

IN TRAINING



THE RIGHT SYMMETRY

AESTHETIC MEDICINE VISITS THE 1ST INTERNATIONAL SYMMETRIA MEETING IN ATHENS

More than 100 doctors, plastic surgeons and dermatologists attended the 1st International Symmetria Meeting in Athens.

The meeting coincided with the one year opening of the Symmetria clinic in the Greek capital. The scientific focus of the two-day conference was facial rejuvenation and anti-ageing, with lectures presented on both surgical and non-surgical techniques.

The meeting opened with welcoming speeches by Dr Nikolaos Metaxotos, symmetria president and CEO, Professor Thomas Biggs, editor-in-chief of the *Aesthetic Surgery Journal* and president of the meeting, S Kourantzis, president of the Hellenic Society of Plastic Surgery, G Eleftheriou, representative of the Athens Medical Association and Grigoris Zaphiropoulos, mayor of the City of Halandri.

Andreas Yiacooumettis, associate professor of plastic surgery and president of the European Board of PRAS/UEMS, talked about the evolution of ancillary procedures and non-surgical techniques in facial rejuvenation while UK consultant plastic surgeon Mr Nick Percival looked at the role of chemical peels in facial rejuvenation.

Other speakers included Apostolos Mandrekas MD on botulinum toxin type A for crow's feet and lower eyelid – fillers in facial aesthetics; plastic surgeon Andreas Kouppas on the evolution from IPL/Laser to electrooptical technology for facial rejuvenation and Alexander Stratigos MD on laser treatment of pigmented and vascular lesions of the face.

The first day was closed by guest speaker Wendy Lewis, who flew in from the USA to give a presentation about what cosmetic surgery patients want and need while seeking advice about procedures. She emphasised the importance of trust

and spoke about the current trends in cosmetic treatment.

Day two started with a presentation by Alex Karidis entitled 'Making sense of the brow: Approach and management'. This was followed by plastic surgeon Andreas Foustanos on an alternative fixation technique for the endoscopic browlift.

Plastic surgeon Per Heden gave an insightful talk about the importance of incorporating a skincare unit into the plastic surgery practice as well as lectures on rejuvenation, patient consultation, selection of methods and surgical technique and multi discipline approaches to the facial rejuvenation patient.

The meeting's president Thomas Biggs gave a keynote lecture drawing on his 40 years of experience in cosmetic surgery. He spoke fondly about the issue of trust between a patient and a plastic surgeon and how this relationship is fundamental to a successful result. He encouraged all participants to talk to the patients, enquire about new techniques, be confident about their results and be prepared to offer the best possible advice and treatment to their patients.

Other speakers included Mr Nick Percival on safe and effective face-lifting and blepharoplasty, Othon Papadopoulos on aesthetic aspects of reconstructive facial surgery and psychologist Gina Thanopoulou on how the appropriate psychological support can prove to be an effective tool for the effective physical and emotional coping and recovery of the plastic and reconstructive surgery patient.

The meeting ended with a workshop organised by Restylane entitled 'Being First, Staying Foremost'. 