

# PRESIDENT'S EMAG

# 2024

ISAPS  
January



## MESSAGE FROM THE ISAPS PRESIDENT



**Dear Friends and Colleagues,**

I hope you all enjoyed some leisure time with your family and friends during these holidays. Being that ISAPS is a multicultural, worldwide organization, for some, we celebrated Christmas; for others, Hanukkah and the new year, all times to be together with your loved ones!

To kick off the new year, we are finalizing our **Super Early Bird** registration for our **ISAPS World Congress 2024, Cartagena** so do not miss the opportunity and **register**. We are very happy to have completed the scientific program, which we will share with you soon.

Remember, we start on **June 11 this year**, with our **pre-congress live surgery event being held in the beautiful Capri Surgery Center in Cartagena, Colombia** which will be enriched with cadaver dissections of the surgeries to complement and enrich our understanding of the procedures. The main program is configured with different format sections, starting with interactive sessions and master classes, regular sessions, and discussion panels including pearls and controversies, patient safety, and complications. We will also feature rapid-fire sessions and other various abstract presenting formats, enjoyed during our past World Congress Athens, offering a chance to all those who want to be on the podium and share their knowledge and participate, the option to do so.

Lina Triana, MD  
ISAPS President

# MONTHLY E-MAGAZINE

This year, we will also have mentoring opportunities during lunch sessions and much more. For those who want to bring your office team, we can make them Associate Members under our **“wing to participate”** in our June 14 and 15 non-surgical sessions, and our special **Business School**, which will be held on Saturday, June 15. Also, anyone interested in going “back to the basics” can join the **Residents’ Symposium or explore the Women’s Symposium**. We are also providing the opportunity for those who have not yet discovered our **L.I.F.T. Program** - Leaders Insights For Transformation Program - to discover that there is more about being a leader in our aesthetic world. We had a very successful in-person day last December in London with our L.I.F.T. Program, where we discovered how to better deal with teams, build teamwork, and deal with dysfunction.

xxx Also, this year in Cartagena, we will hold the **second ISAPS Global Forum** after a successful and intense first Global Forum held in London this past December where 49 representatives from our 90 Global Alliance Partners (GAP), aesthetic and plastic surgery regional and country scientific societies worldwide, were present working together to co-create and agree on core strategies that all ISAPS GAP can commit to work towards in the coming years, to promote patient safety globally and foster international cooperation. More on the results of this forum will come in future e-magazines, and remember to tell your local scientific societies to send their representatives and join us in Cartagena.

The ISAPS World Congress 2024, Cartagena is the perfect opportunity to **learn and exchange our knowledge from a multicultural perspective** that really enriches our practice towards the best for our patients and sets the stage for perfect networking opportunities. We have **more than 450 speakers from all over the world** who will be present to stand for something bigger than themselves, representing the best for our aesthetic practice in a perfect Caribbean atmosphere full of spices, color, and music that characterizes my beautiful country, Colombia and the colonial, walled city of Cartagena.

The ISAPS World Congress 2024, Cartagena, uniquely contrasts our ISAPS meetings: a mix of high-level scientific learning and education while also having fun, celebrating, and partying - as is the Latino way!

In the following weeks, we will post our special hotel rates; our meeting will take place in **Las Americas Resort and Convention Center**, where you will have the beach, the meeting, and a tropical resort all in one, perfect for those who want to bring family. And for those who want to learn more about Colombia and other tourist offers of nearby and other Colombian regions, you can expand your trip through our travel agency partners.

And remember, as doctors - as surgeons - we have chosen the path of leadership; **we are leaders in aesthetics**, so in 2024, take action, be an active ISAPS member, come to Cartagena, take an active role, and help us **build and create the best for our aesthetic world**. I hope to see you all and share unforgettable experiences together in Cartagena this June 11-15, 2024.



Lina Triana, MD  
ISAPS President

**A warm welcome to  
our new ISAPS Bronze  
Global Sponsor:**

**GalaFLEX**  
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# MONTHLY E-MAGAZINE



Interview with  
**Ozan Sozer, MD**  
ISAPS Education Council Chair and Program  
Director

## ISAPS Continuing Education & 2024 Congress Forecast

As we get 2024 underway, we look forward to another active and educational year at ISAPS! This includes our upcoming **ISAPS World Congress 2024, Cartagena**, from **June 11-15**. The Scientific Program Committee has been diligently planning the program, and we can't wait to share it with you soon!

We had the opportunity to meet with ISAPS Education Council Chair and Program Director Dr. Ozan Sozer, who shared some highlights and what we can anticipate for the 2024 Congress.

**ISAPS: Our society has become the gold standard for providing continuing education to its members in new procedures, techniques, and options in aesthetic and reconstructive plastic surgery. In this context, what can we look forward to in 2024?**

**SOZER:** In 2024, ISAPS will continue online educational events, including our recurring **Resident Webinars** and **Journal Clubs**, which usually rotate every other month, so there will be at least one educational event each month. In addition, the **ISAPS eMagazine** covers special subject areas in each issue under our Monthly Educational Corner, and our quarterly **ISAPS News** features new techniques and procedures in every issue. To promote education, we are also continually adding to our **Online Video Library**, which features content from **ISAPS Congresses**, **Official Courses**, the **L.I.F.T. Program**, and various ISAPS webinars.

**ISAPS: Attendees at the 2024 Congress will experience a full program covering the latest advancements in aesthetic plastic surgery for safe and effective aesthetic procedures and improved quality of life for all patients worldwide. What can they expect to learn in the masterclasses, and what are the main topics of interest? And what pre-congress live surgery courses are scheduled?**

**SOZER:** We have already prepared an intensive program for the 2024 Congress in Cartagena. The day before the main meeting, we will have a pre-congress program, including live surgery, a **Residents' Symposium**, and a sculpture course given by Dr. Julio Fernandez.

The live surgery will include the following:

- state-of-the-art high-definition body contouring techniques
- new multiplane breast lift augmentation
- advanced face lift operations

The main program will feature more than **350 faculty and over 250 high-quality abstracts** will be presented by our members.

Any subject that you can imagine will be covered in this extensive program. We are also scheduling one day dedicated to non-surgical treatments and practice management, and we are looking forward to also having a live ultrasound teaching course given by Dr. Pat Pazmino.

# MONTHLY E-MAGAZINE

**ISAPS: On a personal note, what part of the program are you most looking forward to, and why?**

**SOZER:** This is a very difficult question; it is like asking which of your children you love the most - they are all wonderful! We prepared the program with the same enthusiasm and detail for each separate subject. Regardless of whether

it is face, breast, body contouring, patient safety, non-surgical treatments, genital surgery, or transgender surgeries, the faculty and the lectures are equally excellent. Depending on where the attendees' interests lie, they will find very satisfying programs in all topics - there is something for everyone!

## 2023 In Review: What ISAPS has done for you.



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

<h3 style="text-align: center;">one year of education and events</h3> <div style="display: flex; justify-content: space-around; text-align: center;"> <div> 20+ educational events</div> <div> 6,000+ registrations</div> <div> 17 endorsed programs</div> <div> 1 Global Forum</div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 45%;"> <h4 style="text-align: center;">online and in-person events</h4> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>virtual</b>                      • 5 Resident Webinars                      • 5 Journal Clubs  <b>L.I.F.T.</b>                      • 2 Webinars                      • 2 Workshops                 </div> <div style="text-align: center;">   <b>ISAPS Olympiad World Congress</b>                      Athens: Onsite, Virtual &amp; OnDemand:                      1,600+ attendees,                      91 countries                 </div> </div> </div> <div style="width: 45%;"> <h4 style="text-align: center;">Dynamic Learning Hub</h4> <div style="text-align: center; margin-bottom: 5px;">  </div> <p><b>ISAPS MedOne</b></p> <ul style="list-style-type: none"> <li>• 1,839 teaching videos</li> <li>• 91 best-selling aesthetic surgery e-books</li> <li>• 46,120+ downloadable images and photos</li> </ul> <p><b>ISAPS Video Library</b></p> <ul style="list-style-type: none"> <li>• 1,500+ uploaded videos</li> </ul> </div> </div> <div style="text-align: center; margin-top: 10px;">  <p>97% satisfaction rate   97% recommendation</p> </div>	<h3 style="text-align: center;">research</h3> <p style="text-align: center;"><b>ISAPS Journal</b> Aesthetic Plastic Surgery</p> <div style="text-align: center; margin-bottom: 10px;">               Impact factor: <b>2.4</b>              Downloads: <b>659,919</b> </div> <h3 style="text-align: center;">Patient Safety</h3> <div style="text-align: center; margin-bottom: 10px;">  </div> <ul style="list-style-type: none"> <li>• 3 Safety Statements published</li> <li>• 15 Patient Safety Checklists on Social Media</li> <li>• 2 Instagram Live Events</li> </ul> <h3 style="text-align: center;">award</h3> <p style="text-align: center;"><b>Best B2C Website of the Year</b></p>	<h3 style="text-align: center;">our international community</h3> <h4 style="text-align: center;">membership</h4> <div style="display: flex; justify-content: space-around; text-align: center; margin-bottom: 10px;"> <div> 117 countries</div> <div> 89 National Secretaries</div> <div> 93 Global Alliance Partners</div> <div> 5,450+ members</div> <div> 97% recommend ISAPS</div> </div> <h4 style="text-align: center;">residents program</h4> <div style="display: flex; justify-content: space-around; text-align: center;"> <div> 1,430 residents</div> <div> 38 fellowship placements in 13 countries</div> <div> 125 fellowship applications</div> </div>
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# MONTHLY E-MAGAZINE



**ISAPS**<sup>®</sup> WORLD CONGRESS  
Cartagena | Colombia | 2024

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

[www.isapscartagena2024.com](http://www.isapscartagena2024.com)

## Super Early Bird Deadline Ends Tomorrow, January 11, 2024!

Come to Cartagena to meet and learn from the best speakers worldwide, who will present cutting-edge topics, and practical training with the goal of achieving excellence in practice and patient safety.

The **invited faculty** will discuss lectures across our six key topic themes:

### **Face & Neck, Breast, Body, Rhinoplasty, Other/Innovative Surgical Techniques, and Non-Surgical Procedures**

*(including Minimally Invasive, Injectables, Regenerative Medicine, Practice Management, and Patient Safety)*

### **Stay tuned for the 2024 program, online soon!**

Take a look at our **scientific sessions** and the **social program** of our previous congress in Athens.

**ISAPS members** who register by **Thursday, January 11, 2024** pay only **\$650!** (Residents only \$350). For a full list of registration options and deadlines, [click here](#).

**Register and Save**

## Did You Know?

Traveling to Cartagena provides many **cultural and historical** opportunities for all visitors. Whether you want to **explore the city** or enjoy a relaxing **day at the beach**, this city has it all. From world-renowned architecture, museums, the Caribbean Sea to the west and Cartagena Bay to the south, the choice is yours.

*Cartagena places #7 in "Best Places to Visit in Central and South America in 2023-2024," according to the U.S. News & World Report travel rankings.*



# MONTHLY E-MAGAZINE



**THANK YOU**



**Thank You! Obrigado! Merci! Grazie! Teşekkür ederim! Gracias! ...  
To ALL of our members and faculty worldwide!**

**International Thank You Day on January 11** would not be complete without extending our gratitude to the many who make up ISAPS and have helped build our **#ISAPSFamily**. We have all worked together to create not just a society but a community. A place where we can exchange knowledge and ideas to promote the latest advancements and patient safety in our specialty. As members, we all share a collective responsibility not just to represent ISAPS but **also to be ISAPS**.

**We are grateful for everyone who makes up ISAPS, including:**

#### **Committees**

- Bylaws Committee
- Communications, Branding, and Public Relations Committee
- Corporate Governance and Policy Committee
  - Education Council
  - Executive Committee
- Finance, Investment, and Industry Relations Committee
- Journal Operations Committee
  - Membership Committee
  - Nominating Committee
  - Patient Safety Committee

#### **Board of Directors**

#### **National Secretaries**

#### **Sub-Committees**

- Certification Committee
  - Ethics Committee
- Fellowship Program Coordinator
  - Global Survey Editor
  - ISAPS News Editors
    - Journal Club
  - Residents Education & E-Learning Committee
- Scientific Program Committee
  - Social Media Working Group
- Visiting Professor Coordinator
  - Website Committee

#### **Global Sponsors**

#### **Global Alliance Partners**

**... and everyone  
who is part of the [#ISAPSFamily](#)!**



## MONTHLY EDUCATION CORNER



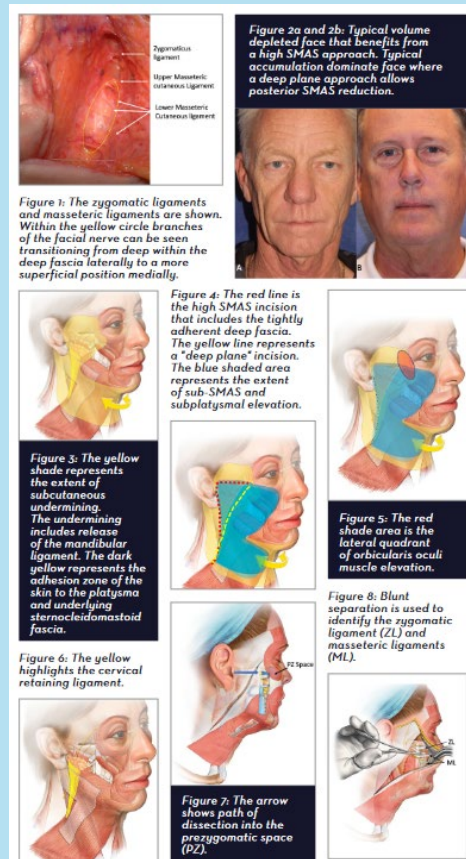
Recently published in  
**ISAPS NEWS...**  
How I Do It | Page 34

### THE QUESTION OF ADEQUATE LIGAMENT RELEASE FOR SMAS MOBILIZATION

The release of ligaments in sub-SMAS surgery has become the hallmark of deep plane procedures, however, in reality, releasing of the ligamentous fixation of the facial soft tissues is nothing more than a technical exercise.

**Gerald O'Daniel, MD (United States), ISAPS Education Council**

[Read now!](#)





# MONTHLY E-MAGAZINE



This month's [Online Video Library](#) features a Live Surgery Video on

[Face Lifting – Full SMAS Concept](#), by Dr. Renato Saltz, from the ISAPS World Congress Istanbul 2022.

For full access to the online video library of more than 1,500+ videos, become a [member today](#).

## January MedOne Feature

[Centrofacial Rejuvenation. Tonnard P, Verpaale A, Bensimon R, ed. 1st Edition. New York: Thieme; 2017](#)



This comprehensive resource describes cutting-edge fat harvesting and injection techniques as well as innovative methods of preparing the fat tissue to obtain a better survival of the fat particles, eliminate the need for overcorrection, reduce the downtime and morbidity, and avoid complications. Surgeons can use *Centrofacial Rejuvenation* as a guide to move their practice forward.

Copyright: Thieme Medical Publishers

MedOne is available to select ISAPS members. [Apply](#) today or [renew](#) your membership to receive that ISAPS membership benefit!



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

[www.isapscartagena2024.com](http://www.isapscartagena2024.com)





## MONTHLY EDUCATION CORNER

### Building Personal Power



In the heart of bustling Athens, the ISAPS Olympiad World Congress 2023 shone with a particular charm. We weren't just on the stage for sporting feats; it was a **melting pot of wisdom, knowledge, and science** delivered by all the speakers. However, hidden within the convention center's recesses awaited a **unique experience, the L.I.F.T. workshop** by Andy Craggs and Alex McLaren.

Close to the millennium-old history, marble, and ancient statues, we immersed ourselves in a day that promised more than medical lessons. It was a journey of personal and professional discovery, built upon the physical and emotional exhaustion that often occurs in plastic surgery, represented by the concept of „burnout.“

Andy was the one who lit the initial spark, opening a dialogue about **internal leadership as a weapon against fatigue**. We delved into deep reflections, questioning the importance of leadership in our own lives and how its absence could be the seed of exhaustion. The need to enhance our skills, become more resilient, and face the unexpected with fortitude emerged as a means to balance our lives and careers.

Alex's voice rose following this revelation, guiding us through the **intricate paths of effective communication**. Through exercises and challenges, he showed us the strength of closeness and the influence born from the connection between people. Teams, we understood, learn better when united and in proximity.

But the real magic happened when the conversation leaned towards how we learn best. Amidst this reflection, contrasts arose between childlike freshness and adult caution. With their **natural bravery**, children embrace mistakes and compete without fear of judgment. In contrast, adults, especially in the medical field, **learn and analyze under the pressure** of evaluations and grades, losing the spontaneity of learning through error along the way.

The true essence was revealed when exploring communication with patients. Emotional connection, we understood, forged bonds, and became the cornerstone of doctor-patient interaction. **„Storytelling“** emerged as the tool that **binds ideas, people, and experiences**, ensuring that each encounter leaves an indelible mark.

# MONTHLY E-MAGAZINE

Stories aren't mere narratives; they are woven with sequences, images, and emotions. Context is the key that unlocks doors to the perception of the event. We discovered that when telling a story, we don't just narrate it; we vibrate, live it, and recreate it mentally, immersing ourselves in the art of „Storytelling.“

The day offered us knowledge and a question that resonated in every corner of our minds, „**Why do we do what we do?**“ A simple query that sparked

endless reflections, constantly reminding us of the **relentless pursuit of excellence, both in the professional and human realms.** And so, amidst narratives and introspections, we concluded our journey through that workshop at the Athens ISAPS Olympiad World Congress, marking an important moment for the leadership program driven by our President, Lina Triana.

**Juan Esteban Sierra**  
**National Secretary, Colombia**

L.I.F.T.

## Interested in Developing Your Leadership Skills?

Check our [Leadership Insights for Transformation \(L.I.F.T.\) Program](#) with webinars and [online resources](#).

**ISAPS**  
**MEMBERSHIP**



## There Is Still Time!

ISAPS members who renew their membership for 2024 can take advantage of the **Super Early Bird Rate and register for only \$650** (Residents: \$350) for the [ISAPS World Congress in Cartagena](#), June 11-15, 2024.

*Note: the First- and Upper Class membership categories include access to all our learning resources including [MedOne](#), plus registration to the Congress.*

Join the [#ISAPSFAMILY](#)

Renew

Join

# MONTHLY E-MAGAZINE

## 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 journal *Aesthetic Plastic Surgery*, published 12 times a year.

A video library on our website, offering 1,500+ 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](mailto:memberservices@isaps.org)**

**Click here to see  
upcoming ISAPS events!**

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Worldwide™



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