



ASERF Resident Travel Scholarship—2018 Recipients

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rejuvenation, mastopexy-augmentation and high-definition liposculpting. Overall the meeting's educational offerings were comprehensive and these opportunities were complemented with the ability to network with colleagues and pioneers in plastic surgery. The knowledge and pearls learned from the meeting will not only be helpful to bring home to our resident aesthetic clinic practice, but will also be invaluable moving forward in my career.



Daniel Park, MD

The Aesthetic Meeting 2018, was an amazing and unique learning opportunity. As a senior plastic surgery resident about to finish training and enter practice,

receiving sponsorship from the Aesthetic Surgery Education and Research Foundation (ASERF) to attend this year's meeting was very important and a great educational experience. It will prove to be an important foundation for my practice going forward.

One of the most important aspects of The Aesthetic Meeting, those features that are integral to its educational value and unlike most other conferences, are the breadth of subjects covered and the extensive time given to discuss those topics within aesthetic surgery. The scientific program was filled great presentations from leaders within our field. The program also created well-organized groupings of these lectures with excellent panel discussions. The panels of facelift principles moderated by Dr. Stuzin, of re-operative breast implant surgery moderated by Dr. Lista, and the panel regarding the management of facial fat and filler complications moderated by Dr. Singer were amongst my favorites.

I feel as though the panel discussions were the strongest, most memorable portions of The Aesthetic Meeting. It was amazing to see so many well-known surgeons sharing the stage to discuss their varied opinions on areas of continued debate, such as the role of submandibular gland resection in contouring the neck, as well as how they would handle certain patients and situations. The differing ideas and opinions in those discussions have already fostered numerous dialogues between myself, my fellow residents, and our attendings.

In my opinion, the greatest takeaway point from that week in New York City was something that Dr. Stuzin said during a panel discussion. To paraphrase, despite the variations in techniques and divergent underlying philosophies behind their approaches, the panelists all achieved great results. It was not so much a certain dogma or methodology that provides for their good outcomes, but an adherence to safe practices and sound surgical techniques. That was a reassuring idea, especially for someone about to begin their practice.

Despite the absolutely horrid weather in New York, The Aesthetic Meeting 2018 was a profound educational experience. I want to thank ASERF for their generosity and support on behalf of myself and all of the other residents that were awarded scholarships in order to attend this meeting. It is deeply appreciated.



Kevin Shultz, MD

As I reflect on my time this year at The Aesthetic Meeting in New York, I am reminded of so many positive experiences. In thinking about the different learning opportunities, I cannot help but ask myself, "What makes a great plastic surgeon?" In fact, excellence in the field of plastic surgery cannot be boiled down to a single trait or experience. Success in this specialty requires business acumen, technical precision, a passion for learning, and thought leadership. The value of The Aesthetic Meeting is the opportunity to grow in all of these areas.

Although I am just embarking on my career, I recognize that success in plastic surgery requires life-long learning. I thoroughly enjoyed listening to instruction ranging from periorbital rejuvenation to the latest on breast augmentation. The field of plastic surgery has long been predicated on innovation. Our specialty is constantly evolving, and I find that The Aesthetic Meeting is a great place to educate myself on new concepts, ideas, and technology while refreshing my knowledge on anatomy and its surgical implications.

This year was the first time I participated in cadaver workshops. I found this time invaluable, getting hands-on experience performing dissections and becoming more familiar with

various techniques. This included expert teaching and technical guidance in the field of endoscopic brow lifting, mid face lifting, and eyelid surgery. Patients expect the best, and I want to be able to deliver. The more that I learn, the more options I can safely provide and the more I can educate my patients.

I also learned from business leaders the pearls of practice management and social media. In today's climate, utilizing technology is essential to both reach potential patients and effectively deliver care. During residency, business education is often severely deficient or absent altogether. The Aesthetic Meeting provides a unique opportunity to gain business insight from business experts as well as plastic surgeons who have gained personal experience in applying these principles.

My time at The Aesthetic Meeting was very rewarding. The most valuable aspect was not a single learning moment, but a summation of multiple experiences that will help me become a more well-rounded plastic surgeon.



Ashley J. Steinberg, MD

During my six days in New York City at The Aesthetic Meeting, my mind was constantly reeling. Every day and during every presentation that I was able

to attend, I learned something. Every panel and speaker brought to light something new and exciting.

I was asked to write about the most important thing I learned at the meeting this year. Piece of cake, right? Or so I thought. Before beginning to write, I spent a lot of time thinking about the one thing that could outshine all others as the ultimate learning experience from the New York meeting. The truth is, I learned so many things that it is too difficult to pinpoint just one that outweighs all others. Therein lies the answer: this meeting is essential for plastic surgeons who plan to continue to grow their practice. There are constantly advances in every aspect of plastic surgery, especially aesthetic surgery. Every year there are new trends, techniques, and devices. These alone are hard enough with which to stay current, but these are only the tip of the iceberg. Further adding to the already existing

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layers of complex ambiguity in the aesthetic world is the proverbial “next best thing” becoming popularized by celebrities, social media, and within elite plastic surgical circles. It is imperative to stay up to date with not only the literature but advances in clinical practice, as outlined by the many presentations and panels at this meeting.

As a resident, I am humbled by the opportunity of a scholarship to attend this meeting. After attending, I would implore all residents and fellows considering performing any aesthetic surgery in their practice to consider these meetings as soon as possible. It has been one of the most worthwhile experiences I have had in seven years of training, and I believe it will only get better and more useful for me as the years pass. The phrase “the more you know, the less you know” comes to mind. I feel as if I am just opening Pandora’s box.

I realize that it is our job to inspire future generations of surgeons as I was inspired, to continue evolving and accepting new methods, and to develop my own safe practices to pass onto colleagues and training surgeons in this dynamic field. I believe that regularly attending this meeting and making the most out of my time during it will help me succeed in doing all of these things.

The following residents received a scholarship thanks to:

 **endo aesthetics**



Turkia Abbed, MD

During my first experience at The Aesthetic Meeting four years ago, I could not help but feel overwhelmed by the massive convention center, endless streams of

participants and world renowned speakers. Now, in the final months of my aesthetic fellowship, I can truly say I was excited to attend this year’s conference. I looked forward to the opportunity to learn first-hand from the leading surgeons around the world. I was excited to network with plastic surgeons in my area and all over the country. Most importantly, I was anxious to gain the knowledge that will allow me to better care

for my patients by providing the most up-to-date techniques and technology.

I am indebted to the Women Aesthetic Surgeons for providing a welcoming and unassuming forum for women of all levels to come together and learn from one another’s experience. Each year, this group puts together a symposium meant to inspire and motivate all of us to take the time to care for ourselves to allow us to better care for our patients and our families. I continue to be truly inspired by their words and plan to continue attending this event for years to come.

As my plastic surgery training comes to an end, I am grateful to ASAPS for continuing to provide invaluable educational seminars and opportunities for professional development. The Aesthetic Meeting has instilled in me a sense of belonging in the field of aesthetic plastic surgery.



Elisa Bolletta, MD

During my residency I have always improved my training following The Aesthetic Meeting, because I think it is one of the most prestigious societies in the

field and it has got a really high-quality team of masters, appreciated and followed all over the world. I strongly think it gives us, as residents, an extremely good chance of professional growth.

I come from a different vision of training of young surgeons, in Italy things are changing little by little, but we are still so far from considering young trainees as a potential for the future and there are really few chances of surgical and practical growing.

I am a woman in plastic surgery and, unfortunately for us things are worse than for men, because we are also asked to do more, to demonstrate more and it is really a continuous fight for our rights. Often we are appreciated for our appearance and we need to work harder to let patients and colleagues know we are also good surgeons.

I love my country and I miss my country but I think that a deep change is needed.

I have done part of my residency in Italy and part in Europe and I am actually concluding my residency in Banff, Alberta, Canada following Dr Elizabeth Hall-Findlay’s

practice and doing my thesis working on her database. It is an amazing experience of professional and human growth and I should thank her for everything!

She suggested me to apply for ASERF Travel Scholarship and I would like to strongly thank every person that allowed me to attend The Aesthetic Meeting. I had the chance to learn from the best surgeons in the world (I’d like to personally thank some of them for the kindness and the professionalism they showed me, but I do not want to leave out anyone!)

I will be boarded very soon in Italy and I would like to join ASAPS as an international member, hoping to keep cultivating my big passion for aesthetic surgery and to improve my knowledge more and more through your events. Thank you again for that special chance.



Charlie Chen, MD

It was a tremendous honor to attend The Aesthetic Meeting as a recipient of the ASERF Travel Scholarship. The great generosity of ASERF and the

Allergan Foundation allowed for residents and fellows across the nation to attend the meeting. As a graduating ASAPS-endorsed Aesthetic Fellow, the meeting served as an apex to a tremendous year dedicated to aesthetic training. The meeting provided valuable information and thought-provoking discussion from leaders across the field. In addition, over the years, I have come to appreciate the amount of valuable networking opportunities available during The Aesthetic Meeting. It is truly a warm gathering of old colleagues and new associates.

Reflecting upon the meeting, I find it difficult to pinpoint a single most important learning experience from the number of expert panels and courses. Talented panelists dove into the latest techniques in fat grafting safety, rhinoplasty techniques, BIA-ALCL guidelines, and many more topics. I certainly feel the individual educational courses were the most stimulating part of the experience. The intimate settings allowed for intriguing discussion and focused teaching. In particular,

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