

Facial Plastic TIMES

AMERICAN ACADEMY OF FACIAL PLASTIC AND RECONSTRUCTIVE SURGERY, INC.

SURGEON HEALTH OPTIMIZATION: CAREER LONGEVITY

We are often proud to be a part of the larger culture of medicine; one that prioritizes hard-work, self-sacrifice, and mental toughness. This mindset is similar to professional athletes, who focus hard on training and performance, but at the expense of the rest. Over the past few decades, however, the sports world has seen a steady paradigm shift, wherein recovery has become increasingly prioritized as a critical aspect of performance optimization. Elite sports teams and athletes now emphasize recovery as much as they do training. Athletes like LeBron James are famous for allocating tremendous time, resources, and effort into a disciplined, meticulous approach to recovery centered around sleep, rest, and a plethora of recovery-focused modalities.

We as facial plastic surgeons face many of the same challenges as professional athletes. We must execute complex tasks, which are physically, mentally, and emotionally demanding, under high pressure situations. It behooves us, then, to approach our work with same mindset as the modern-day professional athlete—one that prioritizes recovery to maximize performance and career longevity. We should conceptualize our mind and body as being powered by a battery that is modulated by a variety of behaviors under our control. Leading



amongst these behaviors are sleep, nutrition, exercise, mindfulness/meditation, social connectivity, and purpose.

As surgeons, the argument stands that we should focus on our own health optimization with the same attention to detail that we give our patients and their outcomes. There are three primary pillars of health optimization that we will discuss herein: sleep, performance and recovery, and nutrition optimization. These pillars are all interrelated and impacting one undoubtedly affects another, positively or negatively.

Sleep Optimization

Optimizing sleep is more than getting eight hours of it a night—sleep is a pillar of high performance. It is the only time our brains can rest and recover. By better understanding sleep and how it affects our performance and recovery, we can make more conscious decisions to optimize our waking hours.

Sleep occurs in 90-minute cycles, with slow wave sleep (SWS

or deep sleep) predominant in the beginning of the night. This is a time of tissue repair; the immune system is strengthened, and metabolism and blood glucose levels are balanced. We also produce 95 percent of our daily supply of growth hormones during this stage. As the night progresses, REM sleep occurs. Any time you are practicing a technical

skill, the actual consolidation and retention of that learning happens during REM sleep. REM sleep is also free therapy. The emotionality of the previous day's experiences is uncoupled. If you don't get adequate REM sleep, the emotional burden of the things that you've experienced tends to compound and carry forward.

When combined, REM and deep sleep are considered "restorative sleep" and the percentage of time spent in restorative sleep predicts executive function, physical performance, and mood, all while improving recovery and performance. Therefore, tracking these important sleep measures is important. For most adults, deep sleep normally consists of 15-25 percent of their total time asleep, and 20-25 percent should be in REM.

Why it's important to get enough sleep:

- Greater cognitive functioning and memory recall
- Stronger immune system
- Better overall metabolic health
- Skin health

See Personalized Data, page 7

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310 S. Henry St., Alexandria, VA 22314;
Phone: (703) 299-9291; Fax: (703) 299-8898
E-mail: info@afprs.org; www.afprs.org.

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PRESIDENT'S MESSAGE: PRESIDENTIAL



My dear colleagues, Academy staff, and welcome guests, it is with immense pride and deep appreciation that I now assume the role of president of our Academy. When I joined the Academy as a resident member in the early 1990s, I was in awe of the Academy members and their strong commitment to education. As a young physician member, I attended Academy meetings and gained knowledge from these leaders, many of whom became my mentors. I have been honored to serve on committees as committee chairs and in elected roles. And, in my years on the Academy Board, I have witnessed an important turn-around in the finances, structure, and culture of the Academy. We have made excellent progress, and I am pleased to now take the reins and help lead the Academy to even greater achievements.

I know you all would agree that the last few years have been somewhat tumultuous. Losing the ability to host in-person meetings dealt a financial blow to our Academy. But with the switch to virtual meetings and expense monitoring, we were able to stay afloat. And now, as we come out of the pandemic, we are a more determined, focused, and stronger Academy. Despite what you may have heard from others, our finances have improved, our staff is strong, our membership numbers are growing, and our member benefits continue to grow. Overall, we are on an upward trajectory. I promise you; the future of the Academy is bright.

One of my goals this year is to build upon the positive progress we have made in transparency of Academy functions. This year, you will be receiving one to two-minute videos from me where I will be highlighting the work the Academy is doing for you. In real time, you will feel the pulse of your Academy and will understand how the Academy represents you and works to benefit you.

We must also continue and build upon the positive trends we are seeing in improving our membership numbers. We all must continue to impress upon our younger members how vital it is to be an AAFPRS member. Our younger members do not recall a time when facial plastic surgery was fighting to be recognized as a specialty. Even my chairman, when I completed my residency, encouraged me to go into the established field of plastic surgery instead of the little-known facial plastic surgery. (Well, obviously, I didn't listen to him!) In fact, some of our fellows, who have completed AAFPRS fellowships choose not to become Academy members or to attend our Academy-sponsored meetings. It is easy to rest on our laurels, but these young members must understand the history of our specialty and how crucial it is to have our Academy to advocate for us. As specialists in facial plastic surgery, we need our Academy to be our voice and our strength.

In the last few years, we have also made great strides in improving a sense of inclusion in our Academy. You can see the positive results in a more diverse Board and I'm proud to become our Academy's second woman president. We must continue to focus on addressing the needs of all our members with their varied ages and backgrounds. To our younger members who often ask me how to become involved in the Academy, I encourage committee participation. To our more senior members who sometimes feel disenfranchised, I welcome your thoughts and suggestions, and encourage continued committee work. This past year, the Board has approved a Leadership Advisory Council, to help

ADDRESS GIVEN AT THE RECENT AAFPRS BUSINESS MEETING

those members have a voice. We can all work together to continue to capitalize on our successes. Because we all have the same goals: the advancement of our specialty and the viability of our Academy.

In the coming year, we already have a lot on our agenda. We will be moving forward with the positive strides that we have made by the Board this past year, under the leadership of immediate past president Corey S. Maas, MD, by further engaging industry, determining the role and function of the AAFPRS International Society of Rhinoplasty Surgeons, and working with computer technology companies to improve our online presence. Most importantly, the Board and I will work with the EVP, Steve Jurich, to develop a plan for sustainability for our Academy.

We also must celebrate our amazing Academy staff. If you don't know them, please make a point to reach out to them and thank each of them for the tireless work they do for us and for our specialty. Please stand as I call your name:

- Steven Jurich, EVP and CEO
- Patricia Adair, Director of Member Relations
- Rita Chua Magness, Director of Industry Relations and Communications
- Ada Phillips, Director of Meetings and CME
- Fatima Porter EL Mitchell, Fellowship Program Manager
- Glenda Shugars, Senior Administrative Coordinator
- Karen Sloat, Senior Project Consultant
- Jenn Waugh, Director of Operations
- Ciara Williams, Membership and Meetings Assistant

Please join me in thanking them for all they do for our Academy. The Board and I look forward working with all of you this coming year.

I would also like to thank my wonderful family for coming today and for being my ardent supporters: My husband, David Tunkel, MD, who is a pediatric otolaryngologist at Johns Hopkins; and my daughter, Alexandra, who is a third year medical student at The George Washington School of Medicine, in Washington, D.C.

My friends, we are moving the Academy in so many positive directions. It is an exciting time for us. This year, I promise you improved communication and transparency. We will continue to build-up our membership, enhance member benefits, and promote diversity and inclusion. I look forward to working with the Board to continue the Academy's mission: to promote excellence in

THEDA C. KONTIS, MD (RIGHT) ACCEPTS PRESIDENTIAL GAVEL FROM IMMEDIATE PAST PRESIDENT COREY S. MAAS, MD, AT THE CONCLUSION OF THE AAFPRS BUSINESS MEETING AND ELECTIONS HELD IN CONJUNCTION WITH THE 13TH INTERNATIONAL SYMPOSIUM OF FACIAL PLASTIC SURGERY, OCTOBER 22, 2022, NATIONAL HARBOR, MD.

AAFPRS COMMITTEE ASSIGNMENTS 2022-2023
Without a doubt, the heart of the AAFPRS is our members. Our members provide a diversity of ideas and viewpoints which drives strategy, innovation and a sense of community. Together we can accomplish more!

We encourage all AAFPRS members get engaged, stay informed, volunteer, and lead! Thank you to all who have responded to our "call for volunteers" back in August. Committee appointments have been made and will be announced in early January.

the art and science of facial plastic and reconstructive surgery and facial aesthetics, through education, advocacy, and innovation.

Let us all be committed to honesty, integrity, and positivity as we continue to move our Academy forward in the coming years. I thank you for placing your confidence in me to do so.

Theda C. Kontis, MD



MARSHALL MURDOCH, MD, EARNS CLAUS D. WALTER AWARD

"Medicine is only for those who cannot imagine doing anything else." Luanda Grazette

It gives the IBCFPRS Board of Directors great pleasure to announce that Marshall J. Murdoch, MD, a plastic surgeon from Knysna, South Africa, earned the highest score on the 2022 International Board for Certification in Facial Plastic and Reconstructive Surgery (IBCFPRS) exam in Washington, D.C., this past June. Although he was not able to attend, Dr. Murdoch was honored with the *Claus D. Walter Award for Academic Excellence* at the recent 2022 AAFPRS Annual Meeting and 13th International Symposium in Facial Plastic Surgery in National Harbor, Md.

At an early age, Dr. Murdoch knew that medicine was his calling. "I have only ever wanted to be a surgeon," he confides. "When I was five years old, I accompanied my mother to a follow-up appointment with her otorhinolaryngologist, Dr. Copps. I saw all these drawings of faces and noses in his examination room and Dr. Copps took the time to answer a curious child's questions. He even took down a plastic model and explained the workings of the nose to me. Can you imagine a doctor taking the time to do that for a little kid? Afterward, I told my mom that I wanted to be a surgeon—just like Dr. Copps."

"Later, for my 12th birthday, my parents gave me a book—a memoir of a plastic surgeon—"The Transforming Knife," by George Sava. That book essentially defined my career path from then on—every decision I made was based on becoming a plastic surgeon."

Dr. Murdoch earned degrees in physiology and human biology at the University of Witwatersrand and continued to earn his medical degree there as well. "It was an easy choice," states Dr.



Murdoch, "because my father worked at the University and we lived about three blocks from the medical school. Later, I started a general surgery residency, cutting my teeth in a high-volume, major trauma unit. When a plastic surgery residency opened at Baragwanath Hospital (the second largest hospital in the Southern Hemisphere), I was fortunate to be accepted. After qualifying, my initial interests were in academia, focused on microsurgery, but after a few years of intellectual frustration, the sudden opportunity to do a cosmetic fellowship was the catalyst for an early career pivot."

Dr. Murdoch went on to complete a fellowship with Richard Halley-Stott, MD, who ignited his interest in facial plastic surgery. "Dr. Halley-Stott was a particularly gifted facelift and rhinoplasty surgeon as well as a thorough teacher and encouraging mentor," explains Dr. Murdoch. "He was a gentleman in the truest sense of the word. Because of Dr. Halley-Stott's fellowship, I saw facial plastic surgery in a new light—the accord of technical and artistic

SEEK HERE ARE DR. MURDOCH (LEFT) WITH DR. HOEKSTRAAT THE EXAMINEE RECEPTION DURING THE 2022 IBCFPRS EXAMINATION IN WASHINGTON, D.C.



skill. This was particularly true for rhinoplasty—a procedure I only understood for the first time during my fellowship. After my fellowship, Dr. Halley-Stott invited me to open practice at his hospital and for many years, my office was directly across the passageway from his."

"Afterwards, I was selected by Allergan South Africa to be one of their facial aesthetic trainers. Through this association, I was (and still am) incredibly blessed to be able to travel and receive training at many international centers. This solidifies my commitment to facial aesthetics—my most preferred area. I enjoy both non-surgical aesthetics (Botox and filler injections) as well as facial aesthetic surgery. The combination of blepharoplasty, facelift, fat grafting, and resurfacing are my most performed procedures," he explains.

"I just have to say," relates Dr. Murdoch, "that undertaking a board exam 15 years post-qualification is a daunting prospect. I would like to thank Cameron McIntosh, MD, IBCFPRS diplomate from South Africa, for planting the seed; Roxana Cobo, MD, IBCFPRS president and Peter Adamson, MD, IBCFPRS global ambassador, for their encouragement and support; and Konrad Hoekstra, MD, my colleague from South Africa, for stepping up to the plate to put in all those extra hours to study and then fly to Washington to take the exam with

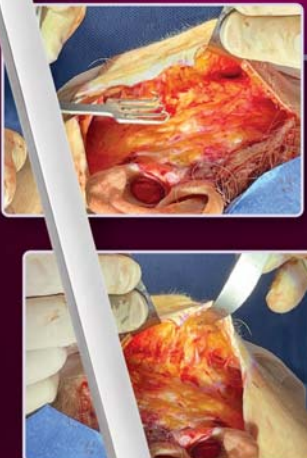
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EMERGING TRENDS AND TECHNOLOGIES: PLATELET-RICH PLASMA INJECTIONS

By Anna E. Petropoulos, MD;
Oliver Weissleder, and Christos
Meimeteas, students

Regenerative aesthetic medicine seeks to reverse the ravages of time using the body's own mechanisms of action. Aging is associated with decreased fibroblasts and collagen synthesis in the skin. Exposure to ultraviolet radiation, trauma, smoking and reactive oxidative species can lead to an accumulation of DNA damage that is harmful to cellular function, protein maturation and regular physiology.¹



Platelet-rich plasma (PRP), our natural mediator of injury, activates upon encountering damaged tissue or cleaved collagenase, releasing biologically active proteins (i.e., chemokines, cytokines, growth factors, exosomes and other chemotactic actors) to mediate a series of complex intra and extracellular interactions.² Platelet alpha-granule release stimulates fibroblast proliferation, migration, collagen synthesis, elastin synthesis and differentiation into myofibroblasts. Over 1,100 different proteins can be found in a single platelet.³ PRP contains many cell adhesion proteins (such as fibronectin and vitronectin) which keep skin smooth and tight.⁴

Platelet recovery rate, final platelet concentration, red blood cell contamination, temperature, spin force, centrifugation duration, sequence and number of spins, anticoagulation and mechanism of platelet activation all affect treatment outcomes. While >80 percent of clinical studies on PRP as a monotherapy for skin rejuvenation show positive results, the lack of unified data,⁵ enormous product variability

and inconsistent reporting of PRP harvesting and injection technique make comparative assessment of results challenging, thereby discounting the quality of evidence for PRP treatments.⁶

Our review includes studies using PRP as a monotherapy for facial rejuvenation employing split-face (PRP vs Saline) and/or blind testing with objective measures (e.g., VISIA, FACEQ, Masson's Trichrome Staining). Amongst the studies, one cohort employed a sequence of injections (three to four) spread out over a period of months (two to four-week intervals); the other cohort focuses on results of single injection treatments. Despite enormous variability across studies, all evidenced statistically significant positive outcomes.

In the multi-treatment group, Cameli et al applied PRP as monotherapy for 12 patients with facial aging injecting 4cc of 2x PRP intradermally one a month for three months, then evaluated the results using VISIOScan and observed volume increase in fine wrinkles, improvement in skin gross elasticity, in skin barrier function and in capacitance.⁷ Kang et al treated 20 patients for facial aging in the infraorbital space, injecting 1cc of PRP once monthly for three months. Results showed significant improvement in wrinkles and skin tone. Additionally, erythema and melanin indices significantly decreased from 8.52 to 7.37 and from 34.42 to 31.86 respectively.⁸ Yuskel et al evaluated the effects of three bi-monthly injections of PRP on ten patients suffering from skin aging, discovering statistically significant differences between the grading scale of patients before and after three PRP applications regarding the appearance, skin firmness, sagging and wrinkle state.⁹

In the single-injection studies, we see confirmation of treatment



BEFORE AND AFTER PHOTOS SHOW MONOTHERAPY WITH TWO MONTHLY TREATMENTS OF PRP HARVESTED WITH CAREPRP; 10 MONTHS AFTER SECOND TREATMENT.

success. Abauf et al studied the effect of PRP on collagen production with a patient population of 12, showing evidence of statistically significant increase in new collagen formation and mean density of collagen fibers. Verified via Masson's trichrome staining, Abauf applied only 2cc of PRP in one injection.¹⁰ Elnehrawy utilized a single-injection protocol to assess the impact of PRP on different types and grades of facial wrinkles. Intradermal PRP treatment showed statistically significant improvement between fine-moderate-deep types of wrinkles, as well as skin homogeneity and texture.¹¹ Lee et al studied PRP for photo-damaged skin of 31 patients. FACE-Q analysis showed significant increase in satisfaction with appearance using the 5-grade Wrinkle Severity Rating Scale, despite injecting only .33cc per site.¹²

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HOW PERSONALIZED DATA AND INSIGHT DRIVE PEAK PERFORMANCE

By David Kim, MD; Erin Ostby, MD;
and Natalie Krane, MD

From *Cover Story*, page 1

In order to best optimize sleep, recovery, and energy levels, and reach our peak performance, we must understand the importance of circadian rhythm alignment. What is a circadian rhythm? It is a 24-hour internal clock that regulates many cycles our bodies go through on a daily basis, most significantly when we fall asleep and wake up.

Tips to align your circadian rhythm and improve sleep quality

- View early morning sunlight for 10-30 minutes daily.
- Avoid bright lights between 10 p.m. and 4 a.m. This includes your phone.
- Don't eat within a few hours of bedtime.
- Hydrate throughout the day.
- Try not to consume caffeine within eight hours of when you plan to go to sleep.
- Limit or skip drinking alcohol before bed.
- Avoid sleep aids. This includes melatonin.
- Make your bedroom an optimal environment for sleep—create a dark, quiet and cool habitat, and stick to a regular pre-bed routine that lets your body know it's time for sleep.

Performance and Recovery Optimization

There are personalized metrics—such as sleep performance, heart rate variability, and resting heart rate—we can track to gain additional insight into our performance and subsequent recovery. These metrics can be tracked with readily available technology, such as Whoop, Oura Ring, Fitbit, Apple watch, etc.

One of these metrics, heart rate variability, better known as HRV, bears further explanation. HRV is determined by the time

between heart beats and originates from the autonomic nervous system and responds to competition between the sympathetic and parasympathetic branches. A high HRV is a good thing—it's a sign that your nervous system is balanced and that your body is capable of adapting to its environment and performing at its best. Low HRV can be a sign of low resilience. HRV is highly individualized; the absolute number isn't what to focus on; instead, focus on long-term trends and improving that trend over time.

In general, sleep deprivation leads to activation of the sympathetic nervous system and cortisol release resulting in decreased HRV and poor recovery, further supporting that each of these pillars should not be considered in isolation. Sleep consistency—going to bed and waking up at similar times each day—not only improves HRV, but also increases deep sleep and allows the body to enter REM sleep.

Tips to Improve HRV

- Consume whole, unprocessed foods with regular eating patterns.
- Maintain hydration.
- Avoid or limit alcohol intake.
- One night of drinking potentially decreases HRV for up to five days.
- Get quality sleep.
- Exercise regularly.
- Practice intentional, restorative breathing. Studies indicate that slow, controlled breathing techniques can positively impact your HRV.
- Practice cold thermogenesis. Exposing your body to cold temperatures for brief periods of time stimulate the parasympathetic nervous system.

Nutrition Optimization

As facial plastic surgeons, most of us would agree on the importance of improving and/or maintaining



our brain's cognitive capacity for as many years as possible—not only to maintain our surgical skills, but also to remain engaged with our families and loved ones outside of work. Known risk factors for cognitive decline and dementia include hypertension, hyperlipidemia, insulin resistance/diabetes, atherosclerosis, inflammation, obesity, and smoking. Fortunately, all of these factors are modifiable, meaning they are impacted significantly by our lifestyle habits—in particular, our nutrition.

The best available evidence for reducing these risk factors and maintaining brain health and cognitive function as we age supports a Mediterranean-style dietary pattern, which emphasizes whole, unprocessed foods, poly-unsaturated fatty acids, and polyphenol rich foods. The MIND diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay) has shown to be particularly powerful at preserving brain function; this dietary pattern is like the Mediterranean diet, but further de-emphasizes intake of red meat and cheese and places greater emphasis on dark green leafy vegetables and berries. High adherence to the MIND diet decreased risks of cognitive decline by 53 percent, and even moderate adherence to this dietary pattern is equivalent to strict adherence to the Mediterranean style diet¹⁻³. Specifically, the high content of polyphenols and carotenoids in berries and dark leafy greens (which gives them their vibrant colors) are believed to be neuroprotective compounds, having both antioxidant and anti-inflammatory properties.

A 2018 study revealed that compared to those who rarely consume dark leafy greens, those

See *Nutrition*, page 12

MECHANISMS OF ACTION AND LESSONS IN LEARNING

From *Emerging Trends*, page 6

Despite the enormous variability in PRP formulations and applications, as well as end-goal measurements, all evidence points towards the effectiveness of PRP diminishing and repairing damage from aging. While the underlying mechanism of action has long been only partially understood, great strides have been taken in recent years to match the science with the hype. In their seminal research, Du et al's study of 30 individuals demonstrated improved skin quality in all PRP participants; VISIA analysis showed wrinkles, textures and pores decrease in the PRP side, along with an increase in skin thickness.¹³ Du supplemented *in vivo* research with *in vitro* testing including human organotypic skin explant culture for UVB-inducing photoaging, analyzed with H&E staining (as well as Masson's trichrome), quantitative RT-PCR (mRNA), immunofluorescence and Western blotting. All results were statistically verified using ANOVA regression analysis.¹³

UVB-induced photoaging compared results from a skin explant cultured in fetal bovine serum (FBS) against an explant embedded in a PRP culture. Epidermal structure analysis (H&E, Masson's Trichrome) showed the UVB-irradiated, FBS-

cultured explant suffered markedly reduced collagen content with broken and disorderly denatured collagen fibers. By contrast, the PRP-treated explant showed no alteration after UVB irradiation. The authors conclude, "PRP can protect collagen fibers, delay collagen fiber changes, reduce elastic fiber chain scission and resist skin photoaging caused by UV rays." Using Quantitative RT-PCR, Du revealed changes to mRNA expression and concluded PRP protects against photoaging by restoring gene expression of MMP-1, tyrosinase, fibrillin and tropoelastin.¹³

At the molecular level, PRP injections induce DNA synthesis and promote corresponding gene expression.^{14,15} Physiologically, the growth factors in PRP have important roles in reducing the rate of aging by restoring the declining DNA synthesis, resisting cell death and enhancing gene expression for tissue repair.¹⁶

Logically, the higher the platelet recovery rate in the injectate, the greater the result. Simultaneously one wishes to avoid red blood cell contamination in the injectate since RBC's are inflammatory and cicatrix formation must be avoided around budding hair follicles. I have thus chosen to use a

BIPYRAMIDAL HOURGLASS DESIGN FOR PRP HARVESTING.



bipyramidally designed PRP harvesting device, which because of its geometry ensures up to a 94 percent platelet harvesting rate and the lowest RBC contamination rate of close to zero percent. The thixotropic effects of gel in tubes are also avoided and thus there is no gel contamination either. The ability of platelets to engage in anabolic, regenerative behavior is also predicated upon a gentle and complete separation of blood elements, which is customizable with this bipyramidal design and can produce both leukocyte rich or leukocyte poor injectates according to the needs of the recipient tissues. The gentle three-minute centrifugation cycle allows for highly efficient and streamlined patient treatments. All these factors contribute to superior outcomes and patient satisfaction in both my facial rejuvenation and my hair regeneration treatments.

In summary, intradermal PRP treats the cause of aging and prevents additional damage by enabling facial rejuvenation through alterations to protein expression¹³, extracellular matrix elaboration, replacement with collagen fibers¹⁷, MSC recruitment via cytokine signaling², and multitudinous actions from many of the 1,100 unique proteins contained within each platelet alpha-granule. To establish higher-level evidence, clinicians need to come together to standardize PRP preparations, injection techniques and treatment protocols. Studies referenced above do not elucidate the degree

See *Maximum Results*, page 15



BEFORE AND AFTER SEEN HERE: MONOTHERAPY WITH THREE MONTHLY TREATMENTS OF PRP HARVESTED WITH CARE PRP. PHOTO TAKEN THREE MONTHS AFTER THIRD TREATMENT.

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IT'S A WRAP! INTERNATIONAL SYMPOSIUM HIGHLIGHTS

The 2022 AAFPRS Annual Meeting and 13th International Symposium of Facial Plastic Surgery has come to an end. We extend a BIG "thank you" to all AAFPRS members who joined us. With an all-star faculty, unmatched clinical education, a fantastic program, and a fun-filled destination, #AAFPRS2022 was a huge success!

We extend our heartfelt appreciation to course chairs Huseyin O'zcan Cakmak, MD; Roxana Cobo, MD; Neil A. Gordon, MD; Lamont R. Jones, MD, MBA; Yael Halaas, MD; Dean M. Toriumi, MD; and Edwin F. Williams III, MD, along with AAFPRS meetings education director Catherine P. Winflow, MD, for their hard work, dedication, and outstanding contribution to this year's meeting. Their time, talent and energy resulted in a phenomenal program. Thank you!

We also recognize our distinguished faculty for sharing their knowledge, expertise and experience to advance our specialty. We couldn't have done it without you!

An Unparalleled Event

Developed in collaboration with the International Federation of Facial Plastic Surgery Societies and held October 19 - 23, 2022, at the Gaylord National Resort and Convention Center in the Washington, D.C. area, this meeting convened the world's top facial plastic and reconstructive surgeons to share their knowledge and experience with colleagues from around the globe.

Our robust program offered world-class clinical content, forward-thinking strategies, innovative solutions, and invaluable pearls to help physicians boost their practice. Highlights included master classes taught by Dr. Gordon, MD and Dr. Toriumi. There was a hands-on microtia workshop, two dissection labs, a synkinesis management workshop, a microvascular symposium, and a dermal filler demonstration. The agenda featured several interactive panel discussions, expert roundtables, illuminating lectures, top-rated scientific posters, and everything in between!

Our Exhibit Hall showcased the technologies, products, and services available to help physicians elevate their practice. Whether you were seeking marketing help, new instruments, the latest skin care products, or novel technologies, the Exhibit Hall was THE place to be to learn and explore. AAFPRS thanks all the companies that supported us. Please be sure to check them out online.

We Had Fun Too!

Receptions and networking breaks provided the perfect opportunity to catch up with long-time friends and to make new professional connections.

- We set sail on the Spirit of Washington for a dinner cruise and fun-filled celebration (see page 14). The AAFPRS Foundation Fundraising Gala gave guests

- the unique opportunity to travel along the Potomac River and to take in stunning views of Washington, D.C.'s famous skyline. We are grateful to everyone who supported the gala and, as a result, supported the important work of your Foundation.

- We time-warped back to the days of metal bands, leg warmers and big hair at the Totally Awesome 80s Soirée. This was one of our greatest hits...with food, music and fellowship, the Soirée provided a bodacious good time. The Best Dressed Award went to Sam Lam, MD!

- Our first-ever Scotch Tasting was a big hit! Our very own scotch whiskey expert, Dr. Gordon, gave an informative and enlightening presentation on different types of scotch and the history and tradition of each one. AAFPRS thanks Dr. Gordon and all who participated in this informative and entertaining event!

Next Stop, Las Vegas!

Join us for the 2023 AAFPRS Annual Meeting. More information will be available soon. Stay tuned to our website, www.aafprs.org/events, for important conference updates.

See You Soon...

We look forward to seeing you at the next Advances in Rhinoplasty & Facial Rejuvenation Meeting (April 27 - 30, 2023) in San Diego, California. Visit www.AAFPRS.org/Rhino_Rejuv, to register.

Residents should also plan to attend the AAFPRS Spring Meeting at COSM, May 3 - 4, 2023 in Boston. Registration opens January 20. For conference details, visit www.AAFPRS.org/COSM. ■

The AAFPRS would like to thank the following companies for their support of the Annual Meeting/13th International Symposium of Facial Plastic Surgery.

Educational Grants

Allergan Aesthetics
Galderma Laboratories
Merz Aesthetics
Revance

Educational (in-kind)

Allergan Aesthetics
Anthony Products, Inc.
Bilumix
Corza Medical
Galderma Laboratories
GioPelle
Marina Medical
Merz Aesthetics
Revance
SoftFil

Promotional Support

Allergan Aesthetics
AO North America
BTL Aesthetics
CareCredit
Cartessa Aesthetics
Fortune Law Firm
Galderma Laboratories
Merz Aesthetics
Rohrer Aesthetics
Softwave

Promotional (in-kind)

Bilumix
Corza Medical
Galderma Laboratories
HansBiomed
Marina Medical
Revance
Suneva

13th International Symposium of Facial Plastic Surgery & AAFPRS Annual Meeting



PERFORMANCE AND RECOVERY OPTIMIZATION, NUTRITION

From *Personalized Data*, page 7 who had about a serving a day had brains that performed as if they were eleven years younger⁴. Try to include things like spinach, kale, collard greens, arugula, chard, and green salads daily to keep your brain young. The Mediterranean and MIND dietary patterns help to keep your brain young and functioning optimally largely because of these anti-inflammatory properties, while also influencing cardiovascular health, cholesterol levels (by minimizing saturated fats), and positively impacting metabolic health, as well.

Maintaining your metabolic health not only helps to decrease risk of Alzheimer's disease and cognitive decline, but research shows that metabolic dysfunction can impact your cognition, as well. Even individuals without a diagnosis of diabetes, but with evidence of insulin resistance or higher fasting blood glucose levels, had poorer word recall and performed worse on cognitive function testing^{5,6}.

Over the past few years, new direct-to-consumer technology has become available that allows us to get a closer look at how our food choices affect our metabolic health. Continuous glucose monitoring is a wearable device that uses a filament placed within the subcutaneous tissue allowing you to obtain personalized data in real time, including monitoring your blood glucose response to food, stress, and various activities. This tool can provide personalized data and biofeedback to help the wearer initiate dietary changes and create lasting habits.

To improve your metabolic health and stabilize your blood glucose levels try these three tips:

- 1) Swap refined carbohydrates for more complex carbohydrates (i.e., skip the refined sugars and flours and eat whole foods like fruits, vegetables, and whole grains).
- 2) Add lean proteins, healthy fats, and fiber to your meals.
- 3) When adding fats to your diet, focus on polyunsaturated and monounsaturated fatty acids

(found in nuts, seeds, avocado, fatty fish, and algae), rather than saturated fats.

Concluding Statements

By practicing simple techniques to align our circadian rhythm, we can achieve consistent restorative sleep to enhance recovery and health. By tracking personalized metrics, such as HRV, sleep performance, and blood glucose, and by making sustainable changes to our diets to include whole, unprocessed foods, we can optimize energy levels and overall health and wellbeing.

To summarize, the following pearls will help surgeons who are interested in optimizing mind-body health, performance, and career longevity:

- Prioritize your health and wellness. This requires a buy in and a commitment to allocate some time and energy into this process.
- Use a fitness/sleep tracker to keep yourself accountable to the process and learn what behaviors positively or negatively impact your sleep quality and recovery.
- Strive to maintain adequate and quality sleep.
- Exercise regularly, both aerobic and strength training.
- Take time to meditate or use breath work (e.g., box breathing or resonance frequency breathing) to allow your body to recover from stress and balance your autonomic nervous system.
- Eat a healthy diet.
- Take time to make and maintain connections with family and friends. Humans have evolved to be social animals. Our well-being depends upon our connectivity with others.
- Find purpose. Ask yourself, "what is your 'why'?" Make your career purpose about helping others, i.e., your patients. When your purpose is self-transcendent and centered around others, your work will be meaningful and sustainable.

References can be found [here](#). ■

PAID CLASSIFIED AD

The University of Wisconsin is recruiting an exceptional facial plastic surgeon to join our well-established Section of Facial Plastic Surgery. Clinical resources and opportunities include:

- Free standing academic cosmetic surgery clinic including two procedure rooms and state of the art lasers
- Dedicated facial plastic & reconstructive surgery resident rotation
- Robust multidisciplinary facial nerve clinic infrastructure, including a patient navigator and neuromuscular retraining therapy experienced specialist
- Multidisciplinary Mohs reconstruction clinic
- An established global surgery program
- Supported gender services program including opportunities in facial gender affirming care

The UW Department of Surgery is consistently ranked amongst the top extramural research funding programs and is currently 8th in the nation according to Blue Ridge Institute for Medical Research.

Madison, Wisconsin has a metro population of nearly 700,000 and is located less than 2-hours from Chicago and Milwaukee. For more information on how to apply, contact our Faculty Recruiter, KJ Ellis KJ.Ellis@wisc.edu. Job# 270066

ANNUAL FUNDRAISING HOMECOMING GALA, A SUCCESS!

The AAFPRS Foundation hosted its annual fundraising gala with a newly expanded engagement approach—a concept that was first conceived at the 2019 Board of Directors meeting in San Diego to foster even more inclusion of all key stakeholders, which was then postponed in 2020 and 2021 due to the COVID pandemic; it finally came to impressive fruition this year in the Washington, D.C.

This fundraising event was open to all meeting attendees and guests and was a "Celebration of Homecoming" as our members, non-members, corporate supporters, and guests, returned from two years of virtual meetings and reduced in-person connections due to COVID.

Held on the Spirit of Washington ship, the evening included a dinner cruise, entertainment, dancing, arrival photos for all attendees and a great deal of comradery as individuals reconnected with peers and friends.

The evening proved to be an unqualified success as all 150 available seats were purchased!

Early in the cruise, outgoing AAFPRS president Corey S. Maas, MD, recognized three members for their generosity: Krishna Patel, MD, made charitable donations reserving 15 seats at the gala, bringing staff, fellows, and residents to the event; the practice of J. David Kriet, MD, and Clinton Humphrey, MD, brought 10 guests to join the celebration.

A highlight of the evening was incoming AAFPRS president Theda C. Kontis, MD, announcing that Douglas and Danielle Dremel of Dremel Medical, contributed financially to support our cause as they celebrated their first wedding anniversary.

We wish to give a shout out to [Merz Aesthetics](#) for their \$15,000 support!

The AAFPRS Foundation depends on the generosity of its members and friends to fund our mission, which is to "support

education, research, and its humanitarian efforts to better serve our patients." To make a donation to the AAFPRS Foundation, please click [here](#). ■

Paid Classified Ads

Portland, Maine Opportunity

Seeking BE/BC plastic surgeon to join a well-established cosmetic surgery practice in beautiful Portland, Maine. Board certified plastic surgeon in a busy cosmetic surgery practice is seeking a BE/BC plastic surgeon. Brand new facility with three on-site AAAASF operating rooms and established staff that converts patients at a high level. Practice has been in Portland, Maine for 30 years with renowned reputation for cosmetic outcomes and converting. For consideration, submit CV to Christina@maineplasticsurgery.com.

Houston Facial Plastic Surgeon Job Opportunity

Elite Dermatology & The Oaks Plastic Surgery is looking for facial aesthetic plastic surgeon. Elite Dermatology & The Oaks Plastic Surgery is well established medical and aesthetic practice located all around the greater city of Houston. Our team consist of 11 dermatologists, two plastic surgeons, two aesthetic injectors, and two aestheticians to help send in-house referrals. We also have six affluent locations throughout the Greater city of Houston. We are seeking an aesthetic facial plastic surgeon with interest in rhinoplasty, facelift, necklift, and blepharoplasty. Benefits of Elite Dermatology & The Oaks Plastic Surgery includes newly built facilities, 19 referring providers, and an incredibly collegial and friendly environment! All inquiries are kept confidential. Email wijay@elitedermatology.com with subject: "Elite Job Opportunity."



IN BRIEF: CONGRATULATIONS TO SAM LAM, MD AND CATHERINE WINSLOW, MD

Samuel M. Lam, MD, of Plano, Texas, received the highest honor given by the International Society of Hair Restoration Surgery (ISHRS) on October 29, 2022 during its 30th World Congress, held in person in Panama City. The ISHRS Golden Follicle Award is bestowed annually to a physician who has made outstanding and significant clinical or educational contributions related to the field of hair restoration surgery. "This is a lifetime achievement for me," exclaims Dr. Lam. "I am honored to have received it from my esteemed colleagues.



Dr. Lam served as president of the ABHRS in 2021 and spearheaded its successful Capital

Campaign. Always willing to share his knowledge, Dr. Lam has served as chair of the ISHRS Basics Course and Advanced/Board Review Course and as the Workshop Chair for the ISHRS's 2015 World Congress.

Catherine Winslow, MD, of Carmel, Ind. was honored to be inducted into the Indiana Military Veterans Hall of Fame, November 4, 2022. As seen in the photo, Dr. Winslow is standing with Senator Todd Young (right) and Indiana State Representative John Bartlett. Congratulations! ■



PAID CLASSIFIED AD DALLAS AREA OPPORTUNITY WITH WORK-LIFE BALANCE

Well-established cosmetic surgery practice and medspa located in a rapidly growing and affluent area is seeking to add a well-trained and motivated Facial Plastic Surgeon, preferably with an interest in rhinoplasty. The practice founder, a fellowship-trained Facial Plastic Surgeon, performs almost all the face and neck procedures, while a cosmetic surgeon focuses on breast and other body surgeries. With two in-house referring physicians, this is a unique opportunity to practice the full spectrum of Facial Plastic Surgery (surgical and non-surgical procedures), or concentrate on your specific interests. Other benefits include: Newly built in-office Operating Rooms, robust practice and marketing infrastructure to foster your success, no outside on-call responsibilities required, competitive compensation with production bonuses and benefits, partnership opportunity, no state income tax, and generously supported professional development. All inquiries kept strictly confidential. For more information, please send inquiry with CV to: TexasFaceDoc@gmail.com.

IBCFPRS CERTIFICATION, APPLY NOW

From Walter Award, page 4 me. That's what I call commitment," Murdoch adds.

Continuing their commitment to facial plastic surgery, Dr. Murdoch explained that along with Drs. Hoekstra and McIntosh, "we are planning on developing an African facial plastic surgery IFFPSS fellowship to train and equip the next generation of surgeons. For my part, academic teaching and training are where I would like to focus my efforts while I continue to refine my surgical skills and results."

"Most importantly," Dr. Murdoch, concludes, "I want to send a special thanks to my family: Angelique, Arabella and Raegan-nothing makes sense without you."

Dr. Cobo adds, "The IBCFPRS examination has been established to encourage applicants for certification to reach for and achieve the highest standards in our profession. That Dr. Murdoch not only passed the examination, but also achieved the highest international score, is a testament to his knowledge and commitment to be the best that he can be. I might also add that Dr. Murdoch is the first Claus D. Walter Award recipient who completed primary certification in plastic surgery rather than otolaryngology. May he serve as an inspiration to others as he continues to promote the advancement of our specialty." ■

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

MAXIMUM RESULTS

From Lessons in Learning, page 8 of impact possible utilizing PRP; for that, clinicians need to standardize preparations and utilize additional volume to achieve maximal collagen rejuvenation.


References can be found [here](#). ■

PAID CLASSIFIED AD
The Mass Eye and Ear Department of Otolaryngology- Head and Neck Surgery is seeking a highly-trained clinician to lead the Division of Facial Plastic and Reconstructive Surgery.

Mass Eye and Ear is a subspecialty acute care hospital, a regional referral center for New England, and a member of Mass General Brigham. Our goal is to deliver the best health care in a safe, compassionate environment and we continually strive to create a diverse, inclusive faculty and staff. We are an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability status, protected veteran status or any other characteristic protected by law.

The ideal candidate will show a strong commitment to providing high-quality clinical care, expanding our research efforts, and training the next generation of otolaryngologists and facial plastic surgeons. This position includes a full-time appointment at Harvard Medical School at a rank appropriate to the candidate's level of scholarship.

Interested applicants should send their cover letter and CV to: Stacey Gray, MD, vice chair of education, Department of Otolaryngology-Head and Neck Surgery, Harvard Medical School Mass Eye and Ear; Stacey_Gray@meei.harvard.edu and please copy Emily Shipp; Emily_Shipp@meei.harvard.edu.



FACIAL PLASTIC TIMES

NOVEMBER/DECEMBER 2022

AAFPRS Foundation Meetings

2023
APRIL 27-30
Advances in Rhinoplasty & Facial Rejuvenation
San Diego, CA

MAY 3-4
Spring Meeting @ COSM
Boston, MA

SEPTEMBER 20-23
AAFPRS Annual Meeting
Las Vegas, NV

2024
APRIL 4-7
Advances in Rhinoplasty & Facial Rejuvenation
Orlando, FL

MAY 15-16
Spring Meeting @ COSM
Chicago, IL


OCTOBER 23-26
AAFPRS Annual Meeting
New Orleans, LA

Key Dates and Deadlines

January 20, 2023
Call for Abstracts Deadline for the 2023 AAFPRS Annual Meeting


May 15, 2023
Abstract Submission Opens for 2024 Advances in Rhinoplasty & Facial Rejuvenation Meeting

July 10, 2023
Abstract Submission Opens for 2024 AAFPRS Spring Meeting @ COSM




Plan to attend the AAFPRS Annual Meeting this year to be held in Las Vegas!

Help shape the agenda and take an active role in supporting our specialty by submitting a topic for presentation. But hurry...the deadline for submission is January 20.



Book your hotel room now for the Spring Meeting held in conjunction with COSM.



Registration is now open for this sought-after, combined meeting featuring rhinoplasty and facial rejuvenation.