

# PRESIDENT'S E-MAGAZINE

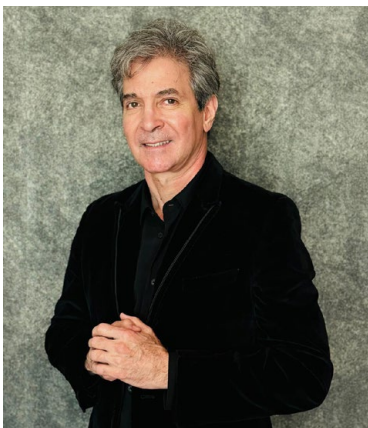
# 2025

ISAPS  
October



## MONTHLY UPDATE FROM YOUR ISAPS PRESIDENT

CONNECTING CULTURES, SHARING KNOWLEDGE AND  
LEADING THE FUTURE IN AESTHETICS



Arturo Ramírez-Montañana, MD  
ISAPS President

**Dear #ISAPSFAMILY, Colleagues and Friends,**

Welcome to October! I was honored to have spent last week, September 26-28, in Houston, Texas, at the 2025 Annual Meeting of **the Texas Society of Plastic Surgeons (TSPS 2025)**. The meeting, organized by Drs. Henry A. Mentz (immediate past President) and Camille Cash (President, 2025-2026), was a complete success.

The meeting featured fantastic social events and an incredible academic program, with plenty of first-class speakers, including **Drs. Renato Saltz (ISAPS past President, 2016-2018), Ozan Sozer (ISAPS Treasurer), Alfonso Barrera (past President of TSPS), and Patrick Maxwell**, who served as the keynote speaker. He held a fantastic presentation about the chronology of breast implants since they first appeared in the market to the present day. He was accompanied by a **special guest, Dr. Thomas Biggs, (ISAPS past President, 2002-2004)**; it was a very emotional moment for all the attendees, seeing Dr. Biggs on stage, delivering an emotional presentation with his classic charisma and elegance that characterize him. Thanks to all the organizers and participants for this unforgettable event.

# MONTHLY E-MAGAZINE

This October we commemorate **Breast Cancer Awareness Month**. Let's consider our role as ISAPS plastic surgeons in providing the best possible care and outcomes for our patients and the opportunities we have to support and raise awareness for this and the many other diagnoses relevant to our specialty.

Today, alongside [member renewals for 2026](#), I am excited to announce that [registrations](#) and [abstract submissions](#) are now open for the [ISAPS World Congress in Cancun](#)! Be among the first to take part in our world-class program and start planning to join us in Cancun!

For now, I wish you all a healthy and happy October.

Warm regards,

Arturo Ramírez-Montañana, MD  
ISAPS President



# MONTHLY E-MAGAZINE

## Introducing More ISAPS Olympiad World Congress 2025 Award Winners!

### ISAPS Olympiad Singapore 2025 Winner: Rapid Fire, Gold Severe Grade Gynecomastia Management With Minimal Scars



## Karthik Ramasamy, MD

India

#### **ISAPS: Congratulations on receiving the Rapid-Fire, Gold Award in Singapore! What are the essential insights and key takeaways from your presentation?**

**RAMASAMY:** Severe grade gynecomastia poses a unique challenge, particularly when aiming to achieve excellent results without leaving significant scars, which are often unacceptable for individuals with darker skin tones. Through years of practice, we've developed techniques during and post-surgery to avoid the typical scars associated with a double incision mastectomy.

1. We utilize a plaster lift technique post-surgery to reshape excess skin
2. Extensive internal quilting helps prevent seromas
3. We employ power devices, such as ultrasound-assisted liposuction, to enhance skin tightening

These techniques are the culmination of 16 years of learning and experience. Although this is a short presentation, I am thrilled to have received a gold medal for my work.

#### **ISAPS: You were a speaker at the Residents' Symposium in Singapore. What would be your advice for residents looking to develop their careers in aesthetics?**

**RAMASAMY:** We must be committed to educating the next generation of plastic surgeons. Drawing from my experience, I'd like to offer some advice for young plastic surgeons aspiring to specialize in aesthetic plastic surgery: #

**\*\*Success takes time\*\*:** Be patient, as accomplishments won't come overnight.

**\*\*The pillars of success\*\*:** Hard work, sincerity, critical thinking, and consistency are crucial for success.

**\*\*Learning from experience\*\*:** Textbooks are merely guides; real-world experience is your greatest teacher.

**\*\*Value of skills over technology\*\*:** While high-tech machines are fascinating, surgical skills remain paramount.

**\*\*Embrace life and its impact\*\*:** Life is short; be happy, make your clients happy, and strive to make a positive change in their lives.

These insights stem from years of practice and dedication, and I hope they guide new surgeons on their journey.

#### **ISAPS: We are already looking forward to the next ISAPS World Congress in Cancun, Mexico—what aspect of the meeting are you most excited about?**

**RAMASAMY:** ISAPS excels in educating young plastic surgeons and defining essential skills for their practice. Each year, they introduce innovative sessions to enhance the conference experience. The next conference in Cancun, Mexico, promises to be a fantastic event. Having visited Cancun for vacation this year, I can attest to its beauty and the exciting adventure parks it offers. I'm looking forward to both the fun and the wealth of learning opportunities awaiting in Cancun!

# MONTHLY E-MAGAZINE

## ISAPS Olympiad Singapore 2025 Winner: Oral Communication, Silver Augmentation Mastopexy with Smooth Round Implants Supported by P4HB Scaffold



### Giovanni Bistoni, MD

*Spain*

**ISAPS: Congratulations on your recent award! Can you tell us about the key points from your presentation?**

**BISTONI:** Thank you very much! It is all about achieving long-term stability of the lower pole after augmentation mastopexy. Following the new trend of placing the implant above the muscular plane and using smooth implants to minimize the implant-induced inflammatory response, it becomes necessary to provide the breast tissue with extra support to overcome the poor tissue quality typically present in ptotic breasts. The device I use is a re-absorbable scaffold that integrates virtually immediately with the breast tissue, holding it in place and maintaining tensile strength throughout the entire scarring period. Eventually, it reabsorbs completely, leaving no remnants. Furthermore, the mastopexy technique allows you to reduce tension on the scars, ensuring reliable and safe results with a low complication rate. In this way, the patient has the possibility of experiencing a fast, safe, and predictable recovery from surgery.

**ISAPS: Having attended multiple ISAPS Congresses, what key factors motivate you to consistently choose ISAPS meetings?**

**BISTONI:** ISAPS meetings are always great meetings, participants have the opportunity to visit incredible places immersed in a unique social and scientific environment. Great surgeons from all over the world gather to share knowledge and exchange ideas, and this ensures that professional growth is outstanding due to the possibility of seeing and thinking about concepts through a thousand different facets and points of view! Not to mention the fact that you can meet and come into contact with great professionals who will eventually become great friends!

**ISAPS: The next ISAPS World Congress, scheduled for 2026, will take place in Cancun, Mexico. What are you looking forward to most?**

**BISTONI:** The venue is wonderful; I am sure that the turnout will be massive, and the organizers of the Congress will respond greatly, far exceeding expectations! Science, friends, and fun, what else could you possibly look for?

Meet the rest of our ISAPS Olympiad Singapore 2025 Award Winners [here](#),  
[read the abstracts](#), and [watch all the presentations](#)  
(access included for all registered delegates).

# MONTHLY E-MAGAZINE



## Important Announcements!

- ✓ Now Accepting Abstract Submissions
- ✓ Registration Is Now Open

**Dr. Bertha Torres, Local  
Education Chair,  
can't wait to see you in  
Cancun!**

**Watch Here**



# MONTHLY E-MAGAZINE

**We Want You to be a Speaker at ISAPS 2026.**

**Submit your Abstracts!**

**Don't just attend the meeting, be a part of it!**

Choose your topic and prepare an abstract of a **maximum of 500 words** which must be a **completed study, clinical case, or new technique**.

Abstracts must be original presentations and will be held to CME compliance standards and a competitive peer-reviewed process.

[Abstract Submission](#)

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**Save on Fees and Register Early!**

The [Scientific Program Committee](#) is organizing an exceptional meeting and looks forward to welcoming you to Cancun! The program will include master classes, educational sessions, innovative workshops, and more.

**Start planning today and save!**

**Submitters of accepted abstracts get an additional 10% discount off registration fees.**

[Register](#)

# MONTHLY E-MAGAZINE



## ISAPS FACE MASTERS: LIVE ANATOMY AND SURGICAL STRATEGY

FEBRUARY 27 TO MARCH 1, 2026

ST. LOUIS UNIVERSITY SCHOOL OF MEDICINE, ST. LOUIS, USA

**Early Bird [Registration](#) Deadline: October 17, 2025**  
**Register Early & Save! ISAPS members save even more!**

This elite event will unite the **most respected names in aesthetic surgery** for three days of cutting-edge education, anatomical exploration, and clinical excellence.

Whether you are refining your techniques or seeking fresh perspectives from the world's leading surgeons, **ISAPS Face Masters** offers a transformative educational experience.

**Check out the preliminary [program here](#).**

**Spots are limited—secure yours today and be part of the future of aesthetic surgery.**

**ISAPS members save even more!**

***Not yet a member? [Join today!](#)***

**Register Now**

# MONTHLY E-MAGAZINE



**NEW MENTOR PROGRAM**

**APPLY AND SHAPE YOUR FUTURE IN AESTHETICS!**

[www.isaps.org/mentor-program](http://www.isaps.org/mentor-program)



## Shape Your Future in Aesthetics!

We are happy to announce exciting news about the ISAPS Mentor Program! The revamped program has been officially standardized into **six-month mentoring relationships**, with an official application process available online. The program is **open to all current ISAPS Resident and Associate members**. The upgraded process now allows applicants to submit their availability and topics of interest, enabling them to be matched with the best-suited mentors. This streamlines the entire process, allowing us to make more efficient matches and ensure an unparalleled experience.

### Flexible

The six-month program is primarily a virtual-mentoring program that may include goal-setting, career guidance, skill development, and networking. Mentors can offer guidance on professional development, practice management, research, academic skills, and personal or ethical challenges.

### How To Apply

Applications are open year-round on the ISAPS website. For details on eligibility and other questions, please visit the [FAQ section](#). Also, check out the [Mentor Program Resource Hub](#) for learning aids and more!

[Mentor Program](#)

[Apply Today](#)

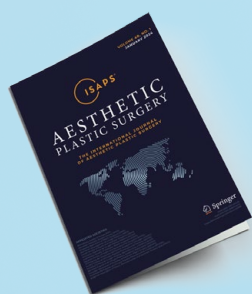
# MONTHLY E-MAGAZINE



## MONTHLY EDUCATION CORNER

October is **Breast Cancer Awareness Month**, a vital time for us to unite in raising awareness and providing support to those impacted by breast cancer. In this issue, we review some compelling studies and insights on **mastectomy and breast reconstruction**, shedding light on these crucial topics.

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

### **Mastectomy Alone or with Immediate Breast Reconstruction: Trend, Precipitating Factors, Patients Reported Outcome, and Oncologic Safety Analysis with and without Propensity Score Matching from 3759 Mastectomy Patients**

**Yi-Yuan Lee • Hung-Wen Lai • Antonio Muñoz Guevara • Jorge Torres Maldonado • Hui-Yu Lin  
• Chin-Jung Feng • Bing-Fang Hwang • Shih-Lung Lin • Hsin-I Huang • Fong-Cing Siao  
• Shou-Tung Chen • Dar-Ren Chen • Chiu-Ying Chen**

#### **Background**

In the current study, we surveyed the trend of breast cancer operations in the past two decades and compared mastectomy alone or with immediate breast reconstruction (IBR) with the measurement of the outcome reported by patients and oncologic safety evaluation.

#### **Methods**

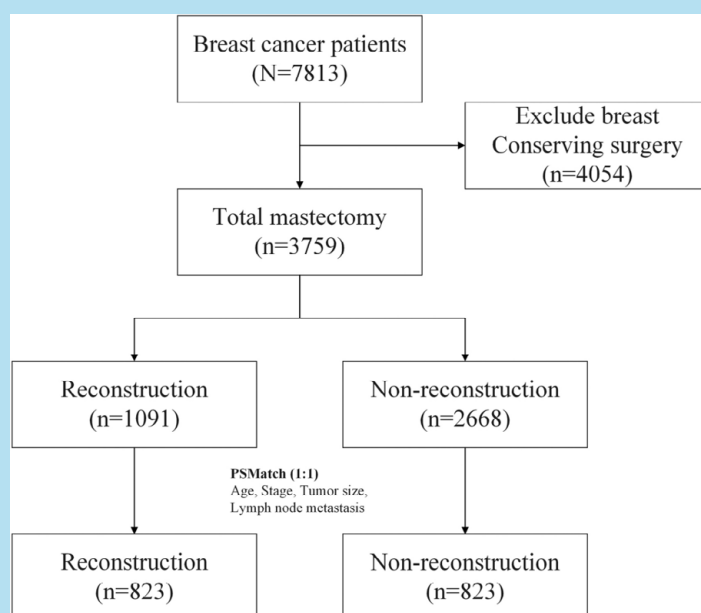
A retrospective study surveyed the trends in breast cancer surgery methods at a single institution between January 2000 and December 2021. Clinical manifestations, outcomes, patient-reported outcome measures, and oncologic safety evaluations between mastectomy alone or with IBR were analyzed, with and without propensity score matching (PSM).

## Results

The trend of breast cancer operations showed that breast-conserving surgery (BCS) and mastectomy with IBR were increasing while mastectomy alone was decreasing. Among the 3759 patients who underwent mastectomies, 1091 (29%) patients had mastectomy with IBR while 2668 (71%) received mastectomy alone. In multivariate analysis, age less than 45 years, breast magnetic resonance imaging before surgery, luminal A subtype, nipple-sparing mastectomy, oncoplastic reconstructive breast surgeon, and high-volume surgeon were important independent factors for mastectomy with IBR. Mastectomy with IBR was associated with better patient-reported cosmetic results than mastectomy alone and comparable to BCS. After PSM and a median follow-up of 106.1 months, there was no difference in Kaplan-Meier survival curve analysis between patients who underwent mastectomy alone or mastectomy with IBR in terms of locoregional recurrence, distant metastasis or overall survival.

## Conclusions

Mastectomy with IBR demonstrated better reported cosmetic outcomes and comparable oncologic safety compared to mastectomy alone. Independent factors promoting IBR were identified, which could help increase the breast reconstruction rate.



**Flow chart of study design. During the study period, a total of 7813 breast cancer patients received surgical treatment at our institution, and 4054 patients received breast conserving surgery (BCS) while 3759 received mastectomies. Among these received mastectomies, 1091 patients underwent mastectomy with immediate breast reconstruction (IBR) and 2668 received mastectomy alone. A case-control comparative study was also conducted using the propensity score matching (PSM) method to decrease bias due to patients' selection.**

**Full Article**

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For questions, please contact [memberservices@isaps.org](mailto:memberservices@isaps.org).

# MONTHLY E-MAGAZINE



## Rapid Fire Gold Winner Athens

### Quality of Life of Patients Who Underwent Mastectomy Alone Without Breast Reconstruction Versus Patients Who Underwent Mastectomy With Immediate Breast Reconstruction in a Tertiary Hospital from 2020-2021 - Award Winning Lecture

Michelle Andrea Itao

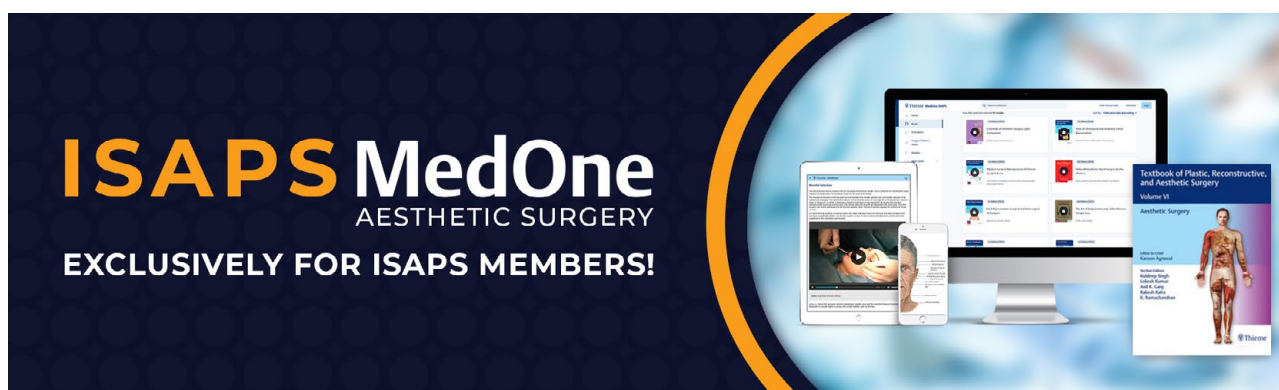
From the Session: Gynecomastia and Breast Reconstruction

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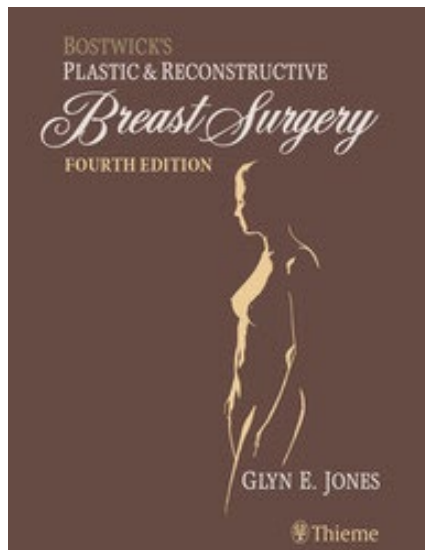
# MONTHLY E-MAGAZINE



## October 2025 MedOne Feature: Bostwick's Plastic & Reconstructive Breast Surgery

Glyn Jones

### Chapter: 8.9 Fat Grafting as an Adjunct to Implant and Autologous Mastectomy Reconstruction



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NY 10001 New York, USA

As noted in the introduction to this chapter, the expectations of patients undergoing breast reconstruction have grown in recent years. Creating a more natural feeling breast without an autologous flap remains challenging. The addition of fat grafting to an implant reconstruction offers the potential for significant improvement in the outcomes for patients over implant reconstruction alone. In 2017, Komorowska-Timek reported a study of 85 patients with implant reconstruction undergoing 117 fat grafting procedures.

This group included radiated and a smaller number of nonirradiated patients. Overall complications reached 27% and implant-related complications reached 22%. The authors observed fat necrosis, oil cysts, and capsular contracture as some of the more common complications. However, it is difficult to separate the mechanism of contracture in this study group given the presence of irradiated patients.

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## PRACTICE MANAGEMENT



If you are seeking to develop your leadership skills, executive presence, and overall wellbeing through practice, consider our **Leadership Insights For Transformation Program (L.I.F.T.)**, which offers transformative and impactful learning resources beneficial to ISAPS member surgeons. The [\*\*L.I.F.T. Resource Library\*\*](#) contains four modules: Leading Self, Leading Others, Personal Wellbeing, and Strategic Leadership.

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

# MONTHLY E-MAGAZINE



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



## **Bright Talents 2025: Shaping the Future of Plastic Surgery, Together**

At POLYTECH Health & Aesthetics, we believe that the future of aesthetic and reconstructive surgery is shaped by people – not just by products, techniques, or technologies.

This belief is at the heart of **Bright Talents**, our flagship global professional education initiative. Bright Talents was created to identify, connect, and equip the next generation of Key Opinion Leaders (KOLs) in plastic surgery. More than a meeting or workshop, it is a carefully curated, invitation-only program that offers talented surgeons from around the world an intensive and highly interactive learning experience.

### **A Growing Global Community**

Since its launch, Bright Talents has built a remarkable network of surgeons committed to advancing the specialty. Speakers are nominated by regional partners and selected by POLYTECH's team in collaboration with senior faculty, ensuring each brings both clinical expertise and the potential to lead through teaching, research, and collaboration.

This network extends well beyond the event itself. Faculty frequently collaborate on research projects, co-present at conferences, and mentor new participants – multiplying the program's impact worldwide.

# MONTHLY E-MAGAZINE

## More Than Education

Bright Talents goes far beyond surgical training. Participants work closely with leading faculty – including Prof. Moustapha Hamdi, Dr. Patrick Mallucci, Dr. Paolo Montemurro, Prof. Matthias Reichenberger, Prof. Roy de Vita, Dr. Barbara Cagli, Dr. Mario Mendanha, Dr. Sühan Ayhan, and Dr. Luis Perin – in a program that blends advanced clinical content with sessions on presenting at conferences, publishing in journals, and building professional networks.

This holistic approach helps participants grow not only as surgeons, but as communicators, educators, and leaders capable of shaping the future of the specialty.

## Looking Ahead: Sardinia 2025

This year's edition will be the **largest Bright Talents** yet, bringing together more than 100 surgeons for a dynamic mix of surgical education, peer-to-peer exchange, and leadership development. New for 2025 is a forward-looking discussion on how emerging technologies – including artificial intelligence – may influence the next era of aesthetic surgery.

## Our Commitment to Education

Bright Talents is part of POLYTECH's broader commitment to advancing the specialty through education. Our global program combines **Excellence Training, workshops, and masterclasses** with the **POLYTECH Academy**, a digital hub for online courses, clinical materials, and expert resources. Together, these initiatives ensure surgeons are supported not only in perfecting their skills, but also in developing the leadership, communication, and scientific expertise needed to inspire others.

By investing in this growing community, POLYTECH helps ensure that collaboration, innovation, and excellence remain at the heart of aesthetic surgery's future. Bright Talents is more than a program – it is a catalyst for connection, inspiration, and lasting change.

### Follow the journey:

[@polytech\\_surgeons](#)  
[polytech.health/pro](#)

# MONTHLY E-MAGAZINE



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FEBRUARY 27 TO MARCH 1, 2026  
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Worldwide®

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ISAPS EVENTS**



# 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 6,000 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 more than 2,700 plastic surgery videos.

Members-only discounts for events.

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)**



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