

出國報告（出國類別：開會）

參加醫學會(2019 美國整形外科 醫學會年會)

服務機關：衛生福利部桃園醫院整形外科

姓名職稱：鄭泰如 主任

派赴國家/地區：美國

出國期間：108.09.19 至 108.09.24

報告日期：108.12.04

摘要

感謝衛福部及桃園醫院長官的支持，贊助部份經費，讓個人這次得以赴美國聖地牙哥參加 2019 年美國整形外科醫學會年會(2019.10.19-2019.10.23)。這次參加美國整形外科醫學會年會，距離個人最近一次參加這個會議已將近十年，深感醫學進步神速。以下謹將開會心得，摘要報告如下：

- (一)深感醫學進步神速。應該每 2 至 3 年參加會議，吸收新知，以回饋在更好的臨床治療品質。
- (二)更先進的治療，如幹細胞治療，已成為未來趨勢，本院也應該開始投入這個領域，以免與先進醫療落差過大。。
- (三)在追求及引進先進醫療科技的同時，其實也不應忽略如何在基本及傳統的醫療上，追求做得更好。

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一、 目的：

感謝衛福部及桃園醫院長官的支持，贊助部份經費，讓個人這次得以赴美國聖地牙哥參加 2019 年美國整形外科醫學會年會，吸取新知，以下謹將開會心得，摘要報告如下：

二、 過程：

1. 出發：搭乘長榮航空公司 BR8 班機於 108-09-19 早上 10 時出發至美國舊金山國際機場，當地時間 108-09-19 搭乘阿拉斯加航空轉機至聖地牙哥國際機場。
2. 進修內容：至美國聖地牙哥參加 2019 年美國整形外科醫學會年會。
3. 返台：108-09-23 下午 17 時自聖地牙哥國際機場搭乘阿拉斯加航空至西雅圖塔可碼國際機場，轉搭乘坐長榮航空公司 BR25 班機於 108-09-25 日早上 5 點 10 分時返抵國門結束行程。

三、 心得：

- Surgical treatment of lymphedema of the extremity should be guided by disease stages(肢體淋巴水腫外科治療):
 - a) early stage (fluid dominant) : lymphovenous bypass
 - b) advanced stage (fluid/fat mixed): lymphovenous bypass or vascularized LN transfer
 - c) late stage (fat/fibrosis): liposuction/Charles procedure.
 - d) functional and symptom improvement can be expected based on available data
- Treatment of para-stomal erosion/maceration(腹壁腸造口周圍皮膚浸潤的治療): autologous fat grafting is a feasible option to improve the para-stoma skin contour.
- Lip cancer(唇癌)
 - a) basal cell carcinoma: most common variety in upper lip, with favorable outcome

- b) cutaneous squamous cell carcinoma (lip SCC that occurs external to white roll) : most common lip cancer, usually on lower lip and outcome is favorable
 - c) oral-mucosal squamous cell carcinoma (om-SCC):
SCC of the vermilion or mucosal lip higher rate of nodal disease worse outcomes
- Lip reconstruction(唇重建原則):
 - a) upper lip reconstruction: by location of subunit and size of defect
 - b) maintenance of lip competency is paramount
 - c) microstomia is less bad when compared to drooling
 - d) restore aesthetic subunits when possible
 - e) keep it simple; don' t burn bridges
 - f) radiation will continue to affect your outcomes long after treatment has ended
 - g) multiple techniques may be used for lip reconstruction
 - h) reconstruction can be tailored to meet individual patient goals and treatment needs
 - i) radiation.....ugh
- Tumescent formula for face and neck region WALA(清醒下局部麻醉之麻醉輸液指南)
 - a) 60 ml 1% lidocaine with 1:100000 epinephrine
 - b) 6ml 8.4% bicarbonate
 - c) 10ml of 0.25% bupivacaine with epinephrine
 - d) 250ml saline
 - e) This is 9mg/kg of lido. with epi. Minus what diffuse out of wound
 - f) Rare reports of overdose of lido. In tiny women
 - g) Prefer ridiculously safe with no IV and no monitoring
- Breast cancer in women: Important comparative risks(乳癌現況)
 - a) Developing breast cancer in lifetime 12.5%
 - b) Recurrent breast cancer after mastectomy 5-8%
 - c) Capsular contraction over 10 years 14%
 - d) Breast implant rupture over 10 years 8%
 - e) Developing BIA-ALCL 0.005% (1/20000) or higher

- Diagnosis of BIA-ALCL(義乳關聯性大細胞淋巴癌的診斷)
 - a) Ultrasound of fluid collection
 - b) Cytology, flow cytometry for T-cell clones
 - c) Immunochemistry for CD30
 - d) Confirmed cases: PET-CT

- The Management of asymptomatic patients with textured breast(植入粗糙面義乳無異常患者的治療建議)
 - a) Many surgeons sent a wave of letters and emails to their textured patients in advance
 - b) Media attention after the FDA hearings and the Allergan recall initiated calls from a few patients
 - c) Allergan sends letters to 80,000 patients leading to a flood of calls and emails from patients nationwide

- Combination of acellular dermal matrices(ADM) with breast implant: current option(結合人工真皮於義乳填充手術)
 - a) Industry cannot “ promote” ADM for breast surgery
 - b) Performance is not in question
 - c) A formal PMA is requested to demonstrate safety and efficacy of ADM in breast surgery
 - d) Many breast surgeons still continue to use ADM to reinforce the soft tissue envelope in the setting of prepectoral breast reconstruction.

- Outcomes following removal of breast implants (for fear of associated health issues)(義乳取出後治療方針)
 - a) Strong enough evidence that there is a relationship between silicone breast implants and autoimmune/rheumatoid disorders
 - b) Higher rate of Sjogrene’ s syndrome, scleroderma RA, stillbirth and melanoma when compared with normative data
 - c) 42% bacteria in capsule
 - d) 80% major improvement in symptoms post explant
 - e) 93% major improvement in psychological well-being
 - f) ANA antibodies: 28% in control group vs 24% in explant group.

- Take home Messages for BIA-ALCL(BIA-ALCL 的建議):
 - a) ALCL is here to stay and influence our profession and practices

- b) BII is gaining popularity and mixed up with ALCL by patients and SM
 - c) Experiencing a surge of patients who are “Sick and tired” of their implants
 - d) New understandings, management plans & techniques are required
 - e) Fat grafting breasts to replace or avoid implants becoming popular
 - f) New more effective techniques are mandatory to improve outcomes
 - g) The world is going smooth
 - h) Meshed ADMs has a scientifically proved superiority.
- Current trend on mastopexy (“ breast lift”) following implant explantation(義乳取出後提乳的現況)
- a) Styles change, just like fashion, hemlines, hairstyles
 - b) What was popular before can change (smaller, perky breasts are popular currently)
 - c) Most women simply want to feel proportional
 - d) Explanation will likely increase with ALCL concerns and ongoing bad media attention to breast implants (BII)
 - e) You can often treat patients in the office or plan together with patients by saline implant deflation first, then decide on what to do next.
- Decision making for mastopexy after implant explantation(義乳取出後乳房提高的策略建議)
- a) Grade I ptosis: explant only
 - b) Grade II ptosis: explant and limited mastopexy
 - c) Grade III ptosis: explant and wise pattern mastopexy
 - d) Exception: very little breast tissue, or high implant to breast tissue ratio, mastopexy may not improve appearance!
 - e) Fat grafting

四、 建議事項：

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(二)更先進的治療，如幹細胞治療，已成為未來趨勢，本院也應該開始投入這個領域，以免與先進醫療落差過大。

(三)在追求及引進先進醫療科技的同時，其實也不應忽略如何在基本及傳統的醫療上，追求做得更好。因為大部份的患者所需要的，還是這個領域就足以提供滿足；在創新的追求與傳統的改進之間，永遠需要兩者並進，缺一不可。

