

PRESIDENT'S EMAG

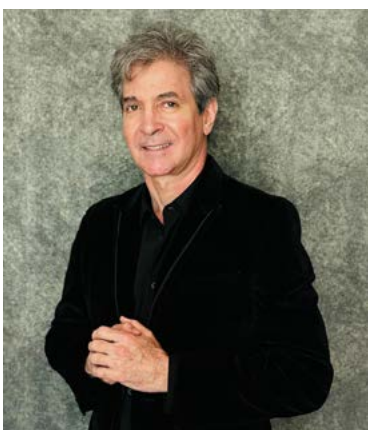
2024

October

ISAPS



MESSAGE FROM THE ISAPS PRESIDENT



Arturo Ramírez-Montañana, MD
ISAPS President

Dear ISAPS Community & #ISAPSFAMILY,

Welcome to October! This month, I am delighted to share my experience and reflections from my stay in Asia for the second time in the last three months.

I hope everything is going well with your personal lives, loved ones, and patients. **Asia surprised me again; it was simply spectacular!**

On July 4-6, 2024, I attended the 2024 **Oriental Society of Aesthetic Plastic Surgery (OSAPS) Meeting** in Cebu, Philippines, and the whole experience was incredible; everything, from the social and scientific events, was perfectly executed.

A few days ago, during the weekend of September 28-29, I returned to Asia again, having the privilege of attending the **2024 TSAPS International Annual Meeting**, organized by **Taiwan Society of Aesthetic Plastic Surgery (TSAPS)**. Founded in 1994, the Society celebrated its 30th anniversary in Taipei, Taiwan. For this meeting, the organizers embraced the motto, "**Passthrough and Breakthrough**", symbolizing the ongoing journey of resilience and innovation in the field of our specialty.

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The venue was on the 7th floor of the Taipei Nangang International Exhibition Center Hall 2 in Taipei City, the capital city of Taiwan. It is a super modern and majestic building with impressive facilities, including four rooms for lectures running simultaneously.



Impressions from the 2024 TSAPS International Annual Meeting in Taipei, Taiwan.

More than 104 faculties were present from Australia, Indonesia, Cambodia, South Korea, Hong Kong, Thailand, Vietnam, Taiwan, USA, Germany, Philippines, Japan, Malaysia, China and Mexico.

The **program** committee members, commanded by TSAPS President Sung-Yuan Chang, MD, prepared a powerful and well-balanced scientific program, including surgical and non-surgical procedures, the ultimate information about the technologies available worldwide that are used in our specialty, the “must-advance” products in aesthetic medicine, current concepts of practice marketing, and surgical simulation results software.

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The **marketplace** was perfectly organized, with more than 50 commercial partners.

The **social events** were fantastic; during the Gala Dinner, we enjoyed live music and first-class Taiwanese cuisine, a great atmosphere, reencountering old friends, and meeting new ones. It always felt like a **happy environment of comradeship, friendship, and unbreakable respect**.

The **ISAPS scientific session**, where we shared some lectures about facelifts and blepharoplasty procedures, was a complete success, showing the benefits we offer to our members and inviting attendees to join our Society.

Now, I am returning home to Mexico, feeling completely reverent by the extraordinary organization, with my heart full of energy. Thank you so much, Taiwan, and congratulations once again to everyone involved, and thank you for your unwavering commitment and enthusiasm.

... yes, this is the feeling I had after attending the TSAPS Meeting.

The Taiwanese plastic surgeons' community represents, without a doubt, one of the most comprehensive environments in terms of humility, and excellent conduct. The quality of the entire experience in Taiwan confirms that the Western world has a lot to learn from the East.

I personally want to thank all the representatives' leaders and authorities of the TSAPS for this unforgettable experience:

Sung-Yuan Chang, MD

President of the TSAPS

Wen-Her Wang, MD

Co-Chair Annual Meeting 2024

Ghang-Cheng Chang, MD

Co-Chair Annual Meeting 2024

Han-Tsung Liao, MD

ISAPS National Secretary from Taiwan

Chien-Tzung Liao, MD

Past ISAPS National Secretary from Taiwan

Su-Ben Tsao, MD

Past President TSAPS

While reflecting on this experience, I look forward to next year's **ISAPS Olympiad World Congress in Singapore, June 18-21, 2025. It will be an educational, social, and international gathering of leaders and experts** in a city known for its **rich culture, extraordinary cuisine, and beautiful city- and landscapes**.

If you want to participate in our next ISAPS Olympiad in Singapore, the call for abstracts is still open; **please submit your abstracts by October 18, 2024**, for consideration to be a part of our outstanding program.

I am looking forward to seeing you soon.



Arturo Ramírez-Montañana, MD
ISAPS President

Breast Cancer Awareness Month: Remarkable Leaders Supporting Patients



Interview with
Rieka Taghizadeh, MD - UK
Assistant National Secretary

Every October, we commemorate **Breast Cancer Awareness Month**, and we strive to raise education and understanding for all people affected by this disease. Often, part of the approach to treating breast cancer can involve aesthetic plastic surgeons, who can help alleviate some negative implications by assisting women and men in **regaining their empowerment and finding the strength to overcome some of their difficulties** when faced with this diagnosis.

With the many medical advancements and today's increased understanding of technology, some surgeons specialize in lumpectomies, mastectomies, and breast reconstruction, to name a few. One of these extraordinary leaders is **Dr. Rieka Taghizadeh**, a clinical lead in breast reconstruction and microsurgery. We are fortunate to have her as part of our **#ISAPSFAMILY** and are grateful for her support, not only for ISAPS but also for the specialty and those she helps along the way.

ISAPS: As a clinical leader in breast reconstruction and microsurgery, what do you see as your most significant obstacle when working with breast cancer patients?

TAGHIZADEH: A successful reconstruction can transform the lives of women who have been affected by breast cancer. Procedures such as microsurgical reconstruction are technically challenging and require intense training and the correct teamwork to perform them. The most significant barrier is resources and the limited number of experts who can carry out these complex procedures.

ISAPS: Breast reduction surgery and breast cancer, is there a link?

TAGHIZADEH: Ladies with large breasts can sometimes find it difficult to perform self-examination, or even mammograms can be uncomfortable. Breast reduction surgery, when performed well, can have a significant impact on the quality of day-to-day life.

ISAPS: You participated in the Residents' Symposium at the ISAPS World Congress Cartagena this past June, with a session on „Management Strategies for Post-Massive Weight Loss Patients: Optimizing Outcomes and Reducing Complications.“ Generally, how does this affect individuals in terms of breast alteration?

TAGHIZADEH: Following extreme weight loss, patients often have a significant change to various body parts, including the breasts. This is often associated with loss of volume, droop or „ptosis,“ and worsening of soft tissue quality. The breasts can appear much more aged as a result of massive weight loss.

ISAPS: As a Committee Member of the ISAPS Residents Education & E-Learning Committee, what would you say is essential for early career surgeons to consider in advancing our specialty, and how can they influence it?

TAGHIZADEH: Learning never stops, even when you are an expert in a field. I would like the younger generation to take every opportunity to learn, gain exposure to surgery, and stay up to date. Ultimately, it involves safe practice and achieving the best results for our patients.

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ISAPS: What is on your program „wish list“ for next year's ISAPS Olympiad World Congress in Singapore?

TAGHIZADEH: To have the best representation of aesthetic practice from around the world, which is what ISAPS is about!

ISAPS: If you could take a month off work, where would you spend it, and what would you do?

TAGHIZADEH: I love nature and animals, so I would like to detach from the intense routine of day-to-day life, spend it in nature, and perhaps help at an animal conservation rescue center.

Patient Resources

Join **Dr. Rieka Taghizadeh (UK)** on **October 19, 2024**, for the [ISAPS Resident Webinar: Basics in Breast Asymmetry and Ptosis.](#)



Be a Speaker ... Network ... Learn ... Connect ... Develop ... Improve ... Collaborate ...
„What will you do?“

Join **colleagues, #ISAPSFAMILY and aesthetic plastic surgeons** from all over the world in Singapore in June 2025. The program will feature educational symposia, courses, free paper communications, faculty talks, masterclasses, invited presentations, and awards for the best papers!

What You Can Expect:

- Residents' Symposium
- ISAPS Almost Live: A journey from cadaver anatomy to surgery
 - Rhinoplasty Simulation Workshop
 - Women's Symposium
- Aesthetic Insights: Lunch with an Expert

Preliminary Scientific Program

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Share Your Expertise & Be a Speaker: Submit Your Abstracts Before October 18, 2024 To Be Considered

Topics for 2025:

- Body
- Breast
- Face & Neck
- Periorbital
- Rhinoplasty
- Transgender
- Non-surgical: Injectables
- Other Surgical (including Patient Safety, Medical Tourism)
- Minimally Invasive (including Regenerative Medicine)
- Other Non-Surgical (including Practice Management, Business School)

Be a Speaker

Our biennial **ISAPS Olympiad World Congress Singapore** follows our inaugural Olympiad World Congress in Athens in 2023. It takes its name from this innovative approach, **adding a competitive element to our Congress activities** to acknowledge and award the best-rated speakers at the event. Don't delay - send your abstracts today!

Critical Congress Dates:

Online Registration: Open
Call For Papers: Closes October 18, 2024
Pre-Congress Date: June 18, 2025
Main Congress Date: June 19-21, 2025

Olympiad World Congress 2025

FUN FACT: What is a Merlion?

The Merlion is a mythical creature that is half-lion and half-fish. It is Singapore's unique national icon, and statues of Merlions are found throughout the country. The Merlion represents both the city-state and its people in sports teams, advertising, branding, and tourism.





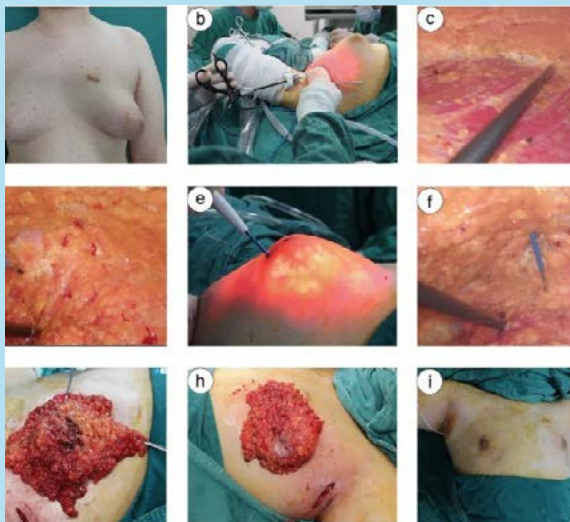
MONTHLY EDUCATION CORNER



Recently published in *Aesthetic Plastic Surgery...*

Single Axillary Incision Reverse Sequence Endoscopic Nipple-Sparing Mastectomy in the Management of Gynecomastia: Short-Term Cosmetic Outcomes, Surgical Safety, and Learning Curve of the Preliminary 156 Consecutive Procedures from a Prospective Cohort Study

*Huanzuo Yang · Faqing Liang · Yu Feng · Mengxue Qiu
· Kawun Chung · Qing Zhang · Zhenggui Du*



Currently, a standard, optimal surgical procedure is still lacking for gynecomastia. Despite the development of a variety of surgical interventions, these techniques were often limited to patients with Simon I and II. The present study aimed to introduce a novel technique for all types and grades of gynecomastia, and reported the preliminary results.

Operative photographs of a 24-year-old patient with grade III, bilateral gynecomastia. a Preoperative front view of the patient. b-d Dissection of the retro mammary space, and the subcutaneous gland in the upper quadrant of the breast through the axillary incision under endoscopy. e, f The removal of the subcutaneous gland in the lower quadrant of the breast through „HUAXI hole 1“ under endoscopy. This 3–5 mm auxiliary operative hole was positioned at the superior-lateral margin of the areola. g, h The intactly removed glandular and adipose tissue. i Postoperative appearance after bilateral R-E-NSM

[Read Article](#)

Become a member to have full access of **Aesthetic Plastic Surgery**.
For questions, please contact memberservices@isaps.org.

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This month's [Online Video Library](#) features a session from the: [ISAPS World Congress Istanbul 2022, ,Breast - Problem Solving in Breast Surgery'](#).

Lecture topics include:

Implant Displacements - Chiara Botti

Repositioning and Sustaining the New IMF: Optimizing Breast Asymmetry Correction - Samira Ajmal

Inframammary Fold Control in Breast Implant Surgery: What Do We Expect and Achieve - Dmitry Batiukov

[Click here](#) for full details.

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

[Video Library](#)



October 2024 MedOne Feature

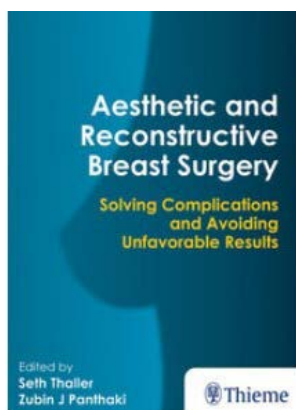
[Aesthetic and Reconstructive Breast Surgery: Solving Complications and Avoiding Unfavorable Results](#)

· *Seth Thaller · Zubin J. Panthaki*

Knowledge of breast, chest wall, and axillary anatomy is of high clinical and surgical importance in breast surgery. Disease in one of these structures requires a thorough evaluation of the anatomy of the others as they are intimately related. Careful preoperative considerations and surgical planning is essential and helps decrease surgical complications.

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MedOne is available to select ISAPS members, based on their membership level.



[MedOne](#)



PRACTICE MANAGEMENT



Growing from Abundance: A Collaborative Approach to Medical Practice

We have heard of the concepts of **abundance and scarcity**, but how do these notions translate into our medical profession? The idea of abundance is grounded in the belief that there are sufficient resources for all and that one individual's success does not hinder another's. It **fosters cooperation, creativity, and a broader perspective**.

Collaborative versus Competitive

When we adopt an abundance mindset, our actions become collaborative rather than competitive. We seek **mutual benefit** and identify more opportunities, fostering innovation within our organizations. This openness leads to greater happiness and personal satisfaction from shared achievements, as our fulfillment is not solely dependent on our own accomplishments. Abundance extends beyond material possessions. It is a mindset that values the small things and recognizes the wealth that already exists in our lives. Contributing to the well-being of others and creating a positive impact on the world, sharing our knowledge and being, makes us abundant. Continuously learning, growing personally and professionally, and cultivating authentic and meaningful relationships with colleagues and new acquaintances expands our sphere of influence.

Conversely, a scarcity mindset is rooted in the belief that resources are limited and that for one person to gain, another must lose. This mindset breeds competition, envy, and a limited perspective. Discovering new opportunities and solutions is only possible through exchanging knowledge, forming new relationships, and mutual support. The collaboration and trust fostered in strong, lasting relationships allow us to grow together. An abundance mindset empowers us to take action and pursue our dreams. It helps us focus on solutions, collaboration, gratitude, generosity, and optimism.

MONTHLY E-MAGAZINE

Scarcity, on the other hand, is marked by fear of competition, difficulty in taking risks, a culture of complaining, stagnation, a lack of innovation, and resistance to change.

What is the Difference?

Rather than viewing competition as a threat, we should perceive it as a source of inspiration and an indicator of a market with great potential, offering new opportunities for collaboration and strategic partnerships.

Two critical aspects of abundance are **resource** and **mindset abundance**.

Resource abundance involves maximizing the value of all available resources, from human talent to physical assets. It entails implementing efficient processes, delegating tasks, and fostering creativity to find new ways to utilize resources effectively. The belief is that money, clients, and strategic partners are attracted to businesses that convey a sense of abundance and prosperity. Branding, marketing, and public relations investments are made to create a positive and attractive image. Collaborations are formed with other industry players, fostering mutually beneficial relationships with businesses, suppliers, and clients. Knowledge, resources, and contacts are shared to create a thriving business ecosystem.

Mindset abundance involves recognizing and appreciating all that has been achieved. We celebrate successes, express gratitude to clients and colleagues, and maintain a positive outlook in facing challenges. We firmly believe in the potential of our endeavors and our ability to achieve our goals. We visualize long-term success and make strategic decisions based on that vision. We share our success with others, sharing our knowledge, creating job opportunities, and supporting our peers. We understand that abundance multiplies when shared.

Adopting the Positive Mindset

In summary, an abundance mindset in business implies a positive and expansive vision, a constant pursuit of opportunities, optimization of resources, and an attitude of gratitude and generosity. By adopting this mindset, our practices and businesses can attract more opportunities, build stronger relationships, and achieve greater long-term success.

If you would like to learn more about this topic, several authors have explored these concepts and linked them to personal and professional life. Stephen Covey in his book „The 7 Habits of Highly Effective People,“ Eckhart Tolle in „The Power of Now,“ Napoleon Hill in „Think and Grow Rich,“ and Robin Sharma in „The Monk Who Sold His Ferrari“ are among them.

Juan Sierra, MD - COLOMBIA
ISAPS National Secretary

Interested in more practice management tips?

- Check our [**L.I.F.T. program online**](#)

- [**Register to view ISAPS' Business School 2021 On Demand!**](#)

Free for ISAPS members, non-members \$300,
office staff and nurses \$100.

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Check Out Our Instagram Live Events!

**Did you miss our latest live discussions?
Catch up today and stay tuned for upcoming events!**

Mommy Makeover and Other Combined Aesthetic Procedures

*Dr. Naveen Cavale, Communication Committee Chair,
and Dr. Amin Kalaaji, National Secretaries Co-Chair*

Elevating Patient Safety through Aesthetic Education Worldwide

*Dr. Andre Cervantes, Chair of the Patient Safety Committee
Drs. Andre Auersvald Education Council Chair,
and Ahmad Saad, Education Council Co-Chair,*

Instagram Live

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ISAPS Resident Webinar | [Basics in Breast Asymmetry and Ptosis](#) | October 19, 2024 | 13:00 UTC

The ISAPS Resident webinars provide a valuable opportunity to gain a comprehensive understanding of select topics with direct interaction with ISAPS leaders.

Want to gain a better understanding about the basics of breast asymmetry and ptosis?
Join our expert speakers in their discussion, and bring your questions!

Speakers

Rieka Taghizadeh, MD (United Kingdom)
Arline Paola Arroyo, MD (Mexico)
Isabel Moreno, MD (Spain)
Pornthep Pungrasmi, MD (Thailand)
Luisa Magalhaes Ramos, MD (Portugal)

Moderators

Rasha Baaqeel, MD (Saudi Arabia)
Carlos Fernando Suarez Franco (Colombia)

Lecture Topics::

Principles, Assessment and Management of Breast Asymmetry and Ptosis -

Rieka Taghizadeh, MD (United Kingdom)

Indications of Mastopexies - Arline Paola Arroyo, MD (Mexico)

Breast Pexy Associated with Implants - Isabel Moreno, MD (Spain)

Breast Ptosis and Asymmetry - Pornthep Pungrasmi, MD (Thailand)

Mastopexy With and Without Implants: Analyzing Outcomes and Patients' Preferences -

Luisa Magalhaes Ramos, MD (Portugal)

October 19, 2024 | 13:00 UTC

[Click here to find your local time!](#)

Registration is FREE for ISAPS members and only \$100 for non-members.

[Register Now](#)

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SEE YOU IN SINGAPORE

June 18-21, 2025 www.isaps.org

Olympiad World Congress 2025



**CLICK HERE
TO SEE UPCOMING
ISAPS EVENTS**

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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 *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 1500+ plastic surgery videos.

Members-only discounts for events, including our ISAPS Olympiad Singapore World Congress 2025.

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
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