

出國報告(出國類別：開會)

二〇〇九年美國美容整形年會

服務機關：國防醫學院三軍總醫院

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派赴國家：美國

報告日期：98年5月15日

出國時間：98年5月2日至5月10日

摘要

美容整形外科年會是由美國美容整形外科學會（ASAPS）與美國外科教育研究基金會（ASERF）所主辦。讓全美與世界各國的整形外科醫師作學術與技術的心得交流，達成追求藝術與科學的完美境界。因此，每年四、五月的美國美容整型年會便吸引了來自全世界的各國美容整形專家，齊聚一堂一起開會來分享臨床的治療成果、相關的醫學研究、各種先進的醫學技術、新的科技發展及未來的發展趨勢。每年參加的醫師人數都約五千人，是整形美容醫學界的一大盛會，也是學習交流的重要會議。今年大會於美國內華達州的拉斯維加斯舉行。

今年的主題是美麗與科技的結合。在會中發表「乳癌病人接受乳房重建與否的健康相關生活品質研究」的論文，獲得多國學者的肯定與經驗的交流，深感榮幸，也感謝醫院與所有同仁的支持。美容手術方面拉皮術在本屆美國美容外科學術年會中提出不少新觀念及新技術，希望能較持久且減少併發症。在臉部皺紋及凹溝美化性注射添補術方面有許多的新發展，讓希望美麗又不想開刀的人有另外的選擇。隆乳新法有雙層面隆乳法以及新形矽膠隆乳的安全性探討。鼻整形著重自然和諧的雕塑。另外病人安全的議題也獲的相當的重視，讓我收穫良多。

目次

| | 頁碼 |
|-----------|------|
| 目的----- | 4 |
| 過程----- | 4 |
| 心得----- | 5-6 |
| 建議事項----- | 7 |
| 附錄----- | 附1-6 |

本文

「目的」

- 1.吸收新知
- 2.學習新的技術
- 3.增進國際交流
- 4.發表論文與研究
- 5.提升台灣知名度

「過程」

一、98年5月2日：啟程搭機到拉斯維加斯

二、98年5月3日至7日：報到與會議開始

1. 在會中發表「乳癌病人接受乳房重建與否的健康相關生活品質研究」的論文，獲得多國學者的肯定與經驗的交流，深感榮幸，也感謝醫院與所有同仁的支持。
2. 拉皮術在本屆美國美容外科學術年會中提出不少新觀念及新技術。
3. 在臉部皺紋及凹溝美化性注射添補術方面有許多的新發展與論文發表。
4. 新形矽膠隆乳與乳房重建的安全性探討與臨床經驗分享。
5. 鼻整形新招方法包括:一、鼻翼軟骨多處縫緊。二、鼻中柱軟骨縫攏即向內縫緊。三、鼻尖處做軟骨移植術。四、縮鼻柱肌切開放鬆。

三、98年5月8日：從拉斯維加斯準備回台

四、98年5月9-10日：轉機到舊金山然後返台

「心得」

- 一、 今年的年會海報展示已經電子化，也是一大特色。也就是說不再以紙類的大型海報在一區域展示，而是改用四部電腦以 power point 方式，讓參與會議的人隨時點選觀看報告內容。符合環保的先進概念，值得我們學習。今年共選錄 25 篇海報，本人「乳癌病人接受乳房重建與否的健康相關生活品質研究」的論文得以獲選，深感榮幸。

- 二、 針對拉皮術在本屆美國美容外科學術年會中提出不少新觀念及新技術，讓拉皮術不再只注重老化臉皮的上拉，而開始強調臉部年輕化的整體結構改型，期引用新技術為刀痕縮短及隱藏法，它是先去除耳後刀痕，隱藏顯處(太陽穴)刀痕於髮際，因而拉皮後刀痕更不易被察覺，療效勝過以往。內視鏡在現今醫療科技發達下，已用於許許多多的手術，能縮短手術時間、減少術後不適，縮短恢復期。內視鏡拉皮，是經由頭皮頭髮覆蓋區的 4~5 個切口，運用內視鏡及其他拉皮器械，將臉部前額區的皮膚軟組織剝離放鬆，將會形成縐紋的肌肉打斷，向上重新固定較高的位置，以除去皺紋及改善眉毛的位置，同時也會對於上眼皮皺摺有些改善。術後恢復約有一至二週消腫期，可提高術後滿意度及安全性。

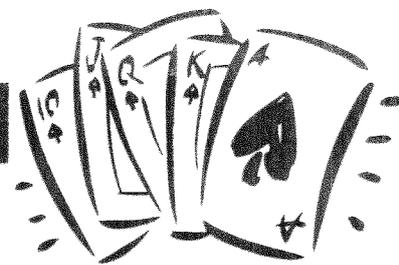
三、 在臉部皺紋及凹溝美化性注射添補術方面，公佈三項填補新材質，一、以雞尾酒式自體組織材質將身體它處的真皮、筋膜、脂肪取出，混合並切碎成乳糜狀，再注射入臉部凹溝或皺紋內填補之。二、玻尿酸液此為植物提煉而得，可做注射填補用，療效似膠原蛋白，但效果比膠原蛋白更持久，幾無副作用，過敏性甚低。三、微粒真皮注射此法較傳統真皮移植手術更簡易，無痕、少瘀腫、惟療效較差，一次注射只達 2-3 成之效果，故需治療 2-3 次，每次間隔一個月，如此才能達到較滿意的效果。上述三項將可取代部分拉皮。

四、 隆乳新法有雙層面隆乳法，可使義乳上半處至於胸肌下，下半處至於乳房下，如此可有效降低術後包膜攣縮之發生率，對有乳房下垂或管狀乳房者，尤能改善其隆乳效果。另外矽膠材質的義乳 silicone gel implant 已經成為主流，國內也已經在去年獲得衛生署許可。

五、 鼻整形新招方法包括:一、鼻翼軟骨多處縫緊。二、鼻中柱軟骨縫攏即向內縫緊。三、鼻尖處做軟骨移植術。四、縮鼻柱肌切開放鬆。均是做法新穎，臨床效果良好的方法，但外國人的鼻子結構與東方人相當不同，較高、較大、軟骨結構較清晰，所以西方的鼻整形術並不能完全應用於東方人，但可以提供我們很多的參考。

「建議事項」

1. 目前台灣已漸漸有主辦國際會議的能力，但收費比照國際費用相當昂貴，且公費並無補助。參加台灣主辦的國際會議可以增加台灣知名度，減少舟車勞頓，減少公費開銷，建議應給於全額報名費的補助。
2. 現在願意以公費出國的醫師同仁愈來愈少，主要是因為手續繁瑣，補助又少，而且公假不得合併個人年度未休的假期，結果搭機轉機又得調整時差，非常辛苦，自然意願不高。建議一則開放公假得合併個人年度未休的假期，減少搭機轉機又得調整時差的辛苦；否則全額補助或許可以增加出國誘因。
3. 對於能在國際會議發表學術論文的醫師，應給予適當獎勵，建議能補助全額費用及行政鼓勵。



Saturday, May 2, 2009

| <u>Time</u> | <u>Function</u> | <u>Location</u> |
|-------------------|---|--|
| 6:30 am – 6 pm | Registration Opens | Mandalay Bay Foyer |
| 7:30 am – 5:30 pm | Various Special Seminars | See Ticket |
| 8 am – 5 pm | The Rhinoplasty Society Meeting | Surf AB |
| 12 Noon – 7 pm | Speaker Ready Room | Surf F |
| 3:00 pm – 5:00 pm | ASERF Board of Directors Meeting | Reef D – F |
| 5 pm – 6 pm | Monitor Training | Reef A |
| 5 pm – 6 pm | Distance Learning Committee | Surf D |
| 7 pm – 9 pm | Faculty/Local Host/International Reception (Invitation Only) | Bay View Patio North Convention Center Beach Level |



All Events will be held at the Mandalay Bay South Convention Center—
2nd Floor unless otherwise indicated. See Course Ticket for Optional Course Locations



Convention Summary

Sunday, May 3, 2009

| <u>Time</u> | <u>Function</u> | <u>Location</u> |
|-------------------|---|--|
| 6:30 am – 7 pm | Speaker Ready Room | Surf F |
| 6:30 am – 6 pm | Registration Open | Mandalay Bay Foyer |
| 7 am – 8:30 am | Finance & Investment Committee | Reef A |
| 7 am – 6 pm | Various Special Seminars | See Ticket |
| 8 am – 2 pm | R Residents & Fellows Forum <i>Supported by Allergan</i> | Surf BC |
| 8 am – 5:30 pm | Press Office | Breakers Registration North |
| 9 am – 1 pm | ASAPS Board of Directors Meeting | Reef D – F |
| 2 pm – 4 pm | ASJ Editorial Board Meeting | Reef D – F |
| 2 pm – 6:30 pm | Optional Courses-100 & 200 Series | See Ticket |
| 4 pm – 5 pm | Publications Committee | Surf D |
| 5 pm – 6:30 pm | Aesthetic Fellowship Directors Town Hall Forum | Surf E |
| 5:30 pm – 6:30 pm | Electronic Communications Committee | Surf D |
| 6:30 pm – 7:30 pm | Residents & Fellows Forum Reception | Bay View Patio North Convention Center Beach Level |
| 6:30 pm – 10 pm | Corporate Satellite Symposia Allergan Medical Natrele 410 Gel Filled Highly Cohesive Shaped Implants | Mandalay Bay EF |
| 6:30 pm – 10 pm | Corporate Satellite Symposia Sanofi-aventis Non-Surgical Facial Rejuvenation: Advanced Techniques for Volumizing with Dermal Fillers | South Seas ABEGH |



Monday, May 4, 2009

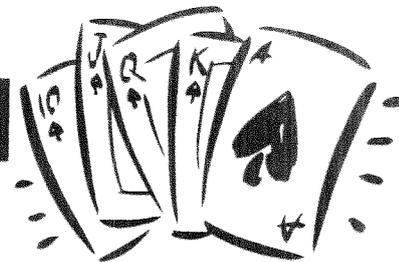
| <u>Time</u> | <u>Function</u> | <u>Location</u> |
|--------------------|--|-----------------------------|
| 6 am – 7 pm | Speaker Ready Room | Surf F |
| 6:30 am – 7:30 am | Candidate Liaison Committee | Surf D |
| 6:30 am – 7:30 am | Corporate Sponsorship Committee | Reef DF |
| 6:30 am – 5:30 pm | Registration Open | Mandalay Bay Foyer |
| 7:45 am – 12:15 pm | Scientific Session | Mandalay Bay GH |
| 8 am – 5:30 pm | Press Office | Breakers Registration North |
| 8 am – 4:30 pm | Various Optional Courses | See Ticket |
| 9 am – 4:30 pm | Exhibits Open | Shorelines A |
| 10:30 am – 11 am | Coffee Break in the Exhibits | Shorelines A |
| 10:30 am – 11 am | New Members & Leadership Meet & Greet Coffee Break | Surf D |
| 10:30 am – 11 am | Monitor Training | Reef A |
| 10:30 am – 11 am | Residents & Fellows Subcommittee | Surf E |
| 10:30 am – 11 am | Research Committee Meeting | Surf A |
| 12:15 pm – 1:45 pm | Lunch in the Exhibits | Shorelines A |
| 12:30 pm – 1:45 pm | S14 Research & Innovative Technology Luncheon (Ticket Required) | Mandalay CD |
| 12:30 pm – 1:45 pm | S15 Women Plastic Surgeons' Luncheon (Ticket Required) <i>Supported by Mentor Corporation</i> | Mandalay B |
| 12:30 pm – 1:30 pm | Optional Courses—300 Series <i>Box Lunch provided near course location</i> | See Ticket |
| 1:45 pm – 6 pm | Scientific Session | Mandalay Bay GH |
| 3:30 pm – 4 pm | Coffee Break in the Exhibits | Shorelines A |
| 5:30 pm – 6:30 pm | Corporate Advisory Open Forum | Surf D |
| 6 pm – 7 pm | S16 Cocktails and Complications (Ticket Required) | Mandalay A |
| 7 pm – 9 pm | Welcome Reception <i>Supported by NexTech, Inc.</i> | Mandalay EF |



Convention Summary

Tuesday, May 5, 2009

| <u>Time</u> | <u>Function</u> | <u>Location</u> |
|-------------------|---|---|
| 6:15 am – 7 pm | Speaker Ready Room | Surf F |
| 6:30 am – 5 pm | Registration Open | Mandalay Bay Foyer |
| 6:45 am – 7:45 am | ABPS MOC Committee | Surf E |
| 6:45 am – 7:45 am | Hot Topics Task Force | Outriggers Boardroom 3rd Floor |
| 7 am – 8 am | Women's Health Advocacy Committee | Reef A |
| 7 am – 8 am | Practice Relations Committee | Surf D |
| 8 am – 12 Noon | Concurrent Scientific Session A | Mandalay GH |
| 8 am – 12 Noon | Concurrent Scientific Session B | Mandalay CD |
| 8 am – 6:30 pm | 6th Annual Aesthetic Symposium of the American Society of Plastic Surgical Nurses (ASPSN) | Reef B |
| 8 am – 5:30 pm | Press Office | Breakers Registration North |
| 9 am – 4:30 pm | Exhibits Open | Shorelines A |
| 9 am – 12 Noon | Optional Course | See Ticket |
| 10 am – 10:30 am | Coffee Break in the Exhibits | Shorelines A |
| 10 am – 10:30 am | CME Committee | Reef A |
| 10 am – 10:30 am | Public Education Committee | Surf E |
| 12 Noon – 2 pm | Lunch in the Exhibits | Shorelines A |
| 12 Noon – 2 pm | ASAPS/ASERF Business Luncheon Members Only | Mandalay Bay E |
| 2 pm – 6:30 pm | Optional Courses—400 & 500 Series | (See Ticket) |
| 4 pm – 4:30 pm | Coffee Break in the Exhibits | Shorelines A |
| 4 pm – 4:30 pm | International Committee | Surf E |
| 6:30 pm – 7:30 pm | Women's Martini Hour <i>Supported by Mentor Corporation</i> | Surf D |
| 6:30 pm – 10 pm | Corporate Satellite Symposia Cynosure: Research Advancements in Laser Assisted Body Contouring | Mandalay Bay I |
| 6:30 pm – 10 pm | Medicis—The Art of Injection HA Dermal Fillers Featuring Pearls for Your Practice | Lagoon E & K |
| 6:30 pm – 10 pm | Mentor Surviving and Thriving in Today's Economy | The New Joint at the Hard Rock Hotel & Casino Las Vegas |



Wednesday, May 6, 2009

| <u>Time</u> | <u>Function</u> | <u>Location</u> |
|--------------------|--|-----------------------------|
| 6:30 am – 5:30 pm | Speaker Ready Room | Surf F |
| 7 am – 5 pm | Registration Open | Mandalay Bay Foyer |
| 7:30 am – 8:30 am | Exhibitor's Breakfast | Shorelines A |
| 7:30 am – 12:30 pm | Concurrent Scientific Session A | Mandalay Bay GH |
| 7:30 am – 12:30 pm | Concurrent Scientific Session B | Mandalay Bay CD |
| 8 am – 5:30 pm | Press Office | Breakers Registration North |
| 9 am – 4:30 pm | Exhibits Open | Shorelines A |
| 9:45 am – 10:30 am | Coffee Break in the Exhibits | Shorelines A |
| 10 am – 10:30 am | Teaching Course Subcommittee | Surf D |
| 12:30 pm – 1:30 pm | S19 Candidate Open Forum <i>All those interested in applying for membership are welcome to attend—box lunch provided</i> | Lagoon D |
| 12:30 pm – 1:30 pm | ASERF New Board Meeting | Reef D-F |
| 12:30 pm – 2 pm | Lunch in the Exhibits | Shorelines A |
| 2 pm – 6:30 pm | Optional Courses—600 & 700 Series | See Ticket |
| 3:30 pm – 4:30 pm | Education Commission & Program Committee | Reef D-F |
| 4 pm – 4:30 pm | Coffee Break in the Exhibits | Shorelines A |
| 6:30 pm – 7 pm | Awards Reception <i>Supported by Mentor Corporation</i> | Surf AB |
| 7 pm – 8 pm | Presidential Reception | Mandalay Bay F |
| 8 pm – Midnight | Presidential Dinner Dance <i>Reserved Seating—Ticket Required</i> <i>Supported by Medicis Aesthetics</i> | Mandalay Bay E |



Convention Summary

Thursday, May 7, 2009

| <u>Time</u> | <u>Function</u> | <u>Location</u> |
|---------------------|--|-----------------------------|
| 6:30 am – 3:30 pm | Speaker Ready Room | Surf F |
| 7 am – 12 Noon | Registration Open | Mandalay Bay Foyer |
| 7:30 am – 12:15 pm | Scientific Session | Mandalay Bay GH |
| 8 am – 1 pm | Press Office | Breakers Registration North |
| 9 am – 2 pm | Exhibits Open | Shorelines A |
| 10:45 am – 11:15 am | Coffee Break in the Exhibits | Shorelines A |
| 12 Noon – 1 pm | ASAPS New Board Organizational Meeting | Reef D-F |
| 2:15 – 1:15 pm | Lunch in the Exhibits | Shorelines A |
| 3:15 pm – 3:30 pm | Scientific Session | Mandalay GH |



Reminder
The Aesthetic Meeting 2010

See You In Washington, DC!
 April 22–27, 2010