

# PRESIDENT'S EMAG

# 2023

ISAPS  
December



## MESSAGE FROM THE ISAPS PRESIDENT



Lina Triana, MD  
ISAPS President

**Dear Friends and Colleagues,**

As part of the Scientific Committee, we are now finalizing our scientific program for the **ISAPS World Congress 2024 Cartagena**. Remember it is taking place earlier next year, **June 11-15**, so register before January 11, 2024, for the **Super Early Bird Deadline**, and take advantage of great end-of-year membership savings.

I want to bring to your attention why ISAPS has not increased World Congress registration fees over the last years. We are constantly creating opportunities for young plastic surgeons, residents, and surgeons in low-income countries to be part of our aesthetic world, take active roles in our plastic surgery and aesthetic medicine discussions, and give podium opportunities to all of those who want to contribute by submitting abstracts.

Abstract submissions for **ISAPS World Congress 2024 Cartagena**, June 11-15, have closed. Thank you to all of those who, by submitting their work, are taking action towards sharing their knowledge and experience in our aesthetic world. And to the **more than 450 confirmed speakers** for Cartagena, thank you for making it possible for our young surgeons and those in low-income countries to be part of our meetings. Your invaluable contributions make it possible **to be and act towards who we are, providing aesthetic education worldwide** enriched

# MONTHLY E-MAGAZINE

by our multicultural influence, creating a constant interchange of knowledge and networking opportunities.

I also want to share that alternate candidates' nominations for the Board of Directors are closed. Thank you to all of you who put yourself forward and to those who nominated some of our ISAPS members for future leadership positions.

We congratulate the Brazilian Society of Plastic Surgery (SBCP) for its 75 years! As one of our Global Alliance Partners, we were excited to be present in Sao Paulo a few weeks ago for the **ISAPS Symposium on Regenerative Medicine**. **Because together, we are stronger.** I want to remind presidents and representatives of our **Global Alliance Partners** that they are still on time to register and participate at our first **Global Forum on December 9, 2023, in London**. The forum's purpose is to co-create and agree on a core strategy framework that all Global Alliance Partners can commit to work towards in

the coming years to promote patient safety globally and foster international cooperation. This will be followed by our **L.I.F.T. Program: Coaching & Mentoring Workshop on December 10**, which is open to all members and non-members and will cover building teams, engaging and motivating others, and maintaining the highest professional standards and team performance, all together to increase workability in our lives.

At ISAPS, we are leaders in aesthetics, and each and every one of us is a leader in our aesthetic world. Today, I want to introduce once again to you the **four fundamental aspects of being a leader: integrity, authenticity, being for something bigger than oneself, and being the cause in the matter**; these are the aspects that leaders stand on, and today I give you a deeper cut on the first aspect: integrity.

## Integrity.

In the context that I am presenting to you today, integrity has nothing to do with being right or wrong, good or bad. Integrity is all about your word because **„you are your word,“** including your non-verbal language, thoughts, and thought processes. And being and acting with integrity is much more than your word; it is keeping your word and on time. So, if acting on one's word and showing integrity is how leaders represent exercising leadership, how good are you today at keeping your word with others and yourself?

Many times, we go through life in automatic mode and do not realize that we are not acting with integrity. See if you can catch yourself after giving your word but not being present when it comes the time to keep your word. Just remember when you run into this person, and the automatic mode comes out of your mouth automatically, and you say, "I will call you for a coffee," but nothing really ends up happening, and the coffee appointment never takes place. While it may not be apparent to you, this person may still be waiting for that coffee encounter to happen.

Next time, before speaking, stop yourself for a second and see if what you are proposing can really fit into your agenda or if you are really willing for it to happen because if this is so, speak and go ahead and put it into your



# MONTHLY E-MAGAZINE

agenda. The moment you write it down, guess what? You are creating your future and bringing it into existence, which means it happened because of you.

By discovering that **we are our word**, we will be more responsible before giving our word, and this simple act will help us build healthy relationships with those around us. Keeping our word and on time will bring workability into your life.

Before leaving you, I want to bring you one more thought regarding the integrity concept. When the time comes that you have given your word but realized it will just not happen, or not happen in time, the moment you discover it, inform all of those that will be impacted by your not keeping your word and ask them how you can clean any mess generated by not keeping your word, this is called **honoring your word**. Because **when you do not keep your word to others or yourself, you are less complete with who you are**. And just like crooked wheels on a bicycle will decrease its performance, the same happens to us humans when we are not complete; being out of integrity leaves us incomplete of who we are, decreasing our power to be and to act.

I invite you all to look at who you are and stand towards acting with integrity, start creating the aesthetic world you want to live in and join us in an even bigger world, the ISAPS Aesthetic World.



Lina Triana, MD  
ISAPS President



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

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

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

The ISAPS World Congress is the leading scientific event in aesthetics for plastic surgeons providing a forum to learn, share, and network. The scientific program will include the best speakers worldwide, cutting-edge topics, and practical training with the goal of achieving excellence in practice and patients' safety.

## Important 2024 Reminders:

**Super Early Bird Registration Deadline: January 11, 2024**

**Members can save up to \$1,000!**

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

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

[Register Now](#)





Interview with  
**Egiehiokhin Isiwele, MD**  
ISAPS National Secretary, Nigeria

## Meet ISAPS' Very First National Secretary for Nigeria: Dr. Egiehiokhin Isiwele!

The **ISAPS National Secretaries** assist the Executive Office and the Board of Directors, communicating on their behalf with ISAPS members and other aesthetic plastic surgeons in their country. Each member country with at least three members may elect a National Secretary to represent their interests in ISAPS and work on **strategic priorities**.

We are honored to have Dr. Egiehiokhin Isiwele as our first National Secretary for Nigeria. This position requires “leadership through service”, and we are excited to hear more about Dr. Isiwele and her thoughts and ideas as they pertain to her position as National Secretary for ISAPS.

**ISAPS: What does it mean for you to represent ISAPS in the capacity of National Secretary?**

**ISIWELE:** Becoming the first National Secretary for Nigeria is a huge privilege that comes with a lot of responsibility. The position has given me the opportunity to serve (ISAPS) and being able to introduce ISAPS and all its benefits to my national society, the National Association of Plastic, Reconstructive and Aesthetic Surgeons

(NAPRAS), is very important to me. Additionally, I want to encourage more members from Nigeria to join ISAPS so they can benefit from its numerous opportunities.

**ISAPS: As National Secretary, what are three things you hope to accomplish during your tenure?**

**ISIWELE:** I see myself now as an ambassador for ISAPS in my country and intend to ensure that all information about ISAPS is readily accessible to my national society. NAPRAS has over 150 board-certified plastic surgeons and about 100 residents. I intend to encourage this vast number of professionals to sign up so they can leverage ISAPS' vast resources. Finally, I will work to encourage NAPRAS to consider joining the ISAPS Global Alliance with more members joining ISAPS from Nigeria.

**ISAPS: What is your most unforgettable memory from being an ISAPS member?**

**ISIWELE:** Getting to meet the great masters of plastic surgery face-to-face and subsequently be



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mentored by them has been the most treasured aspect for me in becoming a member of ISAPS. Added to this, I must say, are the massive networking opportunities!

**ISAPS: Will you attend the ISAPS World Congress 2024 in Cartagena, Colombia? If so, what speaker are you hoping to hear from and why?**

**ISIWELE:** Cartagena 2024 promises to be a great gathering for all great plastic surgeons worldwide and should not be missed by anyone! I really look

forward to attending the conference, this time with more members from Nigeria attending. I look forward to seeing Dr. Constatino Mendieta because his body-contouring magic is awesome. Thanks to ISAPS for the opportunity to serve. **#ISAPSFAMILY**, stronger together!

# ISAPS

## MEMBERSHIP



## Do you want to access the best Aesthetic Education Worldwide©? Renew or Join for 2024 Before the End-of-the-Year!

Join, or renew, today to start receiving **ISAPS membership benefits**. Members have access to the latest educational tools including the searchable **MedOne** database featuring over 91 best-selling e-books and 1,762 teaching videos, access to ISAPS' official **APS Journal** and the **Online Video Library** with over 1,500 videos with more being added regularly.

Join the #ISAPSFAMILY

Renew

Join

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.*



## MONTHLY EDUCATION CORNER

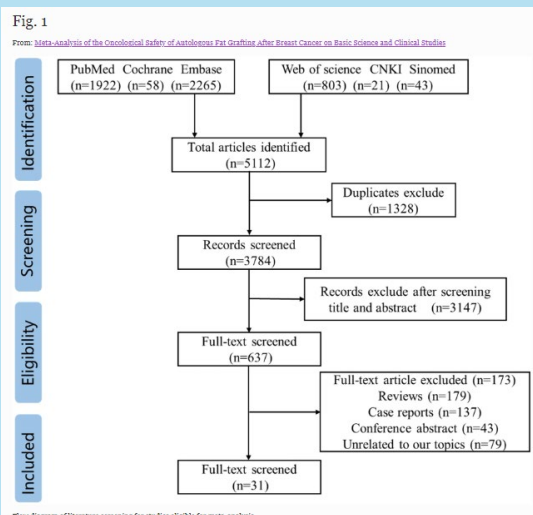


Recently published in  
***Aesthetic Plastic Surgery...***

### Meta-Analysis of the Oncological Safety of Autologous Fat Grafting After Breast Cancer on Basic Science and Clinical Studies

Kai Wang · Zhou Yu · Xiangke Rong · Jiezhong Tang · Juanli Dang · Huichen Li · Jizhong Yang · Han Peng · Chenggang Yi

The purpose of the present study was to comprehensively evaluate the oncological safety of autologous fat grafting after breast cancer by combining experimental and clinical studies.



**Read now!**

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



## MONTHLY EDUCATION CORNER

### Randall S Peterson: How to Kill Chaos with Kindness

This month, we focus on an article by Randall S. Peterson, [“How to Kill Chaos with Kindness”](#), recently published in London’s Business School magazine, Think At London Business School Issue 1 - 2023.

Peterson, Professor of Organizational Behavior at the London Business School and Academic Director of the Leadership Institute, explains why a new methodology for the **investigation of personality traits has profound implications for building teams.**

This article is part of the recommended reading for [ISAPS L.I.F.T. Program Module 2: Leading Others](#) and will also be covered at the upcoming [ISAPS L.I.F.T. Program: Coaching & Mentoring Workshop in London on December 10, 2023.](#)

[Read the article](#) and learn more about the role of agreeableness and its implications in team building.

**Read now!**

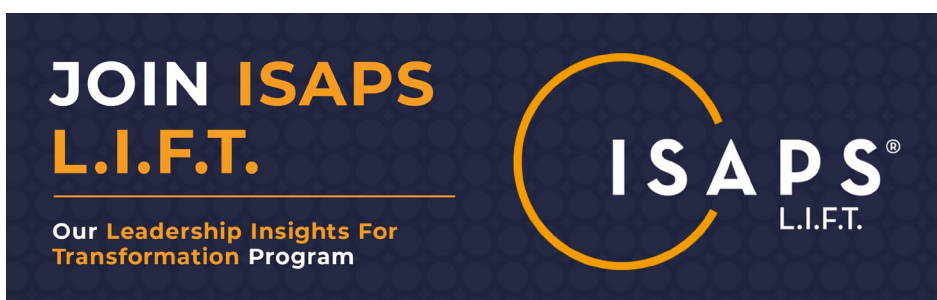


### Interested in Developing Your Leadership Skills?

Check our [Leadership Insights for Transformation \(L.I.F.T.\) Program](#) with webinars, [online resources](#), and join our upcoming [workshop in London, UK.](#)



# MONTHLY E-MAGAZINE



Our **full-day ISAPS L.I.F.T. Program Workshop, in London, UK, is this weekend, on December 10, 2023!** There is still time to register for the **,Coaching and Mentoring Workshop‘.**

The format will include a combination of self-directed online learning with live events and will change your ability to **build teams, engage and motivate others, and maintain the highest professional standards and team performance.**

The workshop gives you the opportunity, at a fraction of the cost of commercial leadership programs, to get ahead of the game.

Enhance your learning with learning with **additional recommended resources** such as **„Leading Others - Defusing Team Dysfunctions“**, **„The ABC of Leadership“**, **„The Trust Trap“** and check out **previous L.I.F.T. webinars.**

[L.I.F.T. Website](#)



This month's **Online Video Library** features a lecture topic on **Correction of Acquired or Connatal Breast Deformities with Fat Transfer**, by **Dr. Kai Kaye**, during the ISAPS World Congress Istanbul 2022.

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

## December MedOne Feature



**The Art of Body Contouring: After Massive Weight Loss. Aly A, Nahas F, ed. 2nd Edition. New York: Thieme; 2023.**

The book reflects techniques that were developed and refined by the worlds leading master body contouring surgeons, with invaluable insights that were gleaned from the treatment of thousands of patients, which helped improve surgical outcomes.

Copyright: Thieme Medical Publishers

MedOne is available to select ISAPS members. For those not yet benefitting from this resource, we are offering all members a **free trial** of **ISAPS MedOne**. All **Resident members** can access the free trial via the ISAPS website through December 31, 2023. **Associate** and **Active** members can contact **memberservices@isaps.org** for a one-month access code.



# MONTHLY E-MAGAZINE



**ISAPS FAMILY.  
STRONGER.  
TOGETHER.**

[WWW.ISAPS.ORG](http://WWW.ISAPS.ORG)

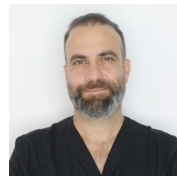
***Passion, Innovation, Credibility, Unparalleled Education  
Resources, High Patient Safety Standards...***

**These are Just a Few of the Words & Phrases Used to Describe  
What being a Part of the #ISAPSFAMILY  
Means to our Members...**



*I think becoming an ISAPS member is an honor and means that we will work together with surgeons worldwide and stay connected with all the News about plastic surgery!*

**Dhyego Curado, Brazil**



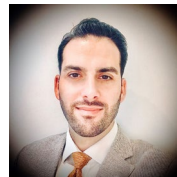
*Being a plastic surgeon, and passionate about breast surgery, I believe that ISAPS is a wonderful platform to keep learning and sharing with others.*

**William Watfa, Lebanon**



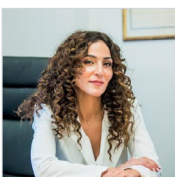
*It's important for me to join the #ISAPSFAMILY to interact with my colleagues, for the community spirit of belonging to the plastic surgeons, to follow ISAPS activities and education, to show credibility and legitimacy to my patients.*

**Matthieu Beustes-Stefanelli, UAE**



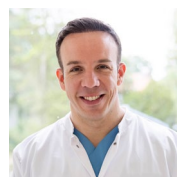
*I joined ISAPS to promote and cherish evidence-based practice as well as innovation within the wider community of plastic surgery.*

**Andrej Salibi, United Kingdom**



*ISAPS, with its global recognition and dedication to advancing the field, has always been an organization I've looked up to.*

**Margarita Moustaki, Greece**



*I am proud to belong to an international community of plastic surgeons, ISAPS. Thanks to the great exchange, we can offer our patients the best treatments.*

**Armin Bell, Germany**

**Meet more members on social media!**

**#ISAPSFAMILY**



**GUEST ENTRY FROM ISAPS  
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## Bio | SCIENCE

### **Revolutionizing Body Contouring: Addressing Hip Dips with Hyaluronic Acid Fillers**

The term „hip dips“ has gained increasing attention in aesthetic surgery and medicine, with more patients seeking interventions to correct this commonly perceived imperfection. This trend highlights the significant influence of social media on body image and beauty standards. It is crucial to understand that hip dips are not a deformity or pathological condition but a natural variation in human anatomy.

Hip dips, or trochanteric depressions, may be more pronounced in male pelvises, characterized by a wider distance between the iliac crests and the greater trochanter, and in patients with muscular hypertrophy in the surrounding areas. Additionally, factors like adipose tissue accumulation around the waist and hips can accentuate this feature. However, it's challenging to address hip dips through diet or exercise alone, as they are primarily structural characteristics.

Plastic surgery offers solutions for this, with procedures such as liposuction of the waist and legs followed by fat grafting. This procedure aims to sculpt and rectify the trochanteric depression, ultimately improving the area's appearance. This surgery requires local or general anesthesia, followed by postoperative care such as massages, wearing compression garments, and a minimum recovery period of four days. Moreover, visible results typically appear after four months, coinciding with the resolution of inflammation and fat resorption rates.

Another increasingly popular alternative is the use of hyaluronic acid (HA) fillers, particularly appealing to those opposed to surgery. This procedure, performed under local anesthesia in a clinic, is painless and yields quick, long-lasting results. Choosing an HA filler that provides volumization, conforms to the anatomy, feels natural, and ensures treatment durability is vital for optimal outcomes.

In my practice as a plastic surgeon, I have found Genefill Contour and Genefill Contour Plus effective for treating hip dips. Genefill Contour Plus adds volume and firmness to address concavities or depressions, while Genefill Contour helps to regularize and shape the area according to the body's curves. It's worth mentioning that extensive anatomical knowledge of this area and proficiency in expert injection techniques are required to accurately place the HA and achieve the desired result. Genefill Contour Plus is injected into the deep fat compartment to maximize volume, and Genefill Contour is applied to the superficial fat compartment for shaping and smoothing. The volume of product needed is tailored to the depth of the hip dip concavity and the extent to which the buttocks require enhancement for a balanced appearance. Typically, for the initial procedure, around 10-20cc of Genefill Contour and 20-30cc of Genefill Contour Plus are advised per buttock.

# MONTHLY E-MAGAZINE

Additional treatments might be necessary to attain the desired outcome. This recommendation is particularly important for first-time patients. Administer the HA filler using an 18G/22G cannula and apply either the fanning injection technique or the linear retrograde injection method. Avoid shallow injection practices and proceed with caution, refraining from using forceful techniques when the cannula faces resistance. The procedure takes about 30 minutes, causes minimal discomfort, and allows patients to quickly resume daily activities. Post-treatment care includes wearing a compression garment for 10 days, a five-day course of antibiotics and pain relief, and avoiding sun exposure for the same duration.

In conclusion, the growing interest in addressing hip dips reflects a demand for quick, comfortable, and painless solutions. HA fillers are an effective option that meets these patient requirements and expectations.



**Dr. Juan Caicedo**



# MONTHLY E-MAGAZINE

## ISAPS Membership

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

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

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

**Apply today to become an ISAPS Member!**

**If you have any questions, please feel free to contact us at [memberservices@isaps.org](mailto:memberservices@isaps.org).**

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

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Worldwide<sup>™</sup>



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