programs Task Force, Tunc Tiryaki.

ISAPS Instagram Live Event | Bridging Care: How Can Plastic Surgeons Contribute To Humanitarian Care? More details coming soon on Instagram and our website. Stay tuned.

As a society dedicated to plastic surgery, we recognize the transformative power of our field, not only in aesthetic enhancement but also in restoring function and dignity to those in need worldwide.

We'll discover the challenges, successes, and collaborative efforts through insightful discussions and firsthand accounts. Together, let's find out how our expertise can bridge gaps in global healthcare and make a lasting difference in the lives of others.

Follow us on Instagram and don't miss out.

@isapsplasticsurgeons



This month's **Online Video Library** features a session on

The Seven Deadly Sins of High-Definition Liposculpture, with Stefan Danilla, held during the main session at the ISAPS World Congress Istanbul 2022: Body - HD Body Contouring and Beyond.

For full access to the online video library of more than 1,500+ videos, become a **member today**.

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ISAPS[®] WORLD CONGRESS
Cartagena | Colombia | 2024

SEE YOU IN **June 11 - 15, 2024**
CARTAGENA | COLOMBIA

www.isapscartagena2024.com

LATEST TECHNIQUES AND METHODS | NETWORKING | IN-DEPTH LEARNING OPTIONS | SOCIALIZING | MAKE NEW CONNECTIONS | #ISAPSFAMILY

Less than 10 weeks until the **ISAPS World Congress, Cartagena!** If you have not had a chance to register, there is still time. Become a member, register by **April 11, 2024**, and save up to \$600!

Join us for a once-a-year opportunity to meet with **#ISAPSFAMILY** and peers to learn about the **most recent advancements in aesthetic plastic surgery**. As Global Leaders in Aesthetics[®] ISAPS knows the importance of staying current and up-to-date on what is happening in our specialty, and our Congress personifies the essence of education and knowledge sharing.

With **more than 800 presentations**, the program features in-depth learning options with **interactive discussions, workshops, master classes, and much more**.

We can't wait to see you in beautiful Cartagena, June 11-15, 2024!

Early Bird Registration Deadline: April 11, 2024

ISAPS members save up to \$600!

Pre-Congress: **June 11, 2024**

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

Pre-Congress Activities: June 11, 2024

- **Live Surgery Day**
- **Residents' Symposium**

June 12, 2024

- **Opening Ceremony and Ohmori Lecture**

**Please note: a separate registration is required for all pre-congress activities, and the program is subject to change*

Register

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Interested in Bringing Your Team Members? Take Advantage of the ISAPS Affiliate Program!

We invite you to bring your staff as ISAPS Affiliates - ISAPS Affiliates can join our community completely free of charge, if signed up by an ISAPS surgeon, and enjoy [low cost fees for Congress](#).

Sign up today and start saving!

[ISAPS Affiliate Program](#)

Save on Airfare with Special Discounts!

ISAPS has negotiated special discounts for ISAPS World Congress 2024, Cartagena, attendees! Avianca and Air France/KLM are offering special rates which can be applied to some flexible fares.

[Learn More](#)

Not Yet A Member or Still Need To Renew For 2024?

Visit the website today and start receiving [member benefits](#).

[Renew](#)

[Join](#)

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ISAPS GLOBAL SURVEY 2023

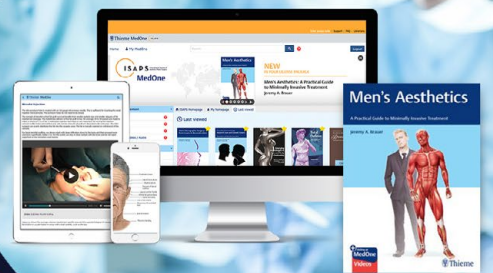


We are excited to announce newly added countries to ISAPS annual **Global Survey** that is closing early this year in order to launch with a press conference at ISAPS World Congress 2024 in Cartagena. We could not have done it without you, our members, and also our National Secretaries and Global Alliance Partners, who played a huge part in the success of this year's survey responses.

Thank you! Gracias! Merci! ...

ISAPS Global Statistics

ISAPS MedOne AESTHETIC SURGERY EXCLUSIVELY FOR ISAPS MEMBERS!



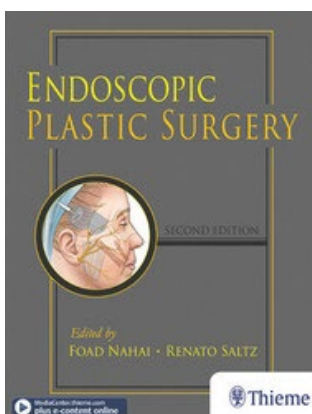
April 2024 MedOne Feature – Endoscopic Plastic Surgery

Foad Nahai • Renato Saltz

Introduced to the field of plastic surgery in the early 1990s, endoscopic plastic surgery has gained increasing acceptance as new applications have been introduced.

Copyright: Thieme Medical Publishers

MedOne is available to select ISAPS members.





MONTHLY EDUCATION CORNER



Recently published in
Aesthetic Plastic Surgery...

Table 1 Demographic data of the patients.

From: **Evaluation of Blood Loss in Third-Generation Internal Ultrasound-Assisted Liposuction**

	n (%)
Gender	11 (50%)
Cigarette	11 (50%)
Alcohol	6 (27.3%)
Substance use	10 (45.5%)
Allergy	14 (63.6%)
Previous surgery history	1 (4.5%)
Liposuction area	14 (63.6%)
	1 (4.5%)
	3 (13.6%)
	11 (50%)
	7 (31.8%)
	9 (40.9%)
	21 (95.5%)
	20 (90.9%)
	10 (45.5%)
	15 (68.2%)
	5 (22.7%)
	2 (9.1%)
	6 (27.3%)
	8 (36.4%)
	3 (13.6%)
	Mean ± S.D

BMI	26.72 ± 2.90
Age (year)	35.31 ± 7.53
VASER time (minutes)	74.81 ± 17.95
Aspirated volume (ml)	5122.27 ± 1597.43
Percentage of body weight aspirated	6.64 ± 2.20
The total volume of tumescent solution injected (ml)	7340.48 ± 2786
The volume of tumescent solution injected into each liposuction area (ml)	1008.85 ± 673.52
The total aspirated volume from each area (ml)	724.20 ± 554.14

Evaluation of Blood Loss in Third-Generation Internal Ultrasound-Assisted Liposuction

Hüseyin Kandulu

In large-volume liposuction procedures, one of the most important limitations of total lipoaspirate volume is blood loss. In this study, we aimed to determine the amount of blood loss in individuals who underwent a third-generation internal ultrasound-assisted liposuction (UAL).

[Read Article](#)

Become a member to have full access of **Aesthetic Plastic Surgery**.

For questions, please contact memberservices@isaps.org.



PRACTICE MANAGEMENT

What Is Leadership?



What is leadership? Everyone has their unique interpretation of the meaning, but what can be agreed upon regarding aesthetic plastic surgery is that it should **“Encompass the development of leadership skills, executive presence, and overall well-being in our practice.”**

As leaders for our patients and practices, and as active members within ISAPS, we must first learn to be leaders for ourselves ... and advocate for ourselves in our daily pursuit of perfection and harmony.

The **ISAPS L.I.F.T. Program** is the most recent initiative for members to teach the importance of the concept that to lead, we must first perfect our overall well-being. This flows into being able to be direct and develop all areas of our lives, from personal to business aspects.

This is one of the reasons behind the **ISAPS L.I.F.T. Program**, and we invite ISAPS members to **check out past L.I.F.T. webinars** where you can find a selection of leadership material to get you started on your “leadership path.”

The Business School from the Congress in Istanbul is also available on the **ISAPS Video Library** for registered delegates. The Business School from Vienna is free and available to all ISAPS members on the Video Library. This June, you will have the chance to attend our **in-person workshop on June 14, 2024, at the upcoming World Congress in Cartagena.**

Join us in leadership ... see you at an online webinar soon, and in Cartagena!

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.

And join us in **Cartagena for ISAPS Business School**, including **“Navigating the Digital Frontier - From Social Media Dilemmas to Building Profitable Med Spas and Beyond,”** on Friday, June 14 as part of the nonsurgical program.

Early Bird Fee \$100 (\$200 after April 11, 2024).



**GUEST ENTRY FROM ISAPS
PLATINUM GLOBAL SPONSOR:**

Bio | SCIENCE

Treating Asymmetry In The Buttock Region And Hip Dips

Many patients express concerns about asymmetry in the buttock region and hip dips, which can range from minor cases that may go unnoticed to more pronounced asymmetries that can cause discomfort and embarrassment. These asymmetries can occur due to weight loss, post-liposuction surgeries, or hereditary factors. Addressing this issue can help restore symmetry and achieve a more harmonious aesthetic appearance.

Correcting such asymmetry can result in a better body shape with enhanced curves and bring balance to the entire physique.

Traditionally, surgical intervention through liposuction and fat grafting was the primary method for correcting these types of asymmetries. However, with recent advancements in hyaluronic acid (HA) fillers, non-surgical treatment options have become available, offering excellent outcomes that are safer, simpler, and more predictable. The use of HA fillers for buttock and hip contouring presents a minimally invasive alternative to surgical procedures, allowing for precise and effective correction of asymmetries without the risks and downtime associated with surgery. Moreover, the procedure is performed under local anesthesia and the results are immediate, whereas surgical intervention requires general anesthesia and longer downtime.

HA filler is injected in the designated areas to achieve an aesthetically pleasing outcome and rebalance the ratio and proportions of the body, leading to patient satisfaction and improved self-esteem. However, this modality requires a certain level of expertise and technical skills, along with a thorough understanding of the underlying anatomy.

As a plastic surgeon, I prefer to treat such patients using HA filler particularly HYAcrop MLF2 which is a highly cross-linked body filler with a large particle size ideal for volumizing areas with depressions and providing a long-lasting result. I use an 18-gauge cannula to introduce the product and due to the biphasic nature and the advanced thixotropic technology (ATT) of the HYAcrop MLF2, injecting the product is smooth, making this an easy and simple procedure for both the doctor and the patient. Additionally, ATT promotes a longer duration of the filler and immediately returns to its normal state when the pressure is removed.

Furthermore, every single patient can receive a treatment customized to his needs, based on the required volume, and shape he desires. Additionally, the results are reversible, as the filler responds very well to hyaluronidase enzyme, allowing the product to be dissolved if necessary.

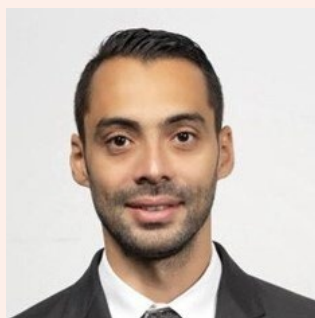
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Proper antiseptic conditions should be applied, and the skin should be disinfected appropriately with the prescribed antibiotic before the procedure. One of the most helpful tools during the injection of body fillers is the ultrasound, as it ensures safety by verifying the product's insertion level, which should strictly be in the subcutaneous plane and never intramuscularly. In my practice, I tend to treat most patients with asymmetrical hip dips while they are standing.

This approach helps ensure that the volume injected is the desired amount and maintains a good contour and balanced ratio on both sides. I use either the fanning injection technique or the linear retrograde injection method, depending on the patient's anatomy and needs. I usually use the two-plane injection technique, which consists of placing the filler in two distinct layers: the superficial subcutaneous and the deep subcutaneous. To confirm correct placement, I usually insert the cannula at a 90-degree angle and then tilt it to inject in the superficial plane. Subsequently, I reinsert the cannula to access the deeper layer and begin the injection. For the superficial layer, I advise using MLF1, while MLF2 is recommended for the deeper layer.

Several adverse effects should be considered with this filler treatment, including ecchymosis, swelling, infections, and hypersensitivity. These are not common but manageable and can be easily avoided with proper medical skills and expertise.

In conclusion, the use of non-surgical options like HA fillers to harmonize body contours and treat asymmetries is rapidly advancing and evolving. This approach is achieving refined and defined body silhouettes, resulting in satisfied patients.



Islam Elgawish, MD

**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 5,000 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 1500+ plastic surgery videos.

Members-only discounts for events, including our ISAPS World Congress 2024, Cartagena, Colombia, being held June 11-15.

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



The graphic features the ISAPS logo on the left, with the text "THANK YOU TO OUR ISAPS GLOBAL SPONSORS" and a world map. To the right, three circular icons represent Platinum, Gold, and Bronze sponsor levels. The Platinum section lists MENTOR (part of the Johnson & Johnson family of companies) and Bio|SCIENCE. The Gold section lists GC Aesthetics* and POLYTECH. The Bronze section lists VASER and GalaFLEX (P4B Scaffold by BD).

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