



AESTHETIC GYNECOLOGY

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It's not only about Cosmetic Gynaecology; it's all about modern Women's Well-Being, Beauty and Quality of Life



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ESAG AFFILIATED SOCIETIES



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WELCOME NOTE

Dear Friends,

Following ESAG's tradition, I would like to welcome all of you attending ESAG 7th World Congress, taking place in London, UK from December 14th to December 16th, 2023.

Once again, ESAG brings together experts from around the world, to London – one of Europe's most reputed cities, to share inspiring innovation and ideas, to our large community.

ESAG's Congresses have come to accrue immense prominence in the sector of Reconstructive, Aesthetic & Regenerative Gynecology; an area which has developed greatly in the past years due to the contributions of exquisite professionals coming from various backgrounds and specialties.

ESAG functions as a host in promoting and expanding the knowledge in the field of Women's Health, Beauty and Wellbeing, by inviting Gynecologists, Plastic Surgeons, Dermatologists, GPs, Family doctors, Sexual Medicine Professionals, Anti-Ageing Medical Professionals, Aestheticians, Nurses.

ESAG's Congresses gather prestigious speakers from all over the globe - experts in the field -to share their knowledge and to present the latest in surgical and non-surgical techniques in Reconstructive, Aesthetic & Regenerative Gynecology. Moreover, our society creates a networking environment in which delegates and technology providers may interact productively.

I am looking forward to welcoming you in London.

Sincerely Yours

Alexandros Bader, MD, FAAOCG

Founder & President of ESAG

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CHAIRMAN

Alexandros Bader MD, FAAOCG

ORGANIZING COMMITTEE

Alexandros Bader	Maria Papadopoulou
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FACULTY

Alexandros Bader (UK)	Maria Papadopoulou (UK)
Agnieszka Nalewczynska (Poland)	Abdellilah Lahali (Morocco)
Ana Cristina Batalha (Brazil)	Amr Abbasy (Egypt)
Dawid Serafin (Poland)	Ariel Luksenburg (Uruguay)
Eighty Mardiyan Kurniawati (Indonesia)	Barbara Fernandez (Spain)
Hassan Soliman (Saudi Arabia)	Dan Mon O' Dey (Germany)
Hichem Bensmail (France)	Diana Mihai (Romania)
John Miklos (USA)	Fernando Aznar (Spain)
Jorge Elias (Argentina)	Nadia Yousri (United Kingdom)
Ozgur Leylek (<i>Turkey</i>)	Ivan Fistonic (Croatia)
Nabil Elmahdawi (<i>UK</i>)	Jorge De Leon Soto (Guatemala)
Marco Pelosi III (USA)	Leila Khalili (<i>Iran</i>)
Marta Recio (Spain)	Andreas Lenhard (Germany)
Natalia Markova (Czech Republic)	Oseka Onuma (Australia)
Ozgur Aglamis (Turkey)	Piotr Kolczeswki (Poland)
Raquel Tulleuda Martinez (Spain)	Rafal Kuzlik (Poland)
Stelios Kiosses (UK)	Prabhu Mishra (India)
Abraham Delarosa (Guatemala)	Smit Solanki (India)
Sara Matthews (UK)	Victoria Martinez (Spain)
Vivek Nama (UK)	



Empower RF is the most advanced women's intimate wellness solution that addresses a broad range of conditions such as stress, mixed urinary incontinence (SUI), weak pelvic floor muscles, pain during intercourse and blood circulation for full functional optimisation.





SCI ENT ENT IFIC PROGRAM





DEAR FRIENDS

With the confers of Council for Continuing Medical Education (EACCME®) it is our great pleasure to announce that The ESAG 7th World Congress, 2023 | European Society of Aesthetic Gynecology, London, UK, United Kingdom 14/12/2023 - 16/12/2023 has been ACCREDITED with

23,0 European CME credits (ECMEC®s)

"Each medical specialist will receive only those hours of credit that he/she actually spent in the educational activity."

Through an agreement between the European Union of Medical Specialists and the American Medical Association, physicians may convert EACCME[®] credits to an equivalent number of AMA PRA Category 1 Credits[™]. Information on the process to convert EACCME[®] credits to AMA credits can be found at <u>https://edhub.ama-assn.org/pages/applications</u>.

Live educational activities occurring outside of Canada, recognised by the UEMS-EACCME[®] for ECMEC[®] credits are deemed to be Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

Information regarding the conversion of EACCME® credits

Credit will be converted based on one (1) hour of participation equalling one credit for all activities. Physicians wishing to convert EACCME[®] credits to AMA PRA Category 1 Credit[™] will be required to access the AMA website at <u>https://edhub.ama-assn.org/pages/applictations</u> to obtain the necessary paperwork and instructions. Physicians and other health care professionals will be required to pay a processing fee to the AMA.

For other countries, please contact the relevant national/regional accreditation authority.

CERTIFICATE OF ATTENDANCE

All participating Physicians to receive their Certificate of Attendance with the relevant awarded European CME Credits (ECMEC®s) must first fill in the required questionnaire (the electronic address will be sent to all participants), and following that, the relevant Certificate of Attendance will be sent electronically by e-mail.



SURGICAL



BY THE EXPERTS

PROGRAM



DAY ONE DECEMBER 14th, 2023 – THURSDAY MASTER CLASS DAY

SURGICAL MASTER CLASS BY THE EXPERTS

Dear colleagues please note the following:

- There are limited seats available, early registration is suggested.
- The Masters Class is **not** included within the congress fees; A separate registration required.
- Special registration fees for registering at both the master's Class and the regular Congress.
- On the spot registrations will not be accepted
- All participants will receive CME certificate of participation signed by all the Expert Speakers

08:00 – 17:40	
08:30 - 09:00	Registrations & Welcome

09:00 - 09:30	Step by Step detailed video Precision Sculpted Monsplasty - <i>Dr. Marco Pelosi III</i>
09:30 – 09:45	Q&A – Discussion
09:45 – 10:15	Step by Step detailed video The V-wedge technique of Labiaplasty - <i>Dr. Rafal Kuzlik</i>
10:15 – 10:30	Q&A – Discussion
10:30 – 11:00	Step by Step detailed video Reconstruction after Female Genital Mutilation (FGM) - <i>Dr. Dan Mon O'Dey</i>
11:00 – 11:15	Q&A – Discussion

11:15 – 11:45 | COFFEE BREAK

DAY ONE DECEMBER 14th, 2023 – THURSDAY MASTER CLASS DAY

11:45 – 12:15	Step by Step detailed video Assessing & Treating the Clitoral Hood Area - My Technique - <i>Dr. John Miklos</i>
12:15 – 12:30	Q&A – Discussion
12:30 – 13:00	Step by Step detailed video Double-folded Labiaplasty - <i>Dr. Alexandros Bader</i>
13:00 – 13:15	Q&A – Discussion

13:15 – 14:00 LUNCH BREAK

14:00 – 14:30	Step by Step detailed video Botched Labia Reconstruction. Labia Majora Flap Technique - <i>Dr. Ana Cristina</i> Batalha
14:30 – 14:45	Q&A – Discussion
14:45 – 15:15	Step by Step detailed video Vulvar Reconstruction on Severe Lichen Sclerosus - Dr. Jorge Elias
15:15 – 15:30	Q&A – Discussion

DAY ONE DECEMBER 14th, 2023 – THURSDAY MASTER CLASS DAY

15:30 - 15:45 COFFEE BREAK

15:45 – 16:15	Step by Step detailed video Treatment and cure of severe (Grade III) SUI after failed TOT/TVT - <i>Dr. Ariel</i> <i>Luksenburg</i>
16:15 – 16:30	Q&A – Discussion

16:30 - 17:00	MASTERS CLASS CERTIFICATION
17:00	End of Master Class



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PROGRAM



DAY TWO DECEMBER 15TH, 2023 – FRIDAY **OFFICIAL CONGRESS DAY**

08:00 – 08:45 | REGISTRATIONS

SESSION 1

08:45 – 10:45	
	Chairpersons: Alexandros Bader, Marco Pelosi III, Ivan Fistonic
08:45 – 09:00	Congress opening and welcome speech Alexandros Bader (UK)
09:00 – 09:20	An Overview of Cosmetic Gynecology Marco Pelosi III (USA)
09:20 – 09:40	Indications and Perspectives in Female Intimate Surgery Dan Mon O'Dey (Germany)
09:40 – 10:00	Ethical aspects of reconstructive and aesthetic procedures in Gynecology <i>Ivan Fistonic (Croatia)</i>
10:00 – 10:20	The Ultimate V – Principles and practices Oseka Onuma (Australia)
10:20 – 10:40	Complications in Hoodplasty and Clitoroplasty Ana Cristina Batalha (Brazil)
10:40 – 10:45	Q&A

10:45 – 11:15 | COFFEE BREAK

SESSION 2

ESAG. CONGRESS

11:15 – 12:50	
	Chairpersons: Rafal Kuzlik, Alexandros Bader, Diana Mihai
11:15 – 11:30	PRP indications and protocols in Gynaecology: scar, atrophy, orgasm dysfunction, surgery <i>Diana Mihai (Romania)</i>
11:30 – 11:45	An initial study to evaluate the efficacy and benefits of Injecting Platelets Rich Plasma in combination with Hyaluronic Acid during Vaginal Repair treating SUI. V-Labiaplasty – pursuing an excellence. How to perform it correctly Hassan Soliman (Saudi Arabia)
11:45 – 12:00	The use of PRP-HA for the treatment of pain in Gynecology Agnieszka Nalewczynska (Poland)
12:00 – 12:15	Effect of High Intensity Focused Ultrasound on Vaginal Relaxation Syndrome <i>Amr Abbasy (Egypt)</i>
12:15 – 12:30	5 Years of French experience in magnetic field therapy for pelvic floor rehabilitation. Retrospective Study <i>Hichem Bensmail (France)</i>
12:30 – 12:45	Controversies surrounding Labiaplasty & other FGC procedures Nadia Yousri (UK)
12:45 – 12:50	Q&A

12:50 – 13:50 LUNCH BREAK

DAY TWO DECEMBER 15th, 2023 – FRIDAY OFFICIAL CONGRESS DAY

SESSION 3

13:50 – 14:50	
13:50 – 14:35	Innovation and longevity in women's health using HIFEM energy Sara Matthews (UK)
14:35 – 14:50	Q&A

SESSION 4

14:50 – 17:20	
	Chairpersons: Alexandros Bader, John Miklos, Marco Pelosi III
14:50 – 15:10	The Sub-Urethral Spider Web technique. An outpatient office treatment to cure severe (Grade III) SUI Ariel Luksenburg (Uruguay)
15:10 – 15:25	Labia Minora Plasty with Dewedge Technique. Guidelines for a successful Surgery Dawid Serafin (Poland)
15:25 – 15:45	Synchronised Labia Majora Plasty Marco Pelosi III (USA)
15:45 – 16:00	Creation of neovagina with peritoneal flap on patients with RMK Syndrome <i>Rafal Kuzlik (Poland)</i>
16:00 – 16:15	Sutureless Labiaplasty Abdelilah Lahali (Morocco)
16:15 – 16:30	Reverse Perineorrhaphy Leila Khalili (Iran)
16:30 – 16:50	Hidden Scars Labia Majora Lifting Alexandros Bader (UK)
16:50 – 17:10	Clitoral Hood Surgery. Anatomy & Safety John Miklos (USA)
17:10 – 17:20	Q&A

DAY THREE DECEMBER 16th, 2023 – SATURDAY OFFICIAL CONGRESS DAY

SESSION 5

08:15 – 10:00	
	Chairpersons: Alexandros Bader, Piotr Kolczewski, Rafal Kuzlik
08:15 – 08:30	Threads in the intimate area: types, techniques and methods for correcting anogenital area, vagina and labia majora Natalia Markova (Czech Republic)
08:30 – 08:45	Experience of using Botulinum Toxin for Vaginismus. The experience in the East Java area Eighty Mardiyan Kurniawati (Indonesia)
08:45 – 09:00	Bioresobable Polycaprolactone (PCL) based urethral injectable in the treatment of SUI Nabil Elmahdawi (UK)
09:00 – 09:15	An alternative and Effective method of Vaginal Tightening with Threads Leylek Ozgur (Turkey)
09:15 – 09:30	A novel technique of genital rejuvenation using plasma energy plus Nanofat: Dr. Ozgur's genital lifting concept <i>Ozgur Aglamis (Turkey</i>)
09:30 – 09:55	How to Recognize Lichen Sclerosis. Treatment options and Strategies Jorge Elias (Argentina)
09:55 – 10:00	Q&A

10:00 – 10:30 COFFEE BREAK

DAY THREE DECEMBER 16th, 2023 – SATURDAY OFFICIAL CONGRESS DAY

SESSION 6

10:30 – 12:05	
	Chairpersons: Ivan Fistonic, Alexandros Bader, Fernando Aznar
10:30 – 10:45	Laser Applications in Gynecology Ivan Fistonic (Croatia)
10:45 - 11:00	Efficacy of Transcutaneous temperature-controlled radiofrequency for overactive bladder - Smit Solanki (India)
11:00 - 11:15	HIFU and its place among EBD Piotr Kolczewski (Poland)
11:15 - 11:30	Combination of HIFEM and Laser for Female SUI and FSD Andreas Lenhard (Germany)
11:30 – 11:45	Overview of the role of regenerative Gynaecology in managing cancer treatment-induced vulvovaginal atrophy (VVA) - Nabil Elmahdawi (UK)
11:45 – 11:50	Q&A

SESSION 7

11:50 – 12:50	
11:50 – 12:35	Breaking Barriers with RF empower <i>Vivek Nama (UK</i>)
12:35 – 12:50	Q&A
12:50 – 13:45	LUNCH BREAK

SESSION 8

13:45 – 14:45		
Chairpersons: Stelios Kiosses, Alexandros Bader		
13:45 – 14:00	Aesthetic and regenerative Gynaecology go hand in hand with sexuality Raquel Tulleuda Martinez (Spain)	
14:00 - 14:25	Addressing Anxiety and Fear in Aesthetic Gynecology Patients Stelios Kiosses (UK)	
14:25 – 14:40	Menopause, sex and gynaecologists Raquel Tulleuda Martinez (Spain)	
14:40 – 14:45	Q&A	

DAY THREE DECEMBER 16th, 2023 – SATURDAY OFFICIAL CONGRESS DAY

SESSION 9

14:45 – 16:00		
Chairpersons: Maria Papadopoulou, Prabhu Mishra, Jorge Elias		
14:45 – 15:05	Loss of sexual drive in Menopausal women. Reasons, Investigation and Therapy Plan Protocols Maria Papadopoulou (UK)	
15:05 – 15:25	Stem Cells & Regenerative Medicine in Gynecological Disorders Prabhu Mishra (India)	
15:25 – 15:40	Bio-Identical Hormones, where we are and where we are going? Abraham Delarosa (Guatemala)	
15:40 – 15:45	Q&A	

15:45 – 16:00 COFFEE BREAK

SESSION 10

16:00 – 17:20	
	Chairpersons: Jorge Elias, Fernando Aznar, Victoria Martinez
16:00 – 16:15	Vaginoplasty. Methods and differences Victoria Martinez (Spain)
16:15 – 16:30	The importance of therapeutic orgasm with medical Vulvo-Vaginal toys Barbara Fernandez (Spain)
16:30 – 16:45	Exosomes in Regenerative Gynecology. A new horizon is born Fernando Aznar (Spain)
16:45 – 17:00	Combined Regenerative Treatment for Lichen Sclerosus Marta Recio (Spain)
17:00 – 17:15	Conservative Management of sagging Labia Majora Jorge De Leon Soto (Guatemala)
17:15 – 17:20	Q&A

17:20 END OF THE CONGRESS

SPONSOR ACKNOWLEDGMENTS







GENERAL INFORMATION

THE VENUES

ESAG 7th WORLD CONGRESS | CONGRESS VENUE – LONDON, UK - DECEMBER 14th TO 16th, 2023

It is our pleasure to announce that ESAG 7th World Congress 2023 will take place during the dates December 14th to 16th, 2023 in London, UK.

Congress Days Overview:

December 14th, 2023: ESAG Surgical Master Class 2023, by the World Experts (separate registration is required) **December 14th, 2023: ESAG Master Class on BHRT and PRP application in Regenerative & Func-**

tional Gynecology (separate registration is required) December 15th, 2023: 1st Official Congress Day December 16th, 2023: 2nd Official Congress Day December 16th, 2023: Gala Party & Awards Night

ESAG SURGICAL MASTER CLASS 2023 – DECEMBER 14th 2023

We are delighted to announce that ESAG Surgical Master Class 2023 will take place at **InterContinental London – The O2 hotel** which is conveniently located on the stunning Greenwich Peninsula, right next to the majestic River Thames.

The Surgical Master Class will start at 08:30 and end approximately at 17:00.

InterContinental London – The O2 has a long-established reputation for customer service, hospitality and superb conference facilities. Located on the tip of the Greenwich Peninsula in the Royal Borough of Greenwich in London's East, this luxury hotel offers a truly exceptional conference and meeting space that combines sophistication, functionality, and picturesque surroundings. With an expansive 4,500 square meters, its purpose-built conference center is designed to accommodate up to 3,000 guests, making it an ideal venue for conferences, exhibitions, and grand-scale events.

InterContinental London – The O2 is located at One Waterview Drive, Greenwich Peninsula, SE10 0TW

ESAG MASTER CLASS ON BHRT AND PRP APPLICATION IN REGENERATIVE & FUNCTIONAL GYNECOLOGY – DECEMBER 14th 2023

We are delighted to announce that ESAG Master Class on BHRT and PRP application in Regenerative & Functional Gynecology will take place at **20 Cavendish Square, Room: "Jean McFarlane"** which is conveniently located on the well known Medical district of London 20 Cavendish Square, London W1G 0RN

The Master Class will start at 11:00 and end approximately at 18:15 and will focus on Bioidentical Hormonal Replacement Therapy (BHRT) and Platelets Rich Plasma (PRP) applications in Regenerative and Functional Gynecology.

Jean McFarlane room is located at 20 Cavendish Square, London W1G 0RN

ESAG 7th WORLD CONGRESS - DECEMBER 15th & 16th, 2023

We are delighted to announce that ESAG 7th World Congress 2023 will take place at I**nterContinental** London – The O2 hotel which is conveniently located on the stunning Greenwich Peninsula, right next to the majestic River Thames.

InterContinental London – The O2 has a long-established reputation for customer service, hospitality and superb conference facilities. Located on the tip of the Greenwich Peninsula in the Royal Borough of Greenwich in London's East, this luxury hotel offers a truly exceptional conference and meeting space that combines sophistication, functionality, and picturesque surroundings. With an expansive 4,500 square meters, its purpose-built conference center is designed to accommodate up to 3,000 guests, making it an ideal venue for conferences, exhibitions, and grand-scale events.

<u>InterContinental London – The O2</u> is located at One Waterview Drive, Greenwich Peninsula, SE10 0TW T: +44 20 8463 6868

Find how you can get to InterContinental London – The O2 InterContinental London – The O2 Information

GALA PARTY & AWARDS NIGHT - DECEMBER 16th, 2023

London Tower Bridge is located at Tower Bridge Rd, London SE1 2UP, United Kingdom

We are delighted to announce the **ESAG 7th World Congress Gala Party & Awards Night will be held on Saturday December 16th, 2023 at the world-famous London Tower Bridge Walkaways**. Join us to celebrate and party with drinks, dining with music entertainment and dancing, at one of London's most iconic sights, making ESAG 7th World Congress Gala Party & Awards Night a truly memorable evening. As the sun sets over London and the skylight becomes illuminated with city lights, the Walkways become a truly magical setting offering a unique experience and the thrill of seeing London life through the Glass floor. An event not to be missed!

Find how you can get to London Tower Bridge London Tower Bridge



SIGHTSEEING RECOMMENDATIONS

WESTMINSTER ABBEY

http://www.westminster-abbey.org/home

The Church of St Peter at Westminster, better known as Westminster Abbey, is one of the most important Gothic buildings in the country, has been the coronation church since 1066 and is the final resting place of seventeen monarchs. Benedictine monks first came to this site in the tenth century, establishing a tradition of daily worship which continues today. At its centre is the medieval shrine of an Anglo-Saxon saint.

THE PALACE OF WESTMINSTER

http://www.parliament.uk/visiting/

The Palace of Westminster, better known today as the Houses of Parliament, is the oldest royal palace in London, a world heritage site and one of most recognized buildings in the world. Built on the site of a medieval palace, and possibly a Roman Temple dedicated to Apollo, the palace has been in continuous use since the first half of the 11th century.

Today the oldest existing part of the Houses of Parliament is Westminster Hall, dating back to the reign of King William II. Built in 1097, it is the oldest ceremonial hall in Britain and was the largest hall in Europe. Other historic parts include the 1297 Edward I Chapel of St Mary Undercroft and the Jewel Tower, built by Edward III in 1366.

The present Gothic palace, re-built in 1854 by Charles Barry, has over 1100 rooms, 100 staircases, 11 courtyards and a 200m riverside terrace used for entertaining.

The most famous part of the building is the Clock Tower, which houses Big Ben. Victoria Tower, the southern tower, is 102m high and was once the largest and tallest tower in the world. On top is a 15m flagpole which flies the Union flag when parliament is 'sitting'.

BIG BEN

http://www.parliament.uk/visiting/visiting-and-tours/tours-of-parliament/bigben/

The Clock Tower at the Palace of Westminster is probably the most famous clock in the world, a place from which time is measured. Big Ben is not the 100m tower, but the 13th 'great' bell in the tower which strikes the hour.

With each face nearly 7m wide, the minute hands over 4.2m long and the hour hands weighing 300kg each, it is the largest four faced chiming clock in the world.

Although the clock was stated on 31st May 1859, Big Ben rang for the 1st time over London a month later on 11th July.

CHURCHILL WAR ROOMS

http://www.iwm.org.uk/visits/churchill-war-rooms

The Churchill War Rooms, deep beneath the HM Treasury buildings, was the secret underground command and control centre used by the British government during the Second World War. Abandoned in August 1945, the complex of rooms and corridors house the Cabinet War Rooms, which have been kept as they were left, and the Churchill Museum.

BUCKINGHAM PALACE

https://www.royal.uk/search?tags%5B0%5D=Buckingham%20Palace

The Churchill War Rooms, deep beneath the HM Treasury buildings, was the secret underground command and control centre used by the British government during the Second World War. Abandoned in August 1945, the complex of rooms and corridors house the Cabinet War Rooms, which have been kept as they were left, and the Churchill Museum.

THE NATIONAL GALLERY

http://www.nationalgallery.org.uk/

The National Gallery in Trafalgar Square was built in 1838 to house the growing national collection of Art and to be a venue comparable with other national art galleries, such as the Louvre in Paris.

Displaying Western European paintings from the 13th to the 19th century the National Gallery was built with the aim of showing them freely to people of all social classes. The pictures, most of which used to belong to private collectors, have been either bought or gifted to the collection.

Originally the building's design was criticized. It was only one room deep and very cramped. King William IV called it "a nasty pokey little hole". Since then, there have been many alterations and additions with large architectural spaces arranged on a Greek-Cross plan.

A safe and effective treatment of stress urinary incontinence

Urolon[™] bridges the gap between a conservative approach, such as pads or pelvic floor muscle therapy, and surgical intervention.

Urolon is a bioresorbable product for the treatment of stress incontinence that is injected around the urethra. Urolon stimulates the formation of connective tissue and creates a collagen matrix.

The 2 Unique components of Urolon™:

- **Gel** direct coaptation of the urethral lumen
- Polycaprolactone (PCL) stimulates collagen formation for long-term effectiveness

'Bulking agents have already been around for some time and therefore are nothing new. Urolon, however, is the final stage of an intensive search for the ideal bulking material. Many women do not want permanent materials implanted in their body and Urolon now offers a beautiful solution. '

- Evert Koldewijn, MD, PhD, Catharina Hospital, Eindhoven, The Netherlands.

