

Facial Plastic TIMES

AMERICAN ACADEMY OF FACIAL PLASTIC AND RECONSTRUCTIVE SURGERY, INC.

INTERIM MEETING OF THE AMA HOUSE OF DELEGATES—AND AN IMPORTANT AAFPRS GLASS CEILING IS BROKEN

Approximately 700 physicians and medical students met at National Harbor, Md.—just a few miles away from Capitol Hill—for the 2023 American Medical Association (AMA) Interim Meeting of the House of Delegates (HOD), where they considered proposals and critical issues in medicine, across a wide range of clinical practice, payment, certification, medical education, and public health topics.

Among those assembling and representing the interests of our Academy were:

- **Scott R. Chaiet, MD**, AAFPRS delegate to the AMA HOD for the 2023 Interim Meeting (and casting our AAFPRS votes in the HOD)
- **Emily Hrisomalos, MD**, AAFPRS representative to the AMA Young Physicians Section (YPS)—and AAFPRS alternate delegate to the AMA HOD for the 2023 Interim Meeting (and casting our AAFPRS votes in the HOD when Dr. Chaiet was not available)
- **Steven J. Jurich**, AAFPRS executive vice president and CEO



An AAFPRS Historic Achievement

Before we take a deeper dive into the many key issues that were addressed at the AMA Interim Meeting (which will be explored in the below AMA Interim HOD Overview Summary), it is first important to recognize—



and celebrate—that another significant AAFPRS “glass ceiling” is now broken!

On November 10, 2023, at the 2023 AMA Interim HOD Meeting, AAFPRS fellow member Emily Hrisomalos, MD (pictured above), formally assumed her AAFPRS Board-appointed leadership position as our new AAFPRS representative to the AMA Young Physicians Section (YPS)—and, at this Interim Meeting, she also served as our AAFPRS alternate delegate to the AMA HOD. With Dr. Hrisomalos actively assuming these critical leadership roles this November, *she becomes the first female surgeon ever in the 59-year history of the AAFPRS to formally represent our Academy at the AMA.* Please join the AAFPRS Board and management team in congratulating Dr. Hrisomalos on actualizing this historic achievement.

More Cuts to an Unsustainable Medicare Payment System

Through various actions at the Interim Meeting, the HOD made it unmistakably clear, that the unsustainable Medicare payment system poses a direct threat to patients’ access to high-quality physician care across the nation. In addition to the two percent cut in Medicare physician pay already imposed in 2023, doctors now face a further 3.37 percent cut set to take effect on January 1, 2024. After adjusting for

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PRESIDENT'S MESSAGE: PRESIDENT'S



Good morning AAFPRS. I love this Academy. It has been my professional home for over 35 years, and I look forward to it being that home for many more. Thank you all for being here. Thank you to those who voted for me, allowing me this honor to serve you as president. Whether or not you voted for me, I intend to do my best to represent your interests as members of this great Academy. All of you, please do not hesitate to reach out to me with questions or suggestions on how this Academy can better serve you and our specialty.

First, I want to thank our staff, under the leadership of Steve Jurich, for their tireless efforts to continue services and keep our Academy running. Also, thanks to our dedicated Board of Directors, that has worked very hard for us and continues to do so. I especially want to thank Theda C. Kontis, MD, for her leadership in the past year. She has shepherded many projects for the betterment of the Academy and served as a great example of a serving-leader. It's important to give a shout-out to all our committee members and chairs for their efforts as well. I especially want to thank all the people responsible for putting on this meeting. I also want to thank the fellowship directors, the Board, and staff of the AAFPRS, the Editorial Board, staff and contributors for *Facial Plastic Surgery & Aesthetic Medicine*, the International Society of Rhinoplasty Surgeons, the Accreditation Council for Post-Residency Specialty Education, the International Federation of Facial Plastic Surgery Societies, and the Organization of Facial Plastic Surgery Assistants, for their efforts in support of facial plastic and reconstructive surgery. All these groups are incredibly important to the success of this organization. I encourage you to become involved with one or more of them. Finally, I thank my family, first for being here supporting me and second for putting up with me all these years.

I would like to continue by revisiting where we came from, who we are, and why we exist. We were founded in 1964 from the amalgamation of the American Otorhinologic Society for Advancement of Plastic and Reconstructive Surgery (1943) and the American Society of Facial Plastic Surgery (1952). Thanks to the *R.L. Simons Archives and Heritage Center* for that history. Dr. Irving Goldman was the first president, and Dr. Kontis was just our 59th president and second female president. I have the greatest respect for the previous 59 presidents and what they, with the rest of academy leadership, have accomplished since 1964. The mission statement for the Academy is to "promote excellence in the art and science of Facial Plastic and Reconstructive Surgery and Facial Aesthetics through education, advocacy, and innovation." The vision statement is "Leading the Evolution of Facial Plastic and Reconstructive Surgery."

The mission statement for the Foundation is to "support education, research, and humanitarian efforts of AAFPRS members in the service of patients." The AAFPRS Foundation is committed to providing high-quality education and instruction to physicians and medical professionals who specialize in Facial Plastic and Reconstructive Surgery. This educational mission includes the fellowship program, educational meetings, and the CONNECT Learning & Resource Center. Research activities include research grants and scholarship awards for excellence in research activities. The humanitarian arm has the AAFPRS Foundation FACE TO FACE International, Domestic Violence, and Faces of

ADDRESS GIVEN AT THE AAFPRS ANNUAL BUSINESS MEETING

Honor programs. These programs provide needed care to patients both here and abroad with congenital and traumatic deformities.

"Promote excellence...in the service of patients." I think we can all get behind these principles. We have this in common. We are an organization of about 1200 full dues paying members, 2200 including residents, fellows, internationals, retirees, emeritus members, and students. Within this group we have cosmetic and reconstructive interests, private and academic practices, and many differing opinions. We cannot afford to be divisive within our small group. We are like an extended family with many different members. We are interdependent, and we need each other. Also, like families, we are not always in complete harmony. We do have much in common, and there is far more that unites us than divides us. We have disagreements because we are diverse and passionate. Our diversity and passion make us strong. In the business world the value of diverse corporate governance is well established. Diverse governed companies are more successful. Being constantly introduced to new and diverse ideas is how we grow. We must embrace our differences and recognize them for the advantage that they are. As I stated in my Gene Tardy Scholar lecture previously, we benefit from being inclusive rather than divisive. **We are stronger together.**

In our discourse, we need to practice respectful disagreement and demonstrate a willingness to compromise. This is difficult for a group of surgeons who pride themselves on uncompromising quality. However, our individual beliefs cannot supersede the needs of the Academy and the Specialty. We can succeed in anything that we really work together to achieve. **Together, that is the key.** We must all seek the greater good for our

Academy, our Board, and our Specialty; and at the end of the debate, support the consensus. We have some ongoing challenges that we must continue to work through. Although it has now stabilized, membership declined in the past two decades. Economic pressures on the practice of medicine have no doubt contributed to this. We have to continue to add value to AAFPRS membership to retain members. To do that, we need to find out what members value the most by asking them, by asking you. We also need to grow by attracting new members including every fellowship graduate and anyone else interested in our field. We must continue to improve our PR, media, and social media efforts to increase our name recognition with the public. Enhancing our profile within organized medicine by improving inter-specialty relations and using our academic facial plastics contacts to increase exposure to medical students will help as well.

Our meetings were certainly hit hard by COVID, and some of those changes are not reversing, although this meeting has over 900 attendees. There are many less expensive alternatives to travel for CME. There are also many competing meetings, both domestic and abroad. International travel is still more difficult for worldwide attendees. Our success with fostering international facial plastic surgery groups has led to their having local meetings that compete with ours. We need to rethink what we want our meetings to be so we can ensure their ongoing success.

IMMEDIATE PAST PRESIDENT
THEDA C. KONTIS, MD, PASSES
ON THE PRESIDENTIAL GAVEL
TO INCOMING PRESIDENT
SHERARDA A. TATUM, MD.

Some support from our industrial partners has diminished. They are feeling the effects of economic pressures as well. We need to revisit what their goals are for our ongoing relationships so that we can find new mutually beneficial ways to interact. We have many members with close ties to industry to call on for assistance. By the way, please visit our industrial partners at this meeting.

Charitable fund raising needs to increase. We are a not-for-profit organization with a foundation that supports education, research, and underserved health care. Our dues, journal income, and meeting revenue do not cover all our missions. We must support our organization ourselves and explore new sources of philanthropy to support the missions that are so important to us. Enhancing our identity should also help with this. And thanks to all those who attended the AAFPRS Fundraising Gala last night.

You have likely heard rumors of our financial difficulties. While the challenges previously mentioned have caused some setbacks, as you heard from our past president and treasurer, we are managing these challenges.

See *Better and Stronger*, page 6



CHEW LIP NG, MD, EARNS CLAUS D. WALTER AWARD

It gives the IBCFPRS Board of Directors great pleasure to announce that Chew Lip Ng, MD, a facial plastic surgeon from Singapore, earned the highest score on the 2023 IBCFPRS exam in Washington, D.C., this past June. Dr. Ng was honored with the Claus D. Walter Award for Academic Excellence at the recent 2023 AAFPRS Annual Meeting in Las Vegas.

At an early age, Dr. Ng knew that medicine was his calling. "The sciences have excited me from a young age, in particular, biology," Dr. Ng relates. "But some experiences in my youth propelled me to pursue medicine as a career. I went on a school trip to Silicon Valley in the 1990s and we visited Genentech where injectable insulin was produced. The Human Genome Project was ongoing then, so we visited universities sequencing human DNA. It was all incredibly exciting. During high school, I chose to do a special module which entailed one year of intense exploration in various areas of biology, including visiting healthcare facilities. I vividly recall visiting the operating room, observing in-vitro fertilization, and shadowing scientists in the lab. The impact of their work was life-changing for so many people. It was an amazing year that inspired me to devote myself to acquiring the skills and knowledge to help people, and medicine directly combined that desire with my love for biology. I count myself incredibly fortunate to be able to do what I love on a daily basis."

Dr. Ng attended medical school at the National University of Singapore where he was very involved as the president of the NUS Medical Society. Following graduation, he underwent specialist training in otolaryngology-head and neck surgery at the National University Hospital in Singapore. Dr. Ng said that "facial plastic surgery is a relatively new subspecialty in Singapore and



"And from the day we decide to become surgeons, we are filled with expectation. Expectations of the trails we will blaze, the people we will help, the difference we will make." — Julia Southern

when I was a second year resident, we had the first national residency facial plastic and reconstructive surgery module. I received the highest score in the module test and was awarded a sponsorship to an AO Cranio-maxillofacial Principles Course in Seoul, South Korea. I was offered the opportunity to start the facial plastic and reconstructive surgery service in my hospital and was subsequently sent for fellowship training in FPRS."

Dr. Ng continues, "Some of the best things that happened to me were my FPRS fellowships. I am really blessed to have wonderful and dedicated mentors. My first fellowship was with Alwyn D'Souza, MD, president of the EAFPS, and Anil Joshi, MD, in London. My second fellowship was with Philip Solomon, MD, and Richard Rival, MD, who was president of the CAFPRS, in Toronto. I am deeply grateful for the generosity and opportunities I received from my mentors. Their dedication to their craft, their commitment to their patients,

and their devotion to the training of the next generation of facial plastic surgeons have deeply inspired me and I hope to carry on that legacy."

Dr. Ng also received considerable encouragement from Ian Loh, MD, and Sandeep Uppal, MD, to pursue facial plastic and reconstructive surgery at a time when the subspecialty was still in its nascent state. Dr. Ng also shared that a close-knit facial plastic surgery community has been formed in Singapore and surgeons support one another selflessly. Dr. Ng states, "The facial plastic surgery community in Singapore has given me tremendous support since I started my practice." Currently, Dr. Ng's practice includes both cosmetic and reconstructive procedures and he has a special interest in developing new techniques and instruments for shaping the Asian nose as well as adapting preservation rhinoplasty

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DR. NG IS SEEN WITH HIS FPRS FELLOWSHIP DIRECTORS, DRS. ALWYN D'SOUZA, ANIL JOSHI, PHILIP SOLOMON, AND RICHARD RIVAL.



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BETTER AND STRONGER TOGETHER

From President's Message, page 3
In addition to the efforts I have discussed, we are looking at ways to further streamline operations and enhance asset stewardship. We are committed to open and transparent operations. Please visit the [website](#) or detailed information.

The great minds of all of you are needed to address these issues. Your input is welcome and encouraged. We also have a very talented Board of Directors whom I encourage you to reach out to with ideas and concerns. **We are better together, we are stronger together, and together we can meet these challenges.**

To conclude, our future is bright. Our specialty, our Academy, our Board, and our journal are all thriving entities. With the right decisions, we will grow in our ability to provide the best care to our patients, the best education to our trainees and members, the best research support, and the best representation of our specialty. **I am enthusiastic about continuing to build this future together. We are facial plastic surgery strong!** Thank you!



Sherard A. Tatum, MD

Paid Classified Ad: Facelift practice looking for two facelift surgeons in The Villages and Tampa Florida for part or full time employment. We provide a high-quality business platform to help you grow a high quality practice much more quickly. We specialize in local anesthesia facelifts and provide training for doctors. We provide the leads, facilities, and staffing. Must be board eligible/board certified in facial plastic surgery and/or otolaryngology. Please visit: www.ImageLift.com; www.fb.com/ImageLift; www.instagram.com/imageliftnow; and www.YouTube.com/ImageLift. Interested parties can contact (813) 422-8444; Mparham@imagelift.com.

IN BRIEF: "THE BIG PRICK" BY DR. GODIN

Michael Godin, MD, a facial plastic surgeon with a passion for storytelling from Richmond, Va., releases *The Big Prick*. This novel will transport you to a time of joy and horror—and may even teach you how to surf.... "Riveting! Godin hits an out-of-the-park home run with his debut novel. I'm eagerly awaiting more from the charismatic Nick



Jordan," says Ashley Farley, USA TODAY bestselling author.

While he loves the world of facial plastic surgery, he also has a creative side that has been developing since he was a child. Putting those two areas together and knowing what it feels like to be on the other side of the knife and the needle, he writes books that take his readers inside the world of medicine and surgery in a fascinating way.

Like many of his colleagues, Dr. Godin has written extensively in medical literature, but his ultimate goal was to create works of fiction. He survived surgical training during the 1980s at the beginning of the HIV pandemic, which is when his current novel, *The Big Prick*, is set. Dr. Godin is also the author of *Fighting Gravity*, a soon-to-be-released romantic comedy set in the world of plastic surgery.

Dr. Godin hopes that his books will bring joy, laughter, and enlightenment to his readers and he looks forward to continuing to combine the worlds of medicine and literature in future novels.

Dr. Michael Godin is a facial plastic surgeon practicing in Richmond, Va., and Southern California (enthusiastic AAFPRS member for over 30 years and a fellowship director for 19 years). He enjoys living on both coasts with his wonderful wife, adult sons, and two dogs. ■

AAFPRS 2023-2024 ELECTION RESULTS

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EMERGING TRENDS & TECHNOLOGIES COLUMN: WHAT'S NEW?

By Jennifer Levine, MD, chair, Emerging Trends & Technologies Committee



I would like to take this opportunity to introduce myself as the new chair of the Academy's Emerging Trends & Technology Committee. My practice is on the upper East Side of New York City. I graduated from Columbia University, where I obtained my Bachelor of Arts degree with a major in biology. I subsequently received my medical doctorate from Cornell University Medical College, where I was elected to the Alpha Omega Alpha National Medical Honor Society. My training included a general surgery residency at Lenox Hill Hospital, and then a residency in otolaryngology at Manhattan Eye, Ear and Throat Hospital and New York University, where I was chief resident. I then served as a fellow in facial plastic and reconstructive surgery at New York University Hospital. I am a consultant/advisor for Allergan, Galderma, Merz, Revance, BTL, Benev, and MINT PDO threads. I am an attending facial plastic surgeon at Manhattan Eye, Ear and Throat Hospital and Lenox Hill Hospital.

As chair of this committee, I am pleased to share with you some trends that I see coming in 2024.

Regenerative aesthetics take center field

PRP/PRF and exosomes will continue to rise in popularity. Skin priming or combining bio stimulatory fillers with other regenerative products will continue to grow. Using regenerative devices with other injectable regenerative devices will also be important.

Combatting changes to Ozempic Face and Body

With the increased use of rapid weight loss, drugs such as Ozempic and Wegovy, patients are experiencing increased laxity as well as a loss of volume. Procedures that lift and sculpt as well as restore collagen and elastin will become more popular.

The Rise of Facelifts

2024 will see a rise in facelift for three main reasons:

- **Response to 'Ozempic Face'.** While non-surgical treatments can be effective in addressing mild to moderate laxity and volume loss in specific areas, a surgical facelift can address moderate to severe skin laxity in

multiple areas at the same time, delivering desired results such as a contoured jawline and smooth neck.

- **Technological advancements.** Modern facelift techniques, like the deep plane and deep neck lift facelift, focus on repositioning the deeper facial tissues and muscles to restore a more youthful appearance that looks natural, steering away from the "windswept" look associated with facelifts in the past.

- **Appeal for younger age groups.** The notion of facelifts being exclusive to those over 50 is changing. A growing number of Gen Z and Millennials who are interested in maintaining their youthful appearance, or 'prejuvenation' surgical facelifts, which can be combined with other surgical procedures such as blepharoplasty (eyelid lift) and buccal fat removal as well as non-surgical treatments, are becoming more attractive to younger adults who want to stay ahead of the aging process or are genetically predisposed to premature aging.

Do you have a topic or trend that you feel is important for our Academy members to know? We'd like to hear from you.

The Emerging Trends & Technologies Committee reviews and disseminates information on innovations in treatment, surgical procedures, implants, and other devices; recommends policies relating to surgical techniques and devices in the interest of providing the best possible care for patients; makes recommendations to conference program chairs regarding topics for presentations at meetings; and members of this committee also submit articles for this column in *Facial Plastic Times*.

Please submit your ideas to me via Rita Chua Magness, AAFPRS staff liaison to this committee, remagness@AAFPRS.org. I look forward to hearing from you. Thank you. ■

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PRIOR AUTHORIZATION, DRUG OVERDOSE EPIDEMIC, AND

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inflation, physician pay via Medicare actually fell by 26 percent since 2001—which also has immense, continued negative physician pay implications in the private insurance sector too, as private insurance companies seem too often to follow (or “leverage”) the examples set by Medicare when making their own physician reimbursement adjustments. With these challenging realities top of mind, the HOD (including the formal support of the AAFPRS) adopted new policy to “continue to prioritize reforming the Medicare payment system to ensure the continued economic viability of medical practice”—with a specific focus on stopping the 3.37 percent cut and achieving sustainable annual Medicare payment increases. The AAFPRS continues to work aggressively, tirelessly, and collaboratively with the AMA and via several other coalitions (including the American College of Surgeons-led Surgical Coalition) to engage Congress

(with some recent legislation being introduced) to try to eliminate—or at least reduce—the 3.37 percent cut and also bring about long-term Medicare fixes.

Additional Key Issues

The following are some of the other important matters that were discussed and acted upon at the AMA HOD meeting (inclusive of the AAFPRS’ engagement and support around these challenges):

- **Prior authorization.** The HOD directed the AMA to advocate to ensure that only physicians who are trained, licensed and qualified to diagnose medical conditions or determine medical necessity perform prior authorization.

- **Scope of practice (SOP).** The HOD reaffirmed existing policy to maintain the authority and oversight of state medical boards in the regulation nonphysician health professionals—and also reaffirmed AMA policy on Truth in Advertising (TIA) (see below for more detailed information about board certification and TIA).

- **Drug overdose epidemic.** The HOD called for elimination of dose limits on buprenorphine treatment for patients with opioid use disorder.

- **Medical decision making.** With the rise in healthcare administrator positions and physician employment, the HOD adopted policy to “continue to strongly oppose any encroachment of administrators upon the medical decision-making of attending physicians that is not in the best interest of patients.”

- **National drug shortages.** The HOD adopted policy in support of diversifying drug manufacturing and supply chains and stabilizing the generic drug market, as well as in opposition to practices such as

pharmacy benefit manager formulary restrictions.

- **Network inadequacy.** The HOD adopted new policy to “support establishment and enforcement of a minimum network adequacy standard requiring all health plans to contract with sufficient numbers and types of physicians and other providers, such that both scheduled and unscheduled care may be provided without unreasonable travel or delay.”

Importance of SOP, TIA and Board Certification

Patients want and need truthful information about the physicians and the non-physicians that care for them—and the AMA has implemented many vital surveys, which show that patients often are confused about the level of education and training of the physicians and non-physicians in healthcare that they encounter. The AMA’s *Health Care Professional Transparency Act* model legislation serves an exceptionally important purpose in this regard—its adoption by states enhances clarity around SOP and TIA, as it improves the quality and accuracy of the information patients receive about the training and qualifications of their healthcare practitioners, including and especially the actual expertise of the physicians that patients may evaluate for potential care.

For many years, an optional drafting note addressing board certification (crafted by our inter-specialty TIA Coalition, with the AAFPRS taking a meaningful lead on the language developed) has been included within the AMA TIA model legislation—providing suggested language that helps assure the foundational ability of doctors to describe themselves as “board certified” in a particular specialty or subspecialty. Amid an active review regarding “*Recognizing Specialty Certifications for Physicians*” that

IMPORTANCE OF SOP, TIA AND BOARD CERTIFICATION

was being engaged in approaching the 2023 AMA Interim Meeting by the AMA Council on Medical Education (CME), there appeared to be some question about whether the board certification drafting note should be maintained. Thus, your AAFPRS team, in conjunction with our TIA Coalition partners, engaged in work earlier this year (virtually and at the 2023 AMA Annual Meeting in June) and at this Interim HOD Meeting to affirm the continued importance of both board certification and the related optional drafting note, within the AMA TIA model legislation.

Via advanced dialogue with AMA stakeholders, formal submission of online AAFPRS testimony prior to the Interim Meeting, and continued advocacy onsite at the AMA Interim Meeting’s reference committees and within the HOD, your AAFPRS team ardently conveyed how patients respect the designation “board certified” as an indication of specialized, thorough training, where they instinctively view the term “board certified” as synonymous with high quality. However, for such designations to genuinely be helpful and truthful, we also strongly affirmed how the term “board certified” needs to be reserved for board certifications with recognized and verified rigor (i.e., those certifications that provide adequate clinical training in all the anatomical areas and medical skills covered by a specialty designation)—otherwise, a “fly-by-night” or substandard board could easily pass out a “board certification” backed by little substance. Your AAFPRS team asserted that the drafting note is a crucial advocacy tool that includes well-considered language designed to identify those certifying boards with sufficiently rigorous standards—and should, therefore, be maintained:

- The drafting note recognizes the rigor of the American Board of

Medical Specialties (ABMS) and American Osteopathic Association (AOA) board certifications.

- But importantly, the drafting note also recognizes that certain non-ABMS and non-AOA boards also have an equivalent level of rigor and ensure their diplomates have complete training in the specialty being certified.

- Thus, the drafting note notably includes language that defines those non-ABMS and non-AOA boards with sufficiently high certification standards—like our own specialty’s **American Board of Facial Plastic and Reconstructive Surgery** (which, to put it frankly, this non-ABMS board certification recognition is what enables AAFPRS members to practice and market themselves as “facial plastic surgeons”).

In the end, after the online and in-person testimony related to the AMA CME’s Report on *Recognizing Specialty Certifications for Physicians* had been considered by the assigned AMA

Reference Committee of jurisdiction, the Reference Committee made the following formal recommendation to the full HOD:

“The recommendations in Council on Medical Education Report 4 received mostly supportive online and in-person testimony. The American Academy of Facial Plastic and Reconstructive Surgery suggested that the optional drafting note be preserved. The Reference Committee would note that drafting notes are advocacy tools and are not policy statements. Your Reference Committee recommends that Council on Medical Education Report 4 be adopted.”

This formal recommendation of report adoption included no mention or direction to remove the board certification drafting note—and the HOD did approve the recommendation as submitted. Thus, this important board

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← STEVE JURICH AND EMILY HRISOMALOS, MD, ARE SEEN HERE ADDRESSING THE MEDICARE PAY CUT/ SUSTAINABILITY ISSUE.

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Plastic Surgeon Opportunity
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Inquiries can be submitted via email to Sara@annarborplasticsurgery.com.

CONGRATULATIONS TO OUR 2023 ANNUAL MEETING 'BEST POSTER' WINNERS!

Over 70 scientific posters were showcased during the 2023 AAFPRS Annual Meeting, held October 25–28, in Las Vegas, NV. We are proud to recognize their achievement and to share the exciting news with you.

On behalf of the AAFPRS Foundation CME Committee and the #AAFPRS2023 Course Chairs please join us in congratulating this year's winners for their excellent work, ground-breaking research, and contribution to our specialty. Kudos!



Neal Deot, MD

Patterns of Midfacial Fat Volume Changes with Semaglutide

Presenting Author:
Neal Deot, MD

Abstract Authors:
Neal Deot, MD; Evan Hughes, MD; Adam Hatala, MS; Amar Suryadevara, MD

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Ashley Loneragan, MD

Analysis of Graft Processing and User Patterns of Costal Cartilage Allografts

Presenting Author:
Ashley Loneragan, MD

Abstract Authors:
Ashley Loneragan, MD; Milind Vasudev, BS; Pranav Nair, Sina J. Torabi, MD; Sarah Liu, BS; Katelyn K. Dilley, BS; Theodore V. Nguyen, BS; Brian J. F. Wong, MD, PhD

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Sunder Gidumal, MD

Lip Lift Island Flap: A Novel Technique for Nasal Sill and Columella Reconstruction

Presenting Author:
Sunder Gidumal, MD

Abstract Authors:
Sunder Gidumal, MD; Sida Chen, MD; Anya Wang, BA; Virginia Drake, MD; Shaun Desai, MD; Joshua Rosenberg, MD; Mingyang Gray, MD

Author Affiliations:
Sunder Gidumal, Sida Chen, Anya Wang, Joshua Rosenberg, Mingyang Gray (Icahn School of Medicine at Mount Sinai); Virginia Drake (University of North Carolina); Shaun Desai (Johns Hopkins University)

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Now It's Your Turn!

THE AAFPRS FOUNDATION IS NOW ACCEPTING ABSTRACTS FOR #AAFPRS2024

Don't miss the chance to share your research with an international audience and present your work at the AAFPRS Annual Meeting in New Orleans.

We are seeking practice-changing, and clinically relevant topics showcasing the latest research developments in Facial Plastic and Reconstructive Surgery.

This is a perfect opportunity to showcase your expertise and share ground-breaking research studies that improve patient care and move our specialty forward.

ABSTRACT SUBMISSION DEADLINE: FEBRUARY 2, 2024

WWW.AAFPRS.ORG/ABSTRACTS_PRESENTATIONS



RESEARCH COMMITTEE HOSTS ANNUAL RESEARCH FORUM

During the 2015 AAFPRS Annual Meeting, the first research forum was convened. The purpose of the forum is to create an environment that provides investigators with the opportunity to gather on a yearly basis to present and discuss the findings of each research project, to assess the impact on the profession and to ensure that members of the AAFPRS benefit from the studies conducted. An additional specific goal was to promote research collaboration among active researchers within the AAFPRS community and avoid unnecessary duplication.

In 2022, the research forum was renamed the AAFPRS Academic Practice and Research Forum (APRF), to expand interest and reach even more participants. This year (and in 2022), the APRF session was sponsored by AO North America. As a region within the AO, AO North America's mission is to further the goals of the AO Foundation in North America by promoting



excellence in patient care and outcomes in trauma and musculoskeletal disorders—and we deeply appreciate your sponsorship of this impactful event.

Drs. Travis Tollefson, John Chi, Grant Hamilton, Lamont Jones, Lisa Morris and Amar Suryadevara led a discussion on "Work-life Balance and Raising a Family as an Academic Surgeon." Over 30 individuals attended the session and participated in the interesting dialogue.

In addition, the 2023 Leslie Bernstein Resident Research Grant recipient was acknowledged. Oghenefejiro Okifo, MD, received the grant for her research project "Influence of Keloid Exosomes on Macrophage Differentiation."

If you are interested in learning more about available grants, awards, and scholarships, go to: AAFPRESRISE.com Research Center or contact Karen Sloat, ksloat@aafprs.org.

Congratulations to these Award Recipients!

AAFPRES Resident and Fellows-in-Training Research Grant
Oghenefejiro Okifo, MD
"Influence of Keloid Exosomes on Macrophage Differentiation."



DR. OKIFO



DR. DRAKE

John Orlando Roe Award
Virginia Drake, MD
"Cadaveric versus Autologous Rib Rhinoplasty"



DR. KLIMCZAK



DR. LONGINO

Sir Harold Delf Gillies Award
Jaclyn Klimczak, MD
"Tranexamic Acid in Rhytidectomy: A Split Face, Multi-Institutional Study"

AAFPRES Resident Travel Award
Elizabeth S. Longino, MD
"Mental Health Sequelae of Facial Synkinesis: Depression, Anxiety and Body Image Disturbance"



FOR A DESCRIPTION OF THESE AWARDS AND OTHER AWARDS AND GRANTS OFFERED, VISIT THE AAFPRS FOUNDATION WEBSITE.

DR. KINKHABWALA

Corin M. Kinkhabwala, MD
"Articulation Abnormalities in Patients with Facial Paralysis"

10TH WORLD CONGRESS OF FACIAL PLASTIC SURGERY TO BE HELD IN CARTEGENA, A JEWEL OF WORLD HERITAGE

From February 29 to March 2, 2024, the **Colombian Society of Facial Plastic and Reconstructive Surgery (SCCPFR)** will host the "10th IFFPSS World Congress of Facial Plastic Surgery (**X World Congress of FPS**)" in the beautiful colonial city of Cartagena. It will be three full days of immersion, where participants will have the opportunity to listen to the best speakers in the different areas of the specialty.

But why come to this congress? Why is this congress different? We will have leading speakers from all over the world at this meeting. The main fields of facial plastic surgery will be covered. There will be simultaneous translation from Spanish to English and English to Spanish. The academic program will include keynote lectures, master sessions, round table discussions, and mini seminars.

Four distinguished guests of honor include: Dean Toriumi, MD

(U.S.A.); Jose Carlos Neves, MD (Portugal); Andrew Jacono, MD (U.S.A.); and Neil Gordon, MD (U.S.A.) all of whom are great leaders and teachers in the field of facial plastic and reconstructive surgery. But they will not be alone. There will be more than 100 guest speakers from the countries that represent the **International Federation of Facial Plastic Surgery Societies (IFFPSS)**. It will be an opportunity to be able to interact, learn, and discuss with the best representatives of facial plastic surgery from around the world.

But you cannot forget this meeting will take place in the colonial city of Cartagena in Colombia. A city where magic meets realism. Where the warmth of its people and the charm of the old colonial buildings will enchant you.

There will be a very attractive social agenda giving you the chance to relax, see old friends, make new friends, and be able to enjoy the festive atmosphere that surrounds the venue.

Cartagena is a city that is located on the shores of the Caribbean Sea, in the northwestern part of the South American continent. The city has several archipelagos and islands



around that are paradises for true rest. Among these are Tierra Bomba Island, Múcura Islan, and Barú Island, among others.

Cartagena de Indias brings together the charm of colonial architecture, the excitement of a vivid night life, fascinating cultural festivals, and lush landscapes, to bring you the perfect vacation experience. The city's beaches beckon, inviting you to unwind and enjoy yourself in the refreshing breeze and warm waters of the sea.

But that's not all Cartagena has to offer—the city also has excellent cuisine and a thriving hotel and tourist infrastructure.

This fabulous destination holds the secrets of history within its walled city, on its balconies, and in the narrow stone walkways that inspired author Gabriel García Márquez, who was received the Nobel Prize in Literature in 1982.

All information about the meeting, hotel venue, and the city of Cartagena can be found on the event webpage. We hope to be able to welcome you this February. See you there.

Editor's Note: This invitation is from the 10th IFFPSS World Congress Leadership: Roxana Cobo, MD (honorary president); Jorge Espinosa, MD (president); Nicolas Haredia, MD (president); and Edgar Felipe, MD (president, SCCPFR).



WOMEN IN FACIAL PLASTIC SURGERY LUNCHEON, A SUCCESS!

By Leslie R. Kim, MD, Chair, Women in Facial Plastic Surgery Committee



The AAFPRS Annual Women in Facial Plastic Surgery (WFPS) Luncheon held on Thursday, October 26, 2023, was an impactful event for a "sold out" room, attended by over 125 women (and a couple of male allies).

The program was developed and moderated by me as chair of the AAFPRS WFPS Committee (as an aside, I am clinical associate professor/director of facial plastic and reconstructive surgery at The Ohio State University Wexner Medical Center), in collaboration with Wendy Cohen, MD, a board certified, Harvard-trained psychiatrist and Master-Certified Physician Development Coach. The esteemed panelists included Gillian Dunlop, MD, the first female Australian facial plastic surgeon and professional portrait painter, and Ms. Beatriz Bailey, vice president of Allergan's U.S. Consulting and Strategic Accounts and the company's first female commercial sales vice president.

When professional women come together, we often find ourselves venting about the gender-based biases that face us in the workplace. In the program, we tackled two specific challenges head-on. First, reputation: "successful women leaders are often considered aggressive, bossy, and manipulative." Studies show that women in male-dominated occupations feel pressured to adopt masculine styles of behavior to be regarded, rewarded, and recognized to the same degree as men. However, the behavior often expected of high-achieving women conflict with society's behavior expectations for women. How can women navigate this difficult professional tightrope without



compromising the passion and assertiveness necessary to rise? Second, self-advocacy: "women are sometimes too afraid to speak up, disagree, negotiate, and advocate for themselves." We want to be everything for everyone but are sometimes hindered by the fear of failure or disappointing others. How can we more effectively advocate for ourselves in order to take risks and advance?

Dr. Dunlop and Ms. Bailey discussed their personal experiences rising above these challenges in each of their successful careers and Dr. Cohen discussed strategies to reframe these challenges, look at the opportunities they bring, and employ strategies to create community,

improve well-being and advance gender equity. Takeaway pearls included identifying core values, acknowledging the tension that results when actions conflict with core values, addressing challenges with solutions emboldened by the power of choice, and practicing perspective shifts to improve fulfillment in the balance of work and life outside of work. The audience had a rich and courageous discussion, in which personal challenges as well as insights and solutions were shared. **The feeling of community was palpable.**

I'd like to acknowledge and thank [Allergan Aesthetics](#) for supporting gender equity in facial plastic surgery and sponsoring this wonderful event! ■

Paid Classified Ad

Midwestern Plastic Surgery Practice: Wichita, KS

We are the longest standing private plastic surgery group practice in the state of Kansas, with our own facility which includes an ASC and full spectrum medspa. We enjoy both a busy cosmetic practice and a strong dermatology referral base for skin cancer reconstruction. An exiting surgeon at our practice does a significant amount of facial cosmetic surgery, aesthetic and functional rhinoplasty, facial skin cancer, and head and neck reconstruction. We would thus welcome a facial plastic surgeon to fill this niche. Wichita is a very family-friendly region with great schools, a collegial physician atmosphere, and a low cost of living. Interested? Contact: jspaniol@pscwichita.com.

PR TIPS: THE GIFT THAT KEEPS ON GIVING

The holidays are a busy time for everyone, and facial plastic surgeons are no exception to the rule. And historically our AAFPRS survey data has confirmed what we already knew: Demand for cosmetic and reconstructive procedures big and small goes way, way up in November and December—after all, who doesn't want to look their best for all that mixing and mingling? But the season presents a unique opportunity to grow your clientele well beyond the New Year, too. How? Gift cards! Follow our lead to take your gifting game to the next

level, ensuring a busy practice all year long.

Host a BOGO open house

Invite local influencers and media to the practice one evening after hours to feature two-three popular treatments over light bites and cocktails. In lieu of a swag bag, offer two-for-one "Buy One, Get One" gift cards—one for your guest, and another in a smaller amount for them to share with a family member or friend. It's an effortless way to get new faces in the door, while keeping your VIPs happy, informed, and up-to-date on your offerings.

Offer a skincentive

For one week in December or January, consider offering a free skincare item for every gift card purchased. Remember, as the price tag goes up, so should the gift—a lip mask with a \$250 gift card, an eye cream for \$500, a serum for \$1000, and so on.

Play Santa on social

The best way to generate excitement around your practice—bring in new social media followers and increase reach and engagement! One word: Giveaway. Prior to the holidays or by New Year's day, post a holiday-themed picture of a big-ticket gift card to your Instagram account. Caption it with something like, "You say HAPPY, we say HOLIDAYS! For a chance to win this (*insert dollar amount*) prize, simply follow this page, tag two friends, and say "HAPPY" in the comments. Then tune back on XX (ideally, a date that you select between December 24th and January 1st) when we'll reply "HOLIDAY" to one lucky winner. Good luck, and happy holidays!" Follow-gating the giveaway ensures that your Instagram following grows alongside your entries, while requesting two tags per entry is an effortless way to expand your audience. The dollar amount is up to you, but remember—the bigger the prize, the more incentive people will have to enter.

What are your holiday successes? We hope this season of Holidays and New Years is the most wonderful time of the year for your practices! What other social media ideas have you had success with this time of year? Send remagness@aafprs.org your Holidays and New Years social media success stories to potentially be included in our future PR Tips to your fellow members!" ■

Editor's Note: This column was provided by the Academy's public relations firm, [KELZ Media](#).

AAFPRS FELLOWSHIP CORNER

Are you looking for unparalleled postgraduate training in facial plastic and reconstructive surgery? The AAFPRS Fellowship Program is an excellent next step in your career.

Get started now!

- All fellow applicants must be AAFPRS resident members. This dues-free membership is a no brainer—[apply today](#) to get all the member perks.
- Applicants must be in an ACGME or RCPC approved otolaryngology-head and neck or

facial plastic surgery residency or be board certified in the same. Take a look at the other prerequisites of becoming an AAFPRS fellow.

- Meet all the requirements? [Register](#) for the AAFPRS fellowship application process.
- Questions? Contact us at fellowships@aafprs.org or call (703) 650-9236.

Gain specialized knowledge by training with the foremost surgeons in your field. ■

MANY OF OUR 2023-2024 AAFPRS FELLOWS ATTENDED THE AAFPRS ANNUAL MEETING TO AUGMENT THEIR TRAINING AND EDUCATION—OUR FUTURE LEADERS! ↓



GENDER AFFIRMATION CARE

From *Key Issues*, page 9 certification drafting note will presently remain within the TIA model legislation.

Reducing Barriers to Gender-Affirming Care

And finally, your AAFPRS team was a key collaborator among a strategic group of health professionals advancing LGBTQ+ equality to advocate strongly within the assigned AMA Reference Committee and in the full HOD to have a Resolution introduced, reviewed and passed at the 2023 AMA Interim Meeting regarding *Reducing Barriers to Gender-Affirming Care through Improved Payment and Reimbursement*. In particular, Dr. Chalet (who, besides his AMA delegate role for our Academy, is also the chair of our AAFPRS Gender Affirmation Facial Surgery Subcommittee) provided compelling and persuasive testimony to the full HOD and in Reference Committee to encourage immediate adoption of this timely patient access Resolution—which called for the AMA to appoint an ad hoc committee or task force

(composed of physicians from specialties who routinely provide gender-affirming care, payers, community advocates, and state Medicaid directors and/or insurance commissioners) to identify issues with physician payment and reimbursement for gender-affirming care and recommend solutions to address these barriers to care. Through such fervent advocacy efforts by the AAFPRS and others in this coalition, the full AMA HOD did adopt the Resolution—and we are now seeking to secure having an AAFPRS representative serve on this critical, new task force on improved gender-affirming care payment and reimbursement.

As always, your AAFPRS team will continue to partner closely with the AMA and others to advocate for you, for your facial plastic surgery practices, and for your patients! ■

The AAFPRS Foundation would like to acknowledge and thank all supporters and sponsors of the 2023 AAFPRS Annual Meeting.

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SCOTT CHAIET, MD, IS SEEN HERE PROVIDING TESTIMONY ON GENDER AFFIRMING CARE RESOLUTION WITHIN THE FULL HOD.

AAFPRS ANNUAL MEETING, BIG HIT

It's a wrap! Your AAFPRS Foundation put on another successful educational event with over 900 in attendance including members, nonmembers, practice assistants, and industry partners. The Mandalay Bay in Las Vegas was the perfect venue with warm days and cool nights.

With three full days of back-to-back lectures, panels, master classes, "Ask the Experts," workshops, and live demos, attendees had their hands full with leading-edge techniques in rhinoplasty, facial rejuvenation and reconstruction, minimally invasive techniques, emerging trends, and practice management.

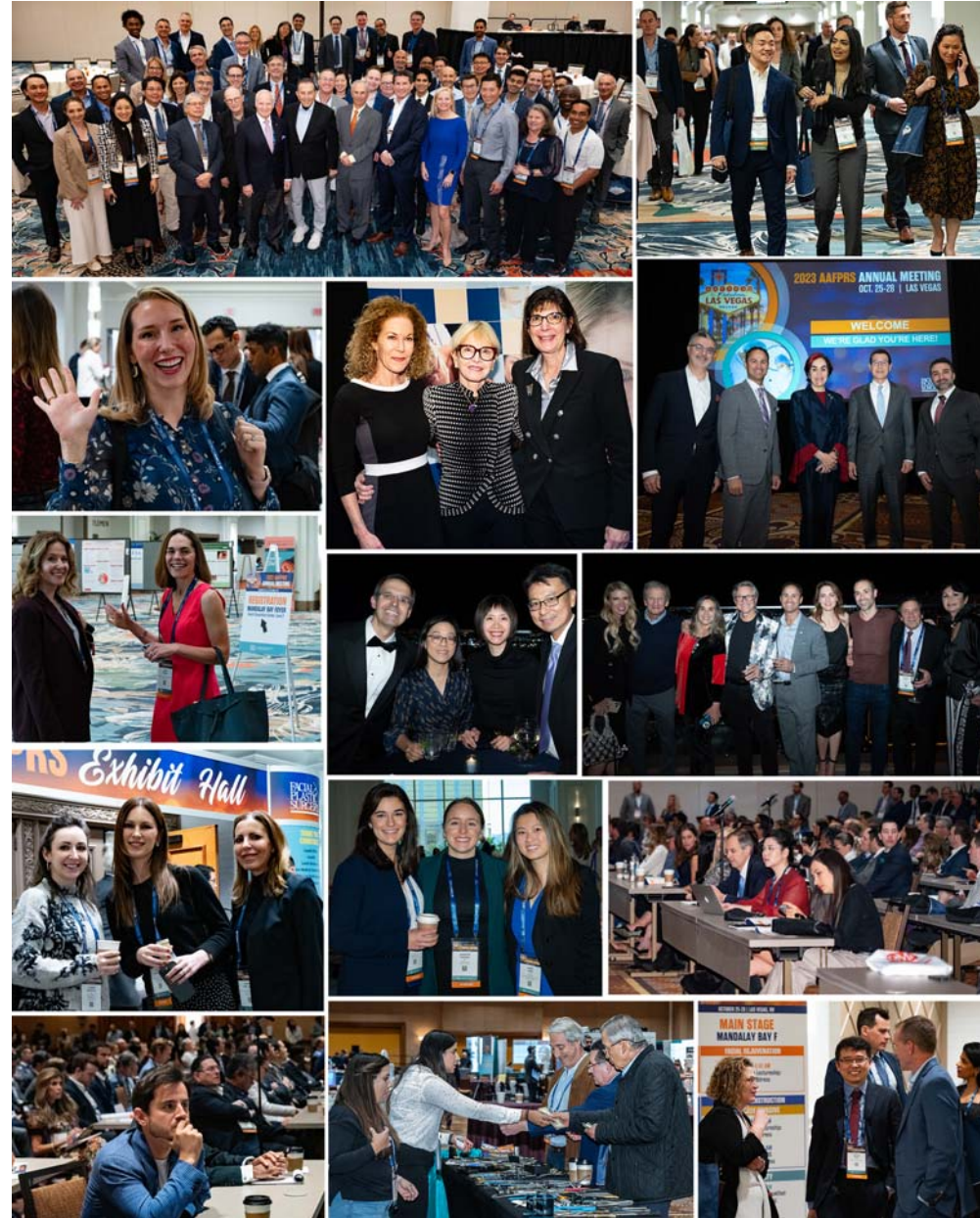
We were fortunate to have keynote speakers who delivered absolutely spectacular and insightful presentations: Jean Carruthers, MD, FRCSC, FRC; Gillian M. Dunlop, FRACS, MBBS, BSc; and Mark J. Shelhamer, ScD.

A revitalized program for advanced care providers and office staff did not disappoint. A rheology course given by Allergan Aesthetics, ultrasound fundamentals, and "Patient Coordinator Skills to Support a Platinum Practice," were among the many outstanding presentations.

Other ancillary gatherings included the Academic Practice and Research Forum (see page 12), Women in Facial Plastic Surgery Luncheon (see page 14), and Fellowship Directors Lunch. Social events were plentiful: Faculty Reception, Welcome Reception, Fundraising Gala, and the Closing Soiree.

The Exhibit Hall proved to be the hub of networking, interacting, and browsing of the latest and greatest that our nearly 60 exhibiting companies had to offer. Industry-sponsored Lunch & Learn, and a "happy hour" lecture were additional learning opportunities for attendees.

See adjacent page for the meeting highlights! ■



ABFPRS ANNOUNCES FELLOWS MAY STILL SIT FOR EXAM

By Catherine Winslow, MD, ABFPRS President



The American Board of Facial Plastic and Reconstructive Surgery (ABFPRS) has announced a policy change that will allow current and future fellows to be eligible to sit for the ABFPRS at the completion of their fellowship, despite changes to the American Board of Otolaryngology-Head and Neck Surgery (ABOHS) exam policy.

Recently, the ABOHS implemented a significant change to the timing and content of the oral portion of the exam. While the written portion will still be administered in the spring, the oral segment requires the candidate pass the written segment as well as submit a sequential non-fellowship case log. This necessi-

tates a period of time after completion of training to accumulate cases. Full details of the new program are available on the website at abohns.org. This change has already been implemented, and the next oral exam administered by the ABOHS will take place in 2025.

The ABFPRS had previously required board certification from either the ABPS or the ABOHS as a condition of eligibility to sit for the ABFPRS examination. Due to the changes in the ABOHS timeline, the ABFPRS Board of Directors has voted to approve a change that will allow fellows who pass the written portion of the ABOHS to sit for the ABFPRS exam at the end of their fellowship. Taking the ABFPRS exami-

nation is a condition for completion of fellowship, and it was felt that this change would optimally benefit the fellows. It is still required that candidates be certified by the ABOHS (or the ABPS) and have an acceptable case log submitted prior to being certified by the ABFPRS.

For 37 years, the ABFPRS has worked to uphold the highest standard of excellence in facial plastic and reconstructive surgery. We will continue to serve the public in ensuring ABFPRS certification represents not just competence but excellence in our field and adjust to changing times and situations as they arise.

For more information please contact the ABFPRS at (703) 549-3223. ■

Application Deadline	ABFPRS Exam Dates
January 15, 2024	June 29-30, 2024
January 15, 2025	June 28-29, 2025
January 15, 2026	June 27-28, 2026

IBCFPRS CERTIFICATION PROGRAM

From Walter Award, page 4 techniques to the Asian anatomy. Apart from his practice as a facial plastic surgeon and assistant professor at the National University of Singapore, Dr. Ng is enamored with art. "After the board exam in Washington, I spent a day in the National Gallery of Art to be inspired by the old and modern masters. Facial plastic surgeons are, in many ways, artists, and there is much we can learn from the creative genius of these masters. Indeed, 'Vita brevis, Ars longa' (Life is short, Art is Long) resonates with me. Although I have less time to paint now, painting hones my appreciation of proportions and light and shadows, which are critical in the aesthetics of the human form. At the end of my Canadian fellowship, I made a painting of a nose for each of my fellowship directors. When I visited them recently, I was pleasantly surprised

to see the paintings displayed on the walls of their offices," he admits.

Dr. Ng concludes by saying, "I would like to thank my lovely wife for her support for the time I've been away preparing for the board certification exam. All this would not have been possible without her unwavering encouragement and support."

IBCFPRS president Roxana Cobo, MD (seen with Dr. Ng in adjacent photo), adds, "The IBCFPRS examination has been established as a gold standard to encourage applicants for facial plastic and reconstructive surgery certification to reach for and achieve the highest standards in our profession. Our IBCFPRS certification program is one of the finest testaments to facial plastic surgery knowledge and expertise in our specialty and Dr. Ng not only passed the examination, but achieved the highest



international score, which is a testament to his commitment to be the best that he can be. May Dr. Ng serve as an inspiration to others as he continues to promote the advancement of our specialty and the IBCFPRS certification program," concludes Dr. Cobo.

To apply for IBCFPRS certification, please go to www.iffpss.org or www.ibcfprs.org and click on IBCFPRS for additional details and to download an IBCFPRS application. ■

AAFPRS RHINOPLASTY & Facial Rejuvenation 2024

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JANUARY 31



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Jacksonville, Florida Opportunity

Board certified, board eligible facial plastic surgeon needed to join well established plastic surgeon in Jacksonville Fla. Long term partnership opportunity with room to grow. Licensed onsite Ambulatory Surgery Center with full staff. Insurance networks and referral patterns in place. Compensation models to be negotiated.

Inquiries to be sent to tfec@coastalcosmetic.com. For more information, visit www.coastalcosmetic.com.

SCARS Center Opportunity

Skin Cancer and Reconstructive Surgery Center and Appearance Center of Newport Beach are seeking a BE/BC facial plastic and reconstructive surgeon to join our premier Plastic Surgery and Dermatology group. Located in the beautiful ocean-side city of Newport Beach, CA, we have earned an outstanding reputation specializing in skin cancer reconstruction and cosmetic services. Skin Cancer and Reconstructive Surgery Center (SCARS Center) and Appearance Center of Newport Beach offer a unique blend of elective and insurance-based cases for a well-rounded practice.

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FACIAL PLASTIC TIMES NOVEMBER/DECEMBER 2023

AAFPRS Foundation Meetings

2024

APRIL 4-6

Rhinoplasty & Facial Rejuvenation
Orlando, FL

MAY 15-16

Spring Meeting @ COSM
Chicago, IL

OCTOBER 23-26

AAFPRS Annual Meeting
New Orleans, LA

2025

MAY 15-17

Rhinoplasty & Facial Rejuvenation
Las Vegas, NV

Key Dates

February 2, 2024

Abstract Submission Deadline for
2024 AAFPRS Annual Meeting
www.AAFPRS.org/
Abstracts_Presentations

February 5, 2024

Abstract Submission Site Opens for
2025 Rhinoplasty & Facial
Rejuvenation

April 30, 2024

Abstract Submission Deadline for
2025 Rhinoplasty & Facial
Rejuvenation

Scottsdale Opportunity

Starkman Facial Plastic Surgery, a prestigious cosmetic surgery practice in Scottsdale, AZ, founded by Dr. Sidney Starkman, is expanding its team, and seeking a skilled hair restoration surgeon. Located in the thriving Phoenix metro area, this practice boasts a luxurious setting and a strong patient base. Dr. Starkman, known for his meticulous approach and compassion, has a rich background, including international surgical mission trips and the creation of a nonprofit, Saving Face, to aid domestic violence survivors with facial injuries.

The ideal candidate will join this high-volume facelift practice and benefit from a turnkey opportunity, with a well-established infrastructure, support staff, and a reputation for excellence in facial plastic surgery. The practice already has a dedicated team, from front desk coordinators to surgical staff, ready to assist the new surgeon. The role offers the potential to become a national leader in hair restoration, building upon the practice's stellar reputation as a destination for cosmetic surgery. Please email your CV and cover letter to kwhitehair@bsmconsulting.com.

Career Opportunities

AAFPRS members (and nonmembers) may submit classified ads—such as what you see throughout this newsletter—for a minimal fee. The ad will also appear on AAFPRS CONNECT under "Career Opportunities." (Note: You need to log in to see the listings.) If you have any questions, contact Rita Chua Magness at the Academy office, rcmagness@aafprs.org (703-650-9232).