

- 'TIS THE SEASON OF FRUITFULNESS -

Abound in Autumn!



New Year Resolutions Slowly Drifting?

We begin the year with high hopes for a better bod, but the reality is only 10% of us actually take a win. If this is your year to make the top ten, then it's time to bring onboard a little cool. Why? Because diet and exercise just don't deliver the results we want. With FDA approved **CoolSculpting®** technology, freezing those unwanted fat pockets away is doable – and all in a lunchtime break. And it really works! According to 16 CoolSculpting® (Cryolipolysis) studies carried out across the globe, results summarised that CoolSculpting® is, "Effective for patients with separate fat bulges, but the procedure is not pronounced for obese patients with considerable skin flaccidity."

- ERIN ARMSTRONG -

LIFE IS FOR LIVING



Meet

the one and only
ERIN ARMSTRONG!
Da Vinci's receptionist
extraordinaire, mum
of twins, outdoor
adventurer and
cancer survivor...

MY PASSION...

People! I get the opportunity to brighten someone's day, all day, every day and I LOVE that! Especially when that someone is going through health and wellbeing challenges.

IN A PREVIOUS LIFE I WAS...

A press photographer. Then I took on the most important job in the world – becoming a Mum. My twins are now 20 years old and both entering their 3rd year at University – eek!

ADVICE I'D LIKE TO IMPART...

Be SunSmart. Seriously.

TESTING TIMES...

Unfortunately, I have ticked two boxes in the cancer department.

Breast cancer and melanoma – both fortunately caught and treated early. I have experienced first-hand the incredible calibre of the Da Vinci Clinic team.

LIFE IS FOR...

Living! Year-round I keep fit by running and regularly climb the Mount followed by swim. I'm fortunate to experience some incredible water adventuring, plus time behind the camera too.

HIGHLIGHTS IN 2018...

Last year I went kayaking at Great Barrier Island and swimming with humpback whales in Niue – once in a lifetime opportunity!

With the heat of summer still the talk on the street, it's hard to turn to cooler thoughts – but we're Marching in. This issue we give you 'cool' reasoning to stick to those New Year resolutions and get frank about issues that deserve more attention like surgery qualifications. We touch on the latest robotic and regenerative technologies and how they're shaping the cosmetic and plastic fields. And, breast speak, we address ten top augmentation questions. With plenty to say and share – we think it's the perfect season to spread the word!

Who's your Surgeon?

WHEN IT COMES TO SURGERY – PLASTIC OR COSMETIC – IT'S NO TIME TO PLAY RUSSIAN ROULETTE.

Unfortunately, anyone can claim to be a 'cosmetic surgeon' which is why so many patients aren't receiving the expertise and care they deserve.

"The term 'Plastic Surgeon' is protected i.e. you need the Royal Australasian College of Surgeons qualification in plastic surgery, but since the term 'Cosmetic Surgeon' is not owned by RACS, there is no control over it," explains Adam Bialostocki, Da Vinci cosmetic and reconstructive plastic surgeon. "You can literally be a GP and hang a sign up that says 'Cosmetic Surgeon'. For the public, this is very confusing!"

*Cosmetic and Reconstructive Plastic Surgeons
Mr Adam Bialostocki & Mr Brandon Adams*

Down Under, surgeons like Da Vinci's Adam Bialostocki and Brandon Adams, are leading the way. Why? Because the Royal Australasian College of Surgeons is the only institute to include cosmetic surgery training in its plastic surgery qualification – and many RAC plastic surgeons will do additional post-fellowship training too.

"Cosmetic surgeons with non-plastic surgery qualifications MUST undertake some training in cosmetic surgery because they have had NONE," cautions Adam. "Plastic surgeons do not need to, it is part of their core training."



Know Before You Grow

Breast augmentation is one of the world's most popular plastic surgery procedures. Whilst consultation and procedure planning and choices will vary from individual to individual, getting a quick fix of facts is always welcomed!

Q: Will my implants need to be replaced?

A: If a breast implant/s ruptured – yes most definitely. In terms of breast lifespan, the longevity varies from person to person.

Q: Will they look fake?

A: It is possible for breast implants to look entirely natural with the right surgeon, size and placement procedures all in line.

Q: I'm unsure what size I want, how will I decide?

A: The best size for you depends on various factors – body type, existing breast tissue and your own breast goals. Our plastic surgeon, Adam Bialostocki, uses a Vectra 3D camera (by canfield) that lets him plastic surgery morph a 3D photo of patients to show what each size will look like before surgery takes place.

Q: Can you tell me what "Drop and Fluff" means?

A: This refers to breast implants when they soften and settle into position on your chest.

Q: Can I still breast feed with implants?

A: The short answer is that most women can.

Future Face - WHERE IS FACIAL AND RECONSTRUCTIVE SURGERY HEADING?

The New Year is well and truly underway and thoughts are future forward. So, what's on the cards for facial and reconstructive surgery? Well, as it turns out, regenerative medicine could be the next big thing! Why explore regenerative treatments? Because suffering can be extensive for people with congenital anomalies of the hands and face, such as facial aging, facial nerve injuries, breast cancer and those requiring other reconstructive surgery needs. So, what does regenerative medicine bring to plastic and reconstructive surgery? The potential to fully heal damaged tissues and organs. It involves the use of soft-tissue, cartilaginous and bony regeneration, stem cells, PRP [platelet-rich plasma] and/or synthetic scaffolds.

NEW YEAR ROBOTICS – PLASTIC SURGERY HEARTS MACHINES!

The words 'Artificial Intelligence' may bring visions of robots dominating the world to mind. But in the plastic and cosmetic surgery world, it's machines that are guiding key clinical decision making – for the greater good.

Where AI is being utilised? In burn surgery, hand and nerve surgery, aesthetic surgery and craniofacial surgery exploration and advancement. And ...

Skin cancer – From just analysing photos AI studies have shown accurate detection and classification of skin cancer.

Cosmetic procedures – AI can use a facial image database to give a precise outcome of specific cosmetic surgery.

Reconstructive surgery – AI can create real-time stimulations to predict the outcomes of reconstructive breast surgery.

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