

PRESIDENT'S E-MAGAZINE

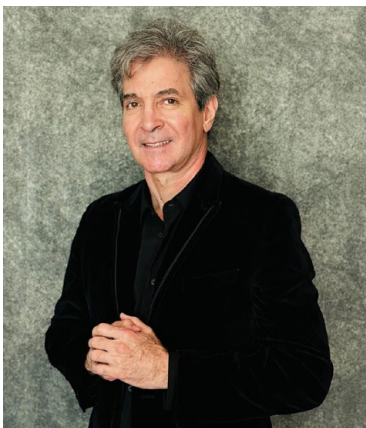
2026

April ISAPS



MONTHLY UPDATE FROM YOUR ISAPS PRESIDENT

CONNECTING CULTURES, SHARING KNOWLEDGE AND
LEADING THE FUTURE IN AESTHETICS



Arturo Ramírez-Montañana, MD
ISAPS President

Dear Friends and Colleagues,

Following on our busy start to the month with our Board and Scientific Program meetings in Cancun, Mexico, I had the privilege of joining the 38th Central-West Plastic Surgery Conference in vibrant Brasília, Brazil, from March 19 to 21, 2026. Organized by the Brazilian Society of Plastic Surgery (SBCP), the event brought together brilliant minds for inspiring scientific sessions and fostered a warm, welcoming atmosphere where friendships flourished.

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I would like to thank the organizers of SBCP* for their usual warm hospitality and another fantastic event experience. The conference offered a wonderful chance to reconnect with old friends, forge new connections, and dive into the latest innovations. Beyond the outstanding program, Brasília itself added a unique and unforgettable charm to the experience.



Next up this month: I am looking forward to coming together with the Presidents of our **ISAPS Global Alliance Partner Societies on April 18, 2026, for our virtual President's Forum:** our chance to connect as leaders of our respective societies worldwide, share priorities and challenges, and to plan our cooperation for the coming year. With almost 100 societies now part of our worldwide network, we are keen to include as many countries as possible, and I invite you to ensure that your National Society President, or their representative, will join us (RSVP by email ea@isaps.org).

I am also pleased to announce that our new **ISAPS Humanitarian Award** is currently open for **nominations (through April 8)**. This is a great way to acknowledge our members for their contributions to humanitarian/outreach work in plastic surgery, so thank you for taking a moment to submit your nominations.

Finally (back by popular demand!) don't miss the chance to register for our next ISAPS Masters Program, ahead of the early bird deadline: **ISAPS Masters Body Masters, Barcelona, Spain, July 3 to 5, 2026**. Space is limited, so **register early** to secure your place.

Enjoy the rest of April, and I hope to see you soon!

Arturo Ramírez-Montañana, MD
ISAPS President

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***With warm thanks and acknowledgments to our hosts at SBCP:**

National Directors SBCP: *Dr. Marcelo Moura Costa Sampaio, President of SBCP; Dr. Ronaldo Righesso, 1st Vice President; Dr. Sergio Augusto Penazzi Junior, 2nd Vice President; Dr. Alexandre Piassi Passos, General Secretary; Dr. Marcela Caetano Cammarota, Assistant Secretary; Dr. Igor Felix Cardoso, President of the 38th Central-West Plastic Surgery Conference*

From the Scientific Events Department SBCP: *Dr. Andre Luis de Menezes Maranhao, Director; Dr. Marcelo Marafon Maino, Secretary*

ISAPS HUMANITARIAN PROGRAM



Announcing the ISAPS Humanitarian Award

We are pleased to announce the establishment of the **Humanitarian Award**, recognizing **outstanding humanitarian and outreach contributions in plastic surgery**. Eligible contributions include efforts that restore dignity, rebuild lives following trauma, or ongoing projects that increase access to high-quality surgical care in underserved communities globally.

This award honors **individuals who have demonstrated exceptional commitment and delivered significant impact through outreach initiatives**. It affirms that excellence within ISAPS includes not only scientific and artistic skill but also compassion, integrity, and global responsibility.

Further information on eligibility criteria, nomination requirements, and submission deadlines is **available on the ISAPS website**. Nominations may be submitted **here**.

The deadline for nominations is April 8, 2026.

We appreciate your ongoing dedication to excellence, service, and the advancement of our specialty.

[Submit Nomination](#)

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ISAPS Fellowship Program 2027



Apply for an ISAPS Fellowship Before April 20, 2026

Applications are free for all eligible ISAPS Resident and Associate Members.

The deadline to apply is April 20, 2026!



Meet our 2025 ISAPS Fellows, see their host training locations, and read selected personal reflections on their experiences in the **latest issue of IN**.

ISAPS Residents

We offer a range of educational opportunities for early-career surgeons and offer ISAPS Residents a free membership opportunity.

Learn more and apply today!



Meet the Winner of the 2025 ISAPS Global Survey Drawing: Tung Dinh Nguyen, MD

National Secretary, Vietnam

Global Trends, Vietnam's Aesthetic Plastic Surgery Insights, and the Unmissable ISAPS World Congress

We are excited to announce **our first winner** of the **ISAPS Global Survey** drawing, **Dr. Tung Dinh Nguyen, who serves as the ISAPS National Secretary for Vietnam**. He shared his thoughts on the [Global Survey](#), offered unique perspectives on aesthetic plastic surgery in Vietnam, and highlighted what sets the ISAPS World Congresses apart and makes them so special.

ISAPS: Why is the Global Survey so important for our specialty?

NGUYEN: The ISAPS Global Survey is extremely important because it provides one of the most comprehensive data sources on aesthetic plastic surgery worldwide. In a rapidly evolving specialty, this data helps us better understand global trends in procedures, patient demand, and regional practice patterns.

The survey also supports **academic research, policy discussions, and international collaboration** by providing a broader picture of how aesthetic surgery is developing across different countries.

However, like many global surveys, it also has certain limitations. In some regions, the number of participating surgeons may still be relatively limited. In addition, many surgeons who primarily work in reconstructive or plastic surgery fields may not always participate in the survey. For this reason, the data may not fully capture the entire scope of aesthetic procedures and should be interpreted as representative estimates rather than absolute numbers. Despite these limitations, the Global Survey remains **a very valuable tool** for understanding the direction and development of our specialty worldwide.

ISAPS: Your Global Survey prize provided complimentary virtual access to the ISAPS Face Masters Course. Were you able to take advantage of it? If so, what made this meeting 'one-of-a-kind'?

NGUYEN: First, I would like to sincerely thank ISAPS for giving me the opportunity to access the [Face Masters Course](#) through the Global Survey prize.

After reviewing the program, I found it to be an **exceptional course featuring world-leading experts and advanced topics in facial aesthetic surgery**, including facelift techniques, neck rejuvenation, brow surgery, blepharoplasty, and regenerative approaches such as fat grafting. The combination of expert lectures and dissection sessions made the program particularly valuable for facial surgeons.

I am especially interested in regenerative surgery, which is closely related to my daily clinical practice. Unfortunately, due to my clinical commitments, I was unable to attend the course live. However, I greatly appreciate the opportunity to review the recorded sessions ([on-demand](#)) and share this valuable knowledge with colleagues in Vietnam.

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ISAPS: As National Secretary, how have you observed the evolution of aesthetic plastic surgery in Vietnam, and what unique characteristics define Vietnamese aesthetic preferences compared to global trends?

NGUYEN: Over the past decade, aesthetic plastic surgery in Vietnam has grown rapidly. The **number of private aesthetic hospitals and clinics has increased significantly**, particularly in Ho Chi Minh City and the southern region. To meet this growing demand, several new academic departments and training programs in aesthetic plastic surgery have also been established across the country. As National Secretary, I have also observed a growing interest among Vietnamese surgeons in **international collaboration, education, and research**, which has greatly contributed to the advancement of our specialty.

Vietnamese aesthetic preferences generally emphasize minimally invasive techniques, reduced scarring, shorter operative time, and faster recovery. Patients also show strong interest in procedures that use autologous materials and aim for very natural-looking results.

At the same time, Vietnamese aesthetic trends are not very different from global trends. Patients are increasingly interested in **modern technologies and advanced techniques** that are widely used in leading aesthetic surgery centers around the world.

ISAPS: You attended the Olympiad World Congress in Singapore last year and have already signed up for Cancun! What makes ISAPS Congresses so special, and how do they stand out from other aesthetic plastic surgery meetings?

NGUYEN: ISAPS Congresses are truly unique because they bring together leading experts from around the world in a **highly collaborative and academically rich environment**.

One of the most valuable aspects is the diversity of perspectives. Surgeons from different regions present their techniques, innovations, and clinical experiences, allowing participants to gain a **truly global understanding of aesthetic surgery**.

In addition to the scientific program, ISAPS meetings foster a strong sense of **professional community**. They provide opportunities not only for learning but also for building long-term international relationships and collaborations.

For many surgeons, including myself, **ISAPS Congresses** are not only educational events but also an **inspiring platform that promotes excellence, innovation, and global cooperation** in aesthetic plastic surgery.

Please meet and congratulate our other Global Survey winners:

- February: Lachlan Farmer (Australia)
- March: Slim Dhahak (Tunisia)

We appreciate all our participants!
Your involvement is essential.

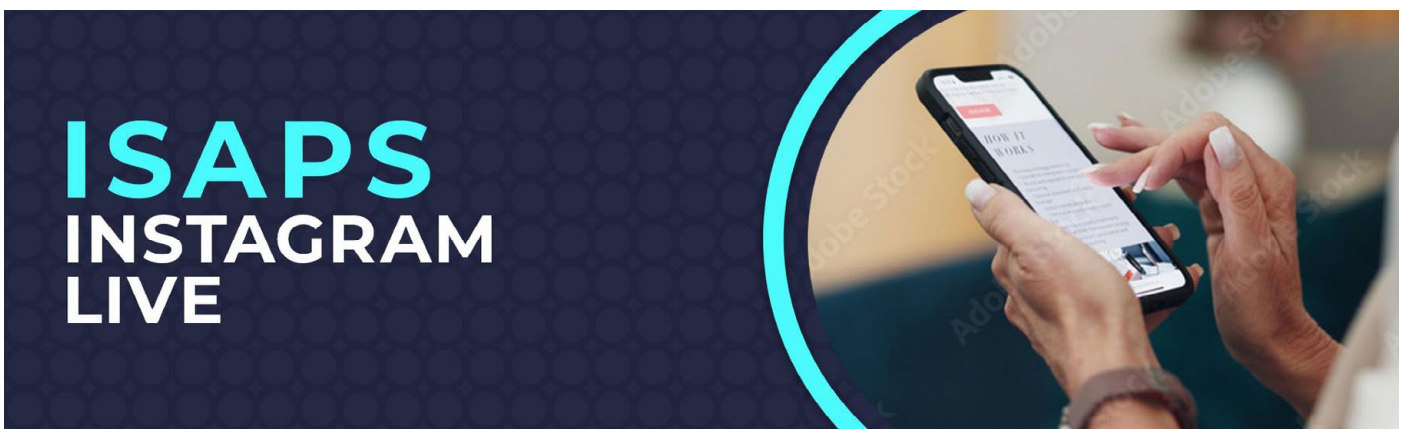
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IMPORTANT REMINDER: The ISAPS Global Survey Is Closing SOON!

Listen as Dr. Amin Kalaaji, Chair of the ISAPS Global Survey Committee, and other members explain **why your participation matters**.

Help your country get recognized on the **global platform**, and take the survey before it's too late!

[Global Survey](#)



Instagram Live: April 9, 2026 | Inside ISAPS Body Masters @ 17:00 UTC

We are pleased to announce the live session to engage with the **ISAPS Body Masters Chairs** and obtain direct insights into the course structure, surgical emphasis, and distinctive aspects of this program.

From cadaver dissection and patient marking demos to high-definition intraoperative videos and comprehensive A-Z training, the **ISAPS Body Masters Course** is built for surgeons who want to refine their approach to body contouring, led by ISAPS global masters and experts.

- **Ask your questions in real time.**
- **Gain direct insights from leading experts in the field.**
- **Preview the key components and learning outcomes of the course.**

Take this opportunity to connect with the program's experts.

[Click here](#) for your local time.

The **ISAPS Body Masters: Anatomy, Strategy and Surgical Mastery in Body Contouring**, takes place July 3-5, 2026 in Barcelona, Spain and also live-streamed. Learn more and [register today!](#) Just as the **ISAPS Face Masters Course** did, space will sell out!

[Instagram Live](#)

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RESIDENT WEBINAR SERIES

April 25, 2026 | Breast Lift and Reduction | 13:00 UTC

[Click here](#) for your local time.

Speakers: Rieka Taghizadeh, MD (UK), Alejandro Monsalve, MD (Colombia), Dana Jianu, MD (Romania),
and Can Cedidi, MD (Germany).

Moderators: Oguz Kagan Kocak, MD (Turkiye) and
Dmitry Melnikov, MD (Russia)

FREE for ALL ISAPS Members and only \$100 for non-members.

Mark your calendars!

- July 11, 2026: Upper Blepharoplasty and Ptosis Correction
- October 10, 2026: Abdominoplasty and Lower Body Lift
 - December 12, 2026: Male Genitalia Surgery
and F to M Gender Reassignment

***All times are at 13:00 UTC unless otherwise noted.**

**Recordings of previous webinars are
available on the [ISAPS Video Library](#).**

[Register](#)

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May 23, 2026 | Understanding the V-Plication Vertical Lift Technique | 13:00 UTC

[Click here](#) for your local time.

Speaker: Paraskevas Kontoes, MD (Greece)

Experts: Mario Pelle Ceravolo, MD (Italy) and Giovanni Botti, MD (Italy)

Moderator: Jerry O'Daniel, MD (United States)

FREE for ALL ISAPS Members and only \$100 for non-members.

Mark your calendars!

- September 26, 2026: [Rethinking Thrombosis Prevention in Aesthetic Surgery](#)
 - November 21, 2026: [Glidelift™ - A No Visible Scar Approach](#)

***All times are at 13:00 UTC unless otherwise noted.**

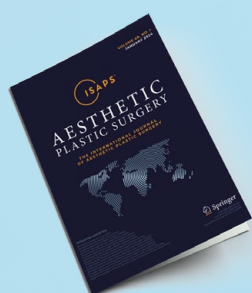
Recordings of previous webinars are available on the [ISAPS Video Library](#).

[Register Now](#)



MONTHLY EDUCATION CORNER

This month, our **Resident Webinar** will focus on **mastopexy and breast reduction**, covering various procedures, tips and tricks, and breast anatomy. Don't forget to register and take a look at the articles and videos in this issue to learn more or refine your skills.



Recently published in
Aesthetic Plastic Surgery...

Comparative Outcomes of Superomedial and Inferior Pedicles in Breast Reduction and Mastopexy: A Meta-Analysis of 5,123 Breasts

Yousef Tanas • Julie Tanas

Background

Superomedial and inferior pedicles are two commonly used techniques in breast reduction and mastopexy. This systematic review and meta-analysis aims to compare the clinical outcomes associated with these two technique.

Methods

PubMed, Scopus, and Web of Science were searched for relevant studies. We included all studies with data comparing superomedial and inferior pedicles. Statistical analyses were performed using RevMan version^{5.4}.

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Results

The search yielded 1075 studies, of which 15 were included in the meta-analysis, encompassing 2633 patients (5123 breasts), with 3491 breasts receiving superomedial pedicles and 1632 breasts receiving inferior pedicles. Superomedial pedicles were associated with significantly shorter operative length (MD = \cdot 24.71, 95% CI = \cdot 37.63 to \cdot 11.79, $p = 0.0002$), higher BREAST-Q breast satisfaction scores (MD = 10.34, 95% CI = 7.72 to 12.96, $p < 0.00001$), lower infection rates (RR = 0.46, 95% CI = 0.24 to 0.86, $p = 0.02$), higher incidence of seroma (RR = 3.00, 95% CI = 1.15 to 7.79, $p = 0.02$), and higher incidence of decreased nipple-areola complex (NAC) sensation (RR = 1.50, 95% CI = 1.12 to 2.01, $p = 0.006$). No significant differences were observed in asymmetry, fat necrosis, NAC loss, and hematoma.

Conclusion

Superomedial pedicles demonstrated higher incidences of decreased NAC sensation and seroma formation, lower incidence of infection, shorter operative length, and higher BREAST-Q breast satisfaction scores compared to inferior pedicles. Further research is needed to confirm these findings and explore the long-term aesthetic outcomes associated with both techniques.

The the entire article [here](#).

Become a member to have full access of ***APS Journal***

For questions, please contact **memberservices@isaps.org**.

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Discover more about techniques, approaches, and results for breast mastopexy and reduction in this educational video:

ISAPS World Congress Cartagena 2024: Breast - Mastopexy/Reduction

Moderators: Ilia Almazov, MD (Russia), Reha Yavizer, MD (Turkiye)

Speakers: Mehmet Bayramicli, MD (Turkiye), Kaveh Alizadeh, MD (United States), Rieka Taghizadeh, MD (UK)

Don't miss more **exclusive on-demand content** from ISAPS Congresses, ISAPS Official Courses, the innovative ISAPS L.I.F.T. Program, and a variety of insightful ISAPS webinars. Elevate your expertise and stay up-to-date!

**Explore 669 hours of content with
close to 2,700 educational videos!**

[Video Library](#)



PRACTICE MANAGEMENT

The Power of Words

In the sophisticated universe of plastic surgery, excellence is often measured by technical skill. However, even Dr. Arais, a talented surgeon with a successful practice, found himself immersed in a silent crisis that was undermining his reputation: profoundly poor communication. Post-operative complaints, negative reviews, and tension in his office were the echoes of his sternness, his anger towards complaints, and his refusal to connect. The turning point was a painful truth articulated by a patient: “*Doctor, it is really hard to communicate with you.*” This revelation marked the beginning of the solution: a desperate search for tools to understand that excellence lies not just in our hands, but in our voices.

Beyond Body Transformation: The Essence of Effective Communication

As plastic surgeons, our profession goes far beyond transforming bodies; we interact with people—patients, our team, suppliers, and colleagues. Effective communication is the process through which ideas, thoughts, and knowledge are shared, ensuring the message is truly understood. Each person we speak with brings their own expectations and emotions, which we must learn to interpret, thereby fulfilling the first requirement of communication: knowing your audience.

Humility and Active Listening: The Foundations of Dialogue

Humility is an essential part of this exercise. Generally, the true protagonist of a conversation is the person we are speaking with. That is why **listening** is one of the primary qualities of a good communicator. By actively listening, we can better understand the needs of the patient or team member and find points of connection. By being more empathetic, interaction is enriched, allowing both parties to benefit. Creating a space where everyone feels comfortable expressing themselves is crucial to opening communication and fostering mutual understanding.

By assessing our audience, we can determine whether our language should be technical or more colloquial. It is vital to tailor our words to the other person’s level of understanding. Among doctors, we tend to use jargon that sounds highly technical but isn’t always clear. A good rule of thumb is to ensure our ideas are easily understandable to a child or a non-medical family member.

Tangible Benefits in Daily Practice

Following these guidelines will bring multiple benefits to your practice:

With your patients: It bridges the gap between our scientific knowledge and their feelings as a patient, improving their understanding of procedures and expectations.

With your team: We learn to communicate more by example than by words, leading by demonstrating how things are done rather than just imposing our views.



PRACTICE MANAGEMENT

On social media: We embrace educating while projecting authority without making it purely commercial, building a personal brand rooted in trust.

In academic spaces: We can share what we know and learn more from our colleagues by listening to their perspectives empathetically and humbly, expanding our own knowledge.

In daily life: We build a larger support network, aligning with one of the pillars of a fulfilling life: the deeper and more sincere the relationships, the greater the well-being.

*Patient satisfaction is directly linked to **feeling heard**; in fact, studies show that doctors often interrupt patients within the first 15 to 20 seconds of a consultation, which frustrates the information-gathering process.*

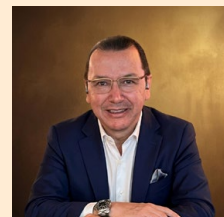
Measuring Success Through Our Voice

Measuring good, effective communication yields direct results: the surgeon achieves greater patient loyalty, their life becomes more pleasant, burnout is mitigated, and a differential edge is created that allows them to stand out in a highly competitive market.

Effective communication is, in essence, the invisible scalpel that shapes perception, trust, and ultimately, success and fulfillment in our noble profession. The way we communicate is just as important as our technical knowledge when determining the success of a treatment.

If you want to join conversations like this, write to me:
juanestebansierra@hotmail.com.

JUAN ESTEBAN SIERRA, MD - COLOMBIA
ISAPS National Secretary



Interested in more practice management tips?

- Check our [L.I.F.T. program](#) online
- [Business School 2022](#) recordings from Istanbul available free for members in our [Online Video Library](#).

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The banner features the ISAPS logo (a globe with 'ISAPS' text) and 'WORLD CONGRESS Cancún | Mexico | 2026'. Below this, it says 'SEE YOU IN CANCUN' with 'CANCUN' in large, colorful letters. To the right, three key dates are highlighted in colored boxes: 'Early Bird Deadline: August 27, 2026' (green), 'Residents' Symposium: October 27, 2026' (yellow), and 'Main Program: October 28-31, 2026' (red). The website 'www.isaps2026.com' is at the bottom. The banner is decorated with colorful floral patterns in the corners.

ISAPS®
WORLD CONGRESS
Cancún | Mexico | 2026

SEE YOU IN
CANCUN

October 27-31, 2026
www.isaps2026.com

Early Bird Deadline:
August 27, 2026

Residents' Symposium:
October 27, 2026

Main Program:
October 28-31, 2026

Connecting Cultures, Sharing Knowledge, and Leading the Future in Aesthetics.

Join us this October in Cancun, Mexico, for the [ISAPS World Congress](#) to **connect, network, and learn** with the #ISAPSFAMILY and colleagues. The program will highlight the latest advancements in aesthetic plastic surgery, presented by leading experts and innovators.

Key Dates:

- Pre-Congress Date: October 27, 2026
- Main Congress Date: October 28-31, 2026
- Early Bird Registration Deadline: August 27, 2026

Register Today & Secure Your Place!

Members save the most on registration rates!
Not yet a member? [Join today!](#)

Register

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✓ **Book Your Accommodations**

ISAPS has arranged special rates with several hotels in Cancun. Each hotel is close to the Cancun Center and offers its own unique atmosphere, with options to fit different budgets. These rates are lower than those you'll find advertised elsewhere.

Since rooms and rates depend on availability, we recommend booking early to ensure you get your preferred choice.

[Accommodations](#)

✓ **Support ISAPS and Share World Congress News!**

Join the ISAPS Congress conversation and promote **#ISAPS2026** by using our **social media toolkit** which contains Congress material and useful information for all your communication needs.

[Social Media Toolkit](#)



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ISAPS Membership

We are still accepting applications for 2026

ISAPS offers membership to accredited aesthetic plastic surgeons and residents worldwide. We have members in 117 countries and provide them with access to training, e-learning, and networking opportunities within our community of more than 6300 fellow surgeons.

All our members can access:

- Our *ISAPS Aesthetic Plastic Surgery Journal*: all current, future and past articles.
 - The video library on our website, with than 2,600 plastic surgery videos.
 - Members-only discounts for events, including our annual Congress.

Life, Active and Associate members are included on the **Find a Surgeon Directory** on the ISAPS website.

ISAPS MedOne e-library, printed copies of our Journal sent by post, and the price of registration for our Congress can also be included with your membership as “optional extras”.

Membership costs from just \$125 for newly qualified surgeons and \$350 for more experienced colleagues. 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



www.isaps.org