



## Scientific Program

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

[www.esag.org/congress](http://www.esag.org/congress)

## Affiliated Societies



## Welcome Note

Dear Friends,

Following ESAG's tradition, I would like to welcome you to the 8th ESAG World Congress, which will take place in Istanbul, Turkey, from November 7th to November 9th, 2024.

Once again, ESAG brings experts worldwide to Istanbul to share inspiring innovation and ideas with our large community.

ESAG's Congresses have gained immense prominence in Reconstructive, Aesthetic, and regenerative Gynecology, which has developed greatly in the past years due to the contributions of exquisite professionals from various backgrounds and specialties.

ESAG functions as a host in promoting and expanding knowledge in the field of Women's Health, Beauty, and Well-Being by inviting Gynecologists, Plastic Surgeons, Dermatologists, GPs, Family doctors, sexual medicine professionals, Anti-Aging Medical Professionals, Aestheticians, and Nurses.

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

Dear friends, I am looking forward to welcoming you to Istanbul, a city of culture, attractions, and a unique location, with easy access from all over the world.

Sincerely Yours,

A handwritten signature in black ink, consisting of several overlapping, fluid strokes that form a cursive name.

Alexandros Bader, MD, FAAOCG

Founder & President of ESAG

## Chairman

Alexandros Bader
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## Organizing Committee

Alexandros Bader	Maria Papadopoulou
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## Scientific Faculty

Abdelilah Lahlali (Morocco)	Alaa Alkhateeb (Jordan)
Alessandra Clarizia (Brazil)	Alexandra Runnels (USA)
Alexandros Bader (UK)	Ana Maria Mihai (Romania)
Anna Jastak (Germany)	Arbabi Bahareh (Iran)
Ariel Luksenburg (Uruguay)	Ayse Konac (Turkey)
Belisa Vides (Brazil)	Beril Leylek (Turkey)
Berna Haliloglu Peker (Turkey)	Cesar Arroyo (Spain)
Charles Runels (USA)	Claudio Catalisano (Italy)
Dawid Serafin (Poland)	Diana Mihai (Romania)
Dulce Henriques (Brazil)	Eser Agar (Turkey)
Fernando Aznar (Spain)	Fisun Vural (Turkey)
Hassan Soliman (Saudi Arabia)	Hicham Ben Abbes Taarji (Morocco)
Hichem Bensmail (France)	Ivan Altamirano (Ecuador)
Ivan Fistic (Croatia)	Jorge De Leon Soto (Guatemala)
Jorge Elias (Argentina)	Jyotsna Kamra (India)

Kunsang Dolma Sherpa (Nepal)	Leila Khalili (Iran)
Leylek Ozgur (Turkey)	Luisa Guedes (Brazil)
Maria Karakoulaki (UAE)	Maria Papadopoulou (UK)
Michael Goodman (USA)	Murat Emanetoglu (Turkey)
Nida Bayik (Turkey)	Piotr Kolczeswki (Poland)
Rafal Kuzlik (Poland)	Red Alinsod (USA)
Reem Nijem (Jordan)	Robert Moore (USA)
Savana Chongtham (India)	Servet Calikoglu (Turkey)
Shahrzad Shabaninia (Iran)	Smirty Maskey (Nepal)
Soumya Harikumar (UAE)	Stelios Kiosses (UK)
Tina Batalha (Brazil)	Turkay Shakarova (Azerbaijan)

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GYNECOLOGY

# SCIENTIFIC\_

PROGRAM



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## Accreditation



**The European Accreditation Council  
for Continuing Medical Education**  
Institution of the UEMS

“The ESAG 8th World Congress, 2024 | European Society of Aesthetic Gynecology, Istanbul, Turkey, Turkey 07/11/2024 - 09/11/2024, has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with

### **23.0 European CME credits (ECMEC®s).**

Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.”

“Through an agreement between the Union Européenne des Médecins Spécialistes 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® credit to AMA credit can be found at <https://edhub.ama-assn.org/pages/applications> .

“Live educational activities, occurring outside of Canada, recognised by the UEMS-EACCME® for ECMEC®s 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 <https://edhub.amaassn.org/pages/applications> 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 who wish 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). Then, the relevant Certificate of Attendance will be sent electronically by e-mail.

SURGICAL & NON-SURGICAL

MASTER

CLASS

BY THE EXPERTS

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# Master Class

*by the Experts*

**November 7<sup>th</sup>, 2024 – Thursday**

Dear colleagues, please note the following:

- There are limited seats available. Early registration is suggested.
- The **Master Class** is **not** included in the congress fees; A separate registration is 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 a CME certificate of participation signed by all the Expert Speakers

<b>08:00 - 17:40</b>	
08:00 – 08:30	Registrations & Welcome
08:30 – 08:55	Step by Step-detailed video <b>The choice between Wedge and Linear-type Techniques for Patients: When to do each technique</b> <i>Dr. Michael Goodman</i>
08:55 – 09:00	Q&A – Discussion
09:00 – 09:25	Step by Step-detailed video <b>Extended Wedge Labiaplasty. Tips and Tricks</b> <i>Dr. Piotr Kolczewski</i>
09:25 – 09:30	Q&A – Discussion
09:30 – 09:55	Step by Step-detailed video <b>Labia Minora Reduction. De-epithelialisation Technique</b> <i>Dr. Rafal Kuzlik</i>
09:55 – 10:00	Q&A – Discussion
<b>10:00 – 10:30 COFFEE BREAK</b>	
10:30 – 10:55	Step by Step-detailed video <b>Management of Protuberant Clitoris</b> <i>Dr. Red Alinsod</i>
10:55 – 11:00	Q&A – Discussion
11:00 – 11:25	Step by Step-detailed video <b>Vulvar Reconstruction in Lichen Sclerosus Gravis</b> <i>Dr. Jorge Elias</i>
11:25 – 11:30	Q&A – Discussion
11:30 – 11:55	Step by Step-detailed video <b>Clitoropixy, Batalha technique.</b> <i>Dr. Tina Batalha</i>
11:55 – 12:00	Q&A – Discussion
12:00 – 12:25	Step by Step-detailed video <b>Clitoropixy, the suspension at the periosteum technique</b> <i>Dr. Dulce Henriques</i>
12:25 – 12:30	Q&A – Discussion

**12:30 – 13:00 LUNCH BREAK**

13:00 – 13:25	Step by Step-detailed video <b>Labia Majora Reconstruction using a flab of the Labia Majora. The Bader-Elias technique.</b> <i>Dr. Alexandros Bader</i>
13:25 – 13:30	Q&A – Discussion
13:30 – 13:55	Step by Step-detailed video <b>Reconstruction After Botched Labiaplasty: Double Flap Rotation Technique</b> <i>Dr. Dawid Serafin</i>
13:55 – 14:00	Q&A – Discussion
14:00 – 14:25	Step by Step-detailed video <b>Vaginal Thread Tightening Circular (VTTC). Non-Surgical Vaginal Tightening</b> <i>Dr. Ozgur Leylek</i>
14:25 – 14:30	Q&A – Discussion

**14:30 – 15:00 COFFEE BREAK**

15:00 – 15:25	Step by Step-detailed video <b>Three-dimensional Vulvo-Vaginal Harmonization with PRP and PCL Threads</b> <i>Dr. Ariel Luksenburg</i>
15:25 – 15:30	Q&A – Discussion
15:30 – 15:55	Step by Step-detailed video <b>Regenerative and Aesthetic Enhancement of Labia Majora using Plasma Technology. The Honeycomb Technique</b> <i>Dr. Fernando Aznar</i>
15:55 – 16:00	Q&A – Discussion
16:00 – 16:25	Step by Step-detailed video <b>Seven O-Shot® Variations that Every Gynecologist should know – by the procedure's inventor</b> <i>Dr. Charles Runels &amp; Alexandra Runels</i>
16:25 – 16:30	Q&A – Discussion

**16:30 – 17:00 MASTERS CLASS CERTIFICATION**

# CONGRESS

PROGRAM

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**Day 2 – Official Congress Day**  
**November 8<sup>th</sup>, 2024 – Friday**

08:00 – 08:20	Registrations
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**SESSION 1**

08:20 – 09:35	<b>Congress Opening</b>
<b>Chairpersons:</b> Alexandros Bader, Red Alinsod, Ivan Fistonic, Michael Goodman	
08:20 – 08:25	Congress opening and welcome speech. <i>Alexandros Bader (UK)</i>
08:25 – 08:40	Ethical aspects of reconstructive and aesthetic procedures in Gynecology. <i>Ivan Fistonic (Croatia)</i>
08:40 – 08:55	Anxiety, Sexual and Body Image Issues in Cosmetic Gynecology Practice. How to stay out of trouble. <i>Michael Goodman (USA)</i>
08:55 – 09:10	The Unified Approach to Feminine Restoration Surgery. <i>Red Alinsod (USA)</i>
09:10 – 09:25	Psychological Outcomes of Cosmetic Genital Surgery: A Retrospective Analysis <i>Ayse Konac (Turkey)</i>
09:25 – 09:35	Q&A

**SESSION 2**

09:35 – 10:45	<b>JINKOZ (Association of Pelvic Reconstruction and Cosmetic Gynecology)</b>
<b>Chairpersons:</b> Nida Bayik – Eser Agar – Murat Emanetoglu – Fisun Vural – Servet Calikoglu	
09:35 – 09:50	Anatomical Landmarks in Cosmetic Gynecology. <i>Nida Bayik (Turkey)</i>
09:50 – 10:05	Advantages and disadvantages of Laser in Cosmetic Gynecology. <i>Eser Agar (Turkey)</i>
10:05 – 10:20	Pelvic Floor Evaluation by Ultrasound. <i>Fisun Vural (Turkey)</i>
10:20 – 10:35	Hyaluronic Acid application in Genitourinary Syndrome of Menopause (GSM). <i>Servet Calikoglu (Turkey)</i>
10:35 – 10:45	Q&A

10:45 – 11:15	Coffee Break
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**SESSION 3**

<b>11:15 – 12:50 ENERGY-BASED DEVICES (EBD) IN GYNECOLOGY</b>	
<b>Chairpersons:</b> Ivan Fistonic – Red Alinsod – Alexandros Bader - Piotr Kolczewski	
11:15 – 11:30	Vaginal laxity: Surgery or not surgery <i>Abdelilah Lahlali (Morocco)</i>
11:30 – 11:45	Laser Applications in Gynecology. <i>Ivan Fistonic (Croatia)</i>
11:45 – 12:00	HIFU in gynecology. Moroccan experience <i>Hicham Ben Abbes Taarji (Morocco)</i>
12:00 – 12:15	Effect of DBD plasma on wound healing after Labiaplasty. <i>Baharet Arbabi (Iran)</i>
12:15 – 12:30	Radiofrequency. A science beyond magic. <i>Piotr Kolczewski (Poland)</i>
12:30 – 12:45	HIFEM in Gynecoethetic and Ultrasound Control. <i>Ivan Altamirano (Ecuador)</i>
12:45 – 12:50	Q&A

<b>12:50 – 13:40</b>	<b>Lunch Break</b>
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<b>13:40 – 14:20 KEYNOTE SPEAKER</b>	
13:40 – 14:10	Psychosomatic Responses: Understanding the Impact on Patients Following Medical and Aesthetic Interventions. <i>Stelios Kiosses (UK)</i>
14:10 – 14:20	Q&A

**SESSION 4**

<b>14:20 – 15:25 LICHEN SCLEROSUS</b>	
<b>Chairpersons:</b> Rafal Kuzlik – Dawid Serafin – Jorge Elias – Alexandros Bader	
14:20 – 14:40	Micro-Needling RF (MorpheusV) for Lichen Sclerosus treatment. <i>Robert Moore (USA)</i>
14:40 – 15:00	Management of Lichen Sclerosus of the Clitoral and Vestibular Areas. <i>Hichem Bensmail (France)</i>
15:00 – 15:20	Early Lichen, the challenge of diagnosis. <i>Jorge Elias (Argentina)</i>
15:20 – 15:25	Q&A

<b>15:25 – 15:45</b>	<b>Coffee Break</b>
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## SESSION 5

15:45 – 17:20	LABIA & CLITORAL COMPLEX SURGERY, TIPS and TRICKS
<b>Chairpersons:</b> Alexandros Bader – Robert Moore – Michael Goodman – Dawid Serafin	
15:45 – 16:00	How do you set up your office for surgery under local Anesthesia? <i>Michael Goodman (USA)</i>
16:00 – 16:15	Complex Labiaplasty and how to manage it. <i>Robert Moore (USA)</i>
16:15 – 16:30	Double folded Labiaplasty Tips and tricks to avoid Micky Mouse ears-like results. <i>Alexandros Bader (UK)</i>
16:30 – 16:45	Is Clitoropexy Effective? <i>Dulce Henriques (Brazil)</i>
16:45 – 17:00	Labiaplasty Wound Dehiscence. How to Avoid It. <i>Dawid Serafin (Poland)</i>
17:00 – 17:15	Labiaplasty the L Technique. <i>Leila Khalili (Iran)</i>
17:15 – 17:20	Q&A

## SESSION 6

17:20 – 18:30	VAGINA & PERINEUM SURGERY, TIPS and Tricks on new techniques
<b>Chairpersons:</b> Alexandros Bader- Piotr Kolczewski – Rafal Kuzlik	
17:20 – 17:35	In-office Vaginal Anterior wall repair. <i>Rafal Kuzlik (Poland)</i>
17:35 – 17:50	Single Thread Perineo-Vaginoplasty - The Bader technique. <i>Alexandros Bader (UK)</i>
17:50 – 18:05	In Office Reversed RF Vaginoplasty. <i>Piotr Kolczewski (Poland)</i>
18:05 – 18:20	Gynecologic Photography and Videography for Dummies. <i>Red Alinsod (USA)</i>
18:20 – 18:30	Q&A



**Day 3 – Official Congress Day**  
**November 9<sup>th</sup>, 2024 – Saturday**

**SESSION 7**

08:00 – 09:05	VAGINISMUS
<b>Chairpersons:</b> Maria Karakoulaki - Claudio Catalisano – Ana Maria Mihai	
08:00 – 08:15	Vaginismus, diagnosis, and treatment protocols. <i>Ana Maria Mihai (Romania)</i>
08:15 – 08:30	Vaginismus treatment with Botulinum Toxin and RF <i>Shahzad Shabaninia (Iran)</i>
08:30 – 08:45	Vaginismus. The way I approach it in my practice. <i>Maria Karakoulaki (UAE)</i>
08:45 – 09:00	Comparison between Radiofrequency and Oxygen Therapy combined with HA to treat deep and superficial dyspareunia. <i>Claudio Catalisano (Italy)</i>
09:00 – 09:05	Q&A

**SESSION 8**

09:05 – 10:10	LABIA MAJORA LIFTING & AUGMENTATION
<b>Chairpersons:</b> Jorge de Leon – Alexandros Bader – Red Alinsod	
09:05 – 09:20	Augmentation and Reconstruction by Lipotransfer <i>Anna Jastak (Germany)</i>
09:20 – 09:35	Surgical and Non-Surgical Labia Majora Lifting. <i>Alexandros Bader (UK)</i>
09:35 – 09:50	The art of Hyaluronic Acid fillers injection in Labia Majora. <i>Jorge de Leon Soto (Guatemala)</i>
09:50 – 10:05	Management of the Camel Toes and Fat Pad Reduction. <i>Red Alinsod (USA)</i>
10:05 – 10:10	Q&A

10:10 – 10:30	Coffee Break
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**SESSION 9**

10:30 – 11:35	URINARY INCONTINENCE
<b>Chairpersons:</b> Robert Moore - Ivan Fistonic – Jorge Elias – Ariel Luksenburg	
10:30 – 10:45	Statistic outcomes treating SUI with Laser. <i>Ivan Fistonic (Croatia)</i>
10:45 – 11:00	Micro-Needling RF (MorpheusV/Evolve) for SUI treatment. <i>Robert Moore (USA)</i>
11:00 – 11:15	New personal technique with APCL threads, Nano-fat, and Exosomes to treat Stress Urinary Incontinence. <i>Jorge Elias (Argentina)</i>
11:15 – 11:30	The Sub-Urethral Spider Web technique. An outpatient office treatment to cure Severe SUI. Four years' experience. <i>Ariel Luksenburg (Uruguay)</i>
11:30 – 11:35	Q&A

**SESSION 10**

<b>11:35 – 12:55</b>	<b>SMIRA (She Matters Institute of Regenerative and Aesthetics)</b>
<b>Chairpersons:</b> Savana Changtham – Alexandros Bader	
11:35 – 11:50	Spiritual Sexuality to Cosmetic Gynaecology – Asian shift <i>Savana Chongtham (India)</i>
11:50 – 12:05	Clitoral anatomy - the unstudied frontier <i>Jyotsna Kamra (India)</i>
12:05 – 12:20	The Quest of Beautiful Vagina: Understanding Nepalese Women's Journey. <i>Smirty Maskey (Nepal)</i>
12:20 – 12:35	Knowledge aptitude and practices of aesthetic Gynecology in managing SUI among women. <i>Soumya Harikumar (UAE)</i>
12:35 – 12:50	Pathophysiology of GSM. <i>Kunsang Dolma Sherpa (Nepal)</i>
12:50 – 12:55	Q&A

<b>12:55 – 13:25</b>	<b>KEYNOTE SPEAKER</b>
12:55 – 13:20	Bioidentical Hormonal Replacement Therapies vs Traditional HRT. Differences, Benefits & Follow up. <i>Maria Papadopoulou (UK)</i>
13:20 – 13:25	Q&A

<b>13:25 – 13:45</b>	<b>Lunch Break</b>
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**SESSION 11**

<b>13:45 – 15:20</b>	<b>INJECTABLES IN REGENERATIVE &amp; FUNCTIONAL GYNECOLOGY</b>
<b>Chairpersons:</b> Alexandros Bader - Charles Runels – Fernando Aznar – Diana Mihai	
13:45 – 14:00	EXOSOMES. Intracellular communication for Vulvo-Vaginal Rejuvenation. <i>Fernando Aznar (Spain)</i>
14:00 – 14:15	Combination of EXOSOMES and ELECTROPORATION for Vulvar Conditions. <i>Hichem Bensmail (France)</i>
14:15 – 14:30	GSM treatment protocols. Combination of Injectables and Energy-Based Devices. <i>Diana Mihai (Romania)</i>
14:30 – 14:45	The Clitoral Injection Use of Inco-botulinum Toxin A to Improve Sexual Arousal, Orgasm, & Sexual Satisfaction. A specific method and the effects on Women. <i>Charles Runels (USA)</i>
14:45 – 15:00	An initial study to evaluate the efficacy and benefits of injection of Plasma Rich Platelets (PRP) + Combined with 2ml Hyaluronic Acid during Vaginal Repair for Urinary Incontinence <i>Soliman Hassan (KSA)</i>
15:00 – 15:15	Vulvar Hyperpigmentation. Treatment Protocols with Laser. <i>Cesar Arroyo (Spain)</i>
15:15 – 15:20	Q&A

**SESSION 12**

<b>15:20 – 16:25</b>	<b>ABCGIN (Brazilian Association of Cosmetic Gynecology)</b>
<b>Chairpersons:</b> Ana Cristina Batalha – Luisa Guedes – Belisa Vides	
15:20 – 15:35	Overview of Regenerative Gynecology Procedures in Transgender Patients. <i>Belisa Vides (Brazil)</i>
15:35 – 15:50	Treatment of Labia Majora Laxity using collagen Biostimulator. <i>Luisa Guedes (Brazil)</i>
15:50 – 16:05	Outpatient anaesthetic complications: Are you prepared? <i>Alessandra Clarizia (Brazil)</i>
16:05 – 16:20	Rejuvenation. Clitorectomy or Clitoropexy. How to choose the best technique? <i>Tina Batalha (Brazil)</i>
16:20 – 16:25	Q&A

<b>16:25 – 16:40</b>	<b>Coffee Break</b>
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**SESSION 13**

<b>16:40 – 18:00</b>	<b>FAGA (Female Aesthetic Genital Academy)</b>
<b>Chairpersons:</b> Ozgur Leylek – Murat Emanetoglu – Alaa Alkhateeb	
16:40 – 16:55	The role of Botulinum Toxin in the treatment of overactive Pelvic Floor. <i>Berna Haliloglu Peker (Turkey)</i>
16:55 – 17:10	The importance of Ultrasonographic screening for evaluating CO2 Laser treatment in SUI. <i>Turkay Shakarova (Azerbaijan)</i>
17:10 – 17:25	How can we use COG Threads in Functional and Cosmetic Gynecology? <i>Ozgur Leylek (Turkey)</i>
17:25 – 17:40	How can we manage the different hood complexes efficiently during a Hoodplasty surgery? <i>Reem Nijem (Jordan)</i>
17:40 – 17:55	Exosomes. A New Noval Treatment in Functional & Cosmetic Gynecology. <i>Beril Leylek (Turkey)</i>
17:55 – 18:00	Q&A

<b>End of the Congress</b>	
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