

2019
Dezember ISAPS

Monthly e-Magazine



Message from the ISAPS President

Dear friends and ISAPS members,

It will soon be Christmas - and the first year of my presidency has flown by.

The results of our **global statistics** survey are now available and can be found on our [website](#). Thank you very much to all those who took part, even though we would like to see more commitment in the future.



Dr. Dirk RICHTER, MD

It is interesting to note that despite all the discussions about BIA-ALCL, **breast augmentation has increased by more than 6%** and is still the most commonly performed plastic surgery operation worldwide. The non-invasive treatments have once again increased considerably with over 10% growth. Interesting figures that help us maintain our market orientation in our practice and not miss important trends.



ISAPS Global Survey Results 2018

We have also evaluated our **member survey** very meticulously this year and are particularly pleased that the satisfaction with our society has again increased. In particular, the electronic learning options such as **MedOne, webinars and our video library have gained considerable popularity**. This confirms the direction we have taken to enable learning from any distance. Additionally, we are pleased that for many members the personal meeting at an ISAPS course is the most important. A face-to-face exchange is irreplaceable.

Furthermore, we sense an increasing demand to advance regulations in the field of aesthetic surgery due to **increasing complications by non-plastic surgeons** worldwide. Here regional work is required but also global activity. We are happy to accomplish this task through intensive political work.



GOLD Sponsor:

Bio | SCIENCE

I am particularly pleased that young companies also want to support ISAPS and see the many advantages we offer. I am delighted to welcome **BioScience as a new Global Sponsor**. They have been a Gold Sponsor since November and a promising and leading company in the field of filler development. We look forward to a fruitful collaboration!



We also want to promote our young talents and have organized a large-scale **leadership meeting** for our national secretaries and committee members. The first three days have already taken place in Vienna, Austria. A second part will follow next year in New York. The feedback was very promising, and we hope to train even more leaders.

On this occasion we were able to introduce our **congress city 2020, Vienna**, to our

course participants: everyone was enthusiastic, and Vienna showed itself from its best side when the sun was shining. In the meantime, we have over 350 speakers who have confirmed, and the program will be current and exciting. Visit us on our homepage and register now for the event of the year 2020: our 50th birthday. Join us and book in time.

Please remember to [renew your membership](#) and continue to support us. A single referral through our website makes up for your annual fee... And don't lose out on all of our benefits, journals and newsletters.

Furthermore, the fees for our Vienna Congress are considerably cheaper for ISAPS members.

The deadline is 31 December and comes faster than you think.

For the holidays I wish you all the best and a happy new year!

Sincerely,

A handwritten signature in black ink, appearing to read "Dirk Richter".

Dirk Richter, MD,
ISAPS President

Introducing Tim Papadopoulos, MD ISAPS Parliamentarian



Q: How did your passion for plastic surgery develop?

Papadopoulos: There were really 3 factors that influenced my decision to pursue plastic surgery:

1. When I was around 7 years old, I used to frequent antique book stores and be in awe seeing some of the mind boggling pathological conditions in textbooks like Bailey & Love's Short Practice of Surgery. I still remember paying \$2.50 for an early edition and thought it was an absolute bargain! At the same time I was an alter boy, and was inspired by Nobel Prize winner Albert Schweitzer, who was a doctor and theologian performing missionary work in Lambaréné, part of French Equatorial Africa which is now Gabon. It certainly sparked my altruistic nature for medicine.
2. I was fairly artistic growing up in school and had a good aesthetic eye. Winning several state art and design competitions gave me enormous self-confidence in this area and contemplated studying art at university before my father intervened. Anyone who has ever read My name is Asher Lev, by Chaim Potok, will understand how painful and tortuous that decision was for me not to pursue my love for art. Now much older, I can see my father's wisdom more clearly and so I have no regrets.
3. Watching the Benny Hill show (and many repeats!) gave me the appreciation for the female form.

Thus, the blend of medicine, art and appreciation of the female form was the ideal marriage for me to pursue a career in plastic surgery.

Q: How did you first become involved with ISAPS?

Papadopoulos: I really became more involved with ISAPS following the ISAPS Congress in Melbourne with the then President of ISAPS Dr. Bryan Mendelson. For the first time in my life, I really understood what a "brotherhood" we had amongst plastic surgeons globally and how important it was to share our knowledge and ideas for the betterment in patient safety and outcomes.

Q: As Parliamentarian, what do you hope to achieve for ISAPS and its members?

Papadopoulos: A competent parliamentarian can be helpful to any organisation, and in large society like ISAPS, a parliamentarian's services are essential to effective operation. The parliamentarian is usually chosen by the president and works under the direction of the president. The parliamentarian should be a source of information on parliamentary procedure, but, like all parliamentarians, has no authority to make rulings or to enforce them. A competent parliamentarian can be a valuable aid and advisor to the governing ISAPS board, committees, members and staff members. An experienced presiding officer (Chair) understands that a parliamentarian can assume responsibility for keeping track of procedural problems and details, so that the presiding officer is free to concentrate on the overall progress and tone of the meeting. This enables the presiding officer to proceed with confidence and poise.

The parliamentarian is not an advocate of causes or a representative of any group within the society, but is retained to help the members do what they wish to do and to find a valid way of accomplishing, if possible, the legitimate purposes of the society. Occasionally, a situation arises in which a parliamentarian may be asked to preside. Sometimes a parliamentary predicament may be so complex that the presiding officer prefers to turn the chair over temporarily to the parliamentarian until the problem is resolved, or until the pending motion has been disposed of. Such an action may be taken only with the assembly's permission (usually granted by general consent), and should be used only as a

last resort. An inexperienced presiding officer also may ask the parliamentarian to preside over the business portion of a meeting, with the consent of the assembly.

Q: What is one unexpected hobby or passion that you share?

Papadopoulos: I am an avid art collector and have even harboured thoughts of owning an art gallery! I started gallery hopping and doing the rounds more than 30 years ago- I bought my first 2 major paintings whilst back-packing in Salvador, Bahia in Brazil and fell in love with the Afro-Brazilian culture. Interestingly, the artist turned out to be Menelaw Sete who is now internationally renowned as "The Picasso of Brazil." There are other works from many parts of the world collected after travelling to these sites to spark back the memories and perhaps aptly reflect the personality of the collector. Over the years we have amassed a large collection of paintings and photographic art, from indigenous to contemporary art which (in theory at least) was to be circulated amongst our 3 clinics to be enjoyed by both staff and patients. I have now run out of wall space at home, so despite being almost "empty nesters," I am still looking to buy an even bigger house to display our artwork!

PRACTICE MANAGEMENT

Stress Management Over the Hollidays

The holiday season can cause unwanted stress and anxiety. In order to keep the holidays cheery and bright, follow these simple tips for managing stress during the holiday season, both in and out of the workplace.

Take some time for yourself

The holidays are oftentimes busy with social visits, family events, and hectic work schedules. Remember to take some time to ground yourself so you don't overexert yourself. Make time daily for a quick workout, take that coffee break, or simply turn your phone off for an hour for some you-time. If you ever feel overwhelmed, excuse yourself and take a few deep breaths to recharge.

Ask for help

You may be used to getting everything done by yourself, but don't be afraid to ask for help during the holidays. Instead of taking on the challenges of running your business, fitting in clients, cooking a holiday dinner and squeezing in Christmas shopping all on your own, reach out to your friends and coworkers for assistance. Coordinate appointments with your staff and make sure you're not doing the bulk of the work on your own.

Recognize your limitations

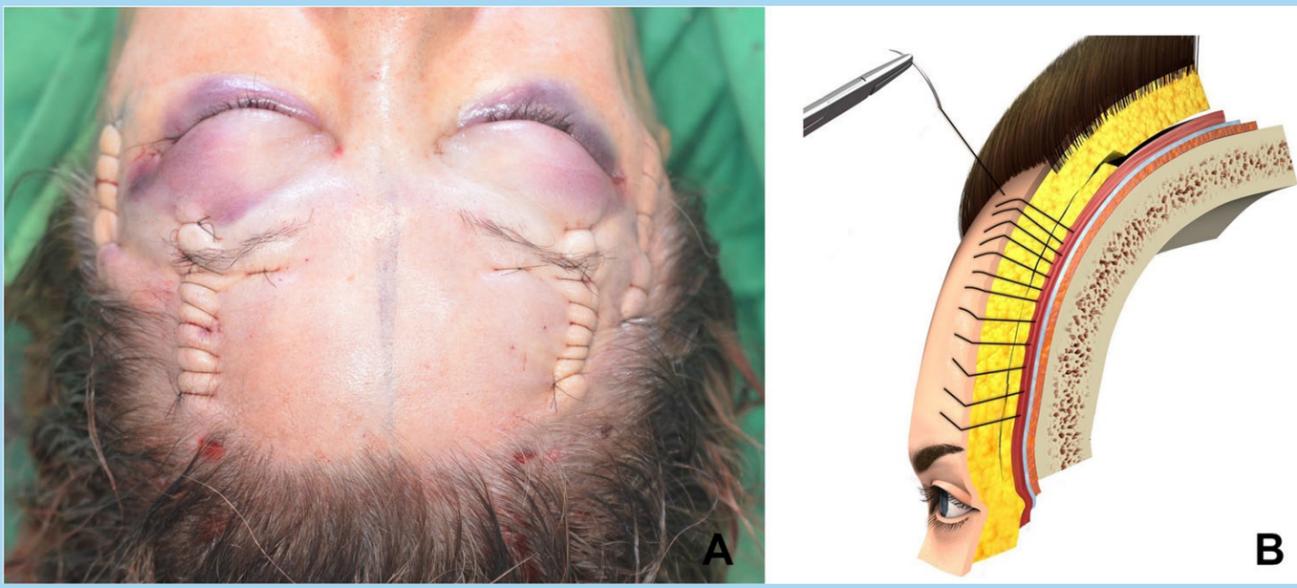
Especially around the holidays, your time may be in high demand. Employees are on holiday, clients have the free time to book appointments, and you still want to spend time with your family. Acknowledge that there is a limit to how much you can get done per day and per week. Be mindful of how you schedule your appointments and leave time to accomplish the rest of your business duties, especially if some of your staff is taking time off.

Take the time to prioritize what you need to get done, instead of simply trying to accomplish everything. Recognize that some things can wait until after the holiday season.



In the latest issue of

Aesthetic Plastic Surgery...



Gliding Brow Lift (GBL): A New Concept

Gliding brow lifting (GBL) combines subcutaneous frontal and periorbital detachment with minimal incisions, and elevation and fixation of eyebrows with temporary cutaneous fixation with the hemostatic net. This technique offers effective, stable results with low rate of complications

Fausto Viterbo (1) • Andre' Auersvald (2) • T. Gerald O'Daniel (3)

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(2) Brazilian Society for Plastic Surgery, Curitiba, Brazil

(3) Department of Plastic Surgery, University of Louisville, Louisville, KY, USA

ISAPS *Discovery*



First Annual SESPRS/ISAPS Periorbital & Facial Symposium (January)

Atlanta, Georgia, January 23, 2020

Venue: Intercontinental Hotel – Buckhead

www.sesprs.org

PROGRAM OBJECTIVES

- **Improve strategies to enhance upper and lower blepharoplasty techniques,**
- **Review the treatment of complicated periorbital cases,**
- **Discuss current perspectives in browlift and facelift,**
- **Identify alternate treatments in periorbital and facial non-surgical and surgical techniques.**

Atlanta

Eat like a Southerner in Atlanta

A foodie city with critically acclaimed restaurants and James Beard Award winners galore, Atlanta has restaurants serving food from various international cultures. If you're looking for an authentic southern meal, look no further than The Colonnade. A sit-down restaurant with southern charm and deep-fried treats, The Colonnade will give you a taste of the traditional South.

If you have time to shop around, stop by one of Atlanta's dozens of farmers markets. The 40-year-old Dekalb Farmers Market is open daily and offers foods from around the world. Sweet Auburn Curb Market (also known as The Municipal Market), which turned 100 years old last year, is open daily and houses thirty local businesses, including ten of the most popular eateries in Atlanta.

Upcoming Events

ISAPS Course – Belgium: International Fresh Cadaver Aesthetic Dissection Course on Rhinoplasty and Facial Anatomy

Liege, BELGIUM

Website: www.isapscourse.be

16 - 18 January 2020

The Closed and Open Rhinoplasty Course – Live Streamed Surgery Course

Online Only - Webinar

Website: www.olymposeducational.com

19 January 2020

1st Annual SESPRS/ISAPS Periorbital and Facial Symposium

Atlanta, Georgia, USA

Website: www.sesprs.org

23 January 2020

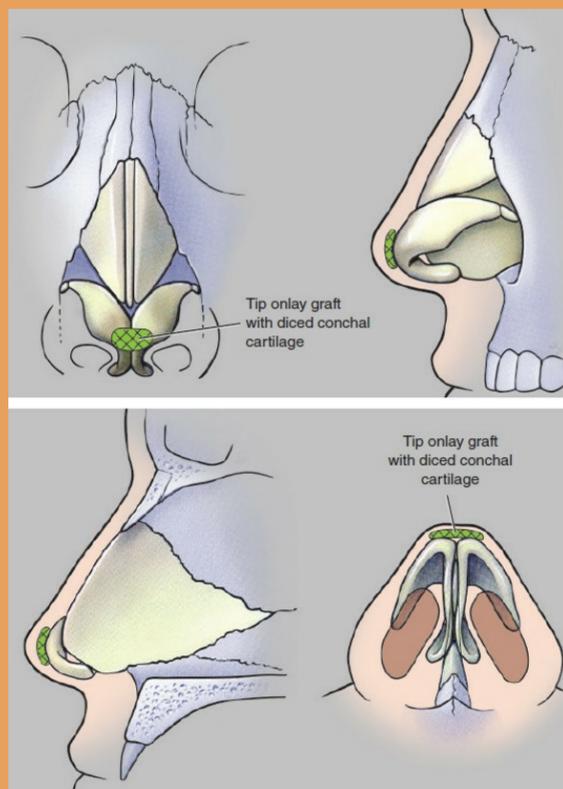
IMCAS Live Aesthetic Surgery Course

Paris, FRANCE

Website: www.imcasurgery.com

31 January 2020

CALENDAR OF EVENTS



In Vienna, there is much to explore...

**ISAPS wishes you a warm holiday season from the
glittering city of Vienna!**

From the Christmas markets downtown, we are counting down to Christmas – and to the ISAPS World Congress in Vienna next September 2-5, 2020! If you're in the city for the holidays, explore the bustling old town and visit the Christmas market directly in front of St. Stephen's Cathedral. Don't forget to grab a hot mulled wine to warm up in the cold!



ISAPS WORLD CONGRESS

Thank You to our ISAPS Global Sponsors!

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