

EUROPEAN SOCIETY of AESTHETIC GYNECOLOGY

# 5TH WORLD CONGRESS

ATHENS • JULY 2021 • 9<sup>th</sup> to 11<sup>th</sup>



# SCIENTIFIC

PROGRAM

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



## ESAG AFFILIATED SOCIETIES



**SIGO**  
SOCIETÀ ITALIANA  
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Sociedad Española de  
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Ricostruttiva ed Estetica



Sociedad Española de  
Ginecoestética y  
Cirugía Íntima



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## WELCOME NOTE

On behalf of ESAG, I would like to welcome all of you attending ESAG 5th World Congress, taking place in Athens, Greece during the dates July 9th to July 11th, 2021.

ESAG's Congresses have come to take the stage light in the sector of Reconstructive, Aesthetic & Regenerative Gynecology; an area which has gained great attention from professionals with various backgrounds and specialties.

Every year, ESAG contributes in this fast-growing area of medicine, by bringing together Gynecologists, Plastic Surgeons, Dermatologists, GPs, Family doctors, Sexual Medicine Professionals, Anti-Ageing Medical Professionals, Aesthetician, Nurses and many other experts who deal with Women's Health, Beauty and Wellbeing to take the lead in promoting and expanding the knowledge in this field.

ESAG's Congresses traditionally gather prominent speakers from all around the world - experts in the field to share their knowledge and to bring in the up to date surgical and non-surgical techniques in Reconstructive, Aesthetic & Regenerative Gynecology.

Our mission is to provide an environment for scientific interaction between delegates and technology providers of the field, on an uncommercial level.

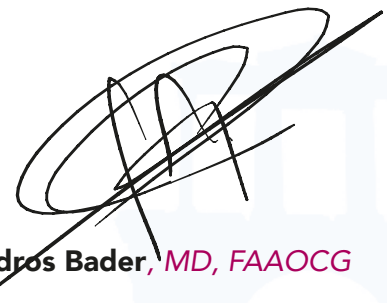
So, don't miss the chance to visit the city of light and knowledge; the cradle of civilization and the country of Hippocrates. In his words

"Wherever the art of medicine is loved, there is also a love of humanity"

-- Hippocrates

I am looking forward to welcoming you this time, in Athens - Greece!

Sincerely Yours



**Alexandros Bader, MD, FAAOCG**

Founder & President of ESAG

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## CHAIRMAN

Alexandros Bader *MD, FFAOCG*

## FACULTY

Alexandros Bader (UK)	Alinsod Red (USA)
Al-Badr Ahmed (KSA)	Aglamis Ozgur (Turkey)
Bensmail Hichem (France)	Blumska-Janiak Marta (Poland)
Bratila Elvira (Romania)	Catalisano Claudio (Italy)
Cihantimur Bulent (Turkey)	Elias Bahir-Edouard (France)
Farid Gomri (Switzerland)	Fogarassy Attila (Romania)
Frates Beth (USA)	Ganuschak Andriy (Ukraine)
Gaviria Jorge (Venezuela)	Goisis Marios (Italy)
Gold Ronen (Israel)	Haddad Rashad (UAE)
Hera Raluca (Romania)	Hornea Margareta-Medi (Romania)
Kasilovska Patricija (Lithuania)	Kolczewski Piotr (Poland)
Kuzlik Rafal (Poland)	Lenhard Andreas (Germany)
Leylek Ozgur (Turkey)	Luksenburg Ariel (Uruguay)
Menkes Sophie (Switzerland)	Mihai Diana (Romania)
Miklos John (USA)	Nalewczynska Agnieszka (Poland)
Naoum Nikos (Greece)	Papadopoulou Maria (UK)
Pelosi III Marco (USA)	Renaud Ajakaida (Venezuela)
Soliman Hassan (Saudi Arabia)	Tenenbaum Alain (Switzerland)



## The European Accreditation Council for Continuing Medical Education

Institution of the UEMS

### DEAR FRIENDS

With the confers of **EACCME** it is our great pleasure to announce that **ESAG 5<sup>th</sup> World Congress** that takes place in Athens, Greece in 2021 has been **ACCREDITED** by the **European Accreditation Council for Continuing Medical Education (EACCME®)** with

**22 European CME credits (ECMEC®s).**

“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 [www.ama-assn.org/education/earn-credit-participation-international-activities](http://www.ama-assn.org/education/earn-credit-participation-international-activities)”

“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.**”

### CERTIFICATE OF ATTENDANCE

All participating Physicians in order to receive their **Certificate of Attendance** with the relevant awarded European CME Credits (ECMEC®s) must first visit [www.esagcongress.com](http://www.esagcongress.com); complete the required questionnaire and following that the relevant Certificate of Attendance will be send electronically by e-mail.



# SCIENTIFIC\_

PROGRAM



## DAY ONE JULY 9<sup>TH</sup>, 2021 – FRIDAY

### OFFICIAL CONGRESS DAY

08:00 – 09:30 REGISTRATIONS

## SESSION 1

09:30 – 11:30	INTRODUCTION
<b>Chairpersons: Alexander Bader, Prof. Elvira Bratila</b>	
09:30 – 09:45	Congress opening and welcome speech - Alexandros Bader (UK)
09:45 – 10:10	The journey from the traditional gynecology to the Aesthetic Gynecology - <i>Prof. Elvira Bratila (Romania)</i>
10:10 – 10:30	Integrative Concept in Cosmetic – Functional Gynecology: Simple tools for diagnosis and follow-up - <i>Hichem Bensmail (France)</i>
10:30 – 10:45	Menopause, the neglected age - <i>Rashad Haddad (UAE)</i>
10:45 – 11:00	Aesthetic Gynecology, how to present this service to out of town patients - <i>Nikos Naoum (Greece)</i>
11:00 – 11:25	Decision Tree in Cosmetic Gynecology: Where? When? How? - <i>Hichem Bensmail (France)</i>
11:25 – 11:30	Q&A

## SESSION 2

11:30 – 13:05	---
<b>Chairpersons: Alexander Bader, Prof. Elvira Bratila</b>	
11:30 – 11:45	Scientific Views on Vaginal Laxity Syndrome - <i>Ahmed Al-Badr (Saudi Arabia)</i>
11:45 – 12:00	A new method to use Co2 Laser in Hoodplasty and Labiaplasty with significant hypertrophy classified as grade 2B according to Colaneri - <i>Andriy Ganuschak (Ukraine)</i>
12:00 – 12:15	Surgical, Laser treatment of clitoral phimosis and labial adhesion in adult woman - <i>Marta Blumska-Janiak (Poland)</i>
12:15 – 12:30	Clitoris and Clitoral Hood. The crucial part you need to deal with when you do Vulvar Surgery. Options, Restrictions and Reconstruction - <i>Alexandros Bader (UK)</i>
12:30 – 12:45	Vulva Reshaping after a gigantic tumor resection - <i>Rafal Kuzlik (Poland)</i>
12:45 – 13:00	Vaginoperineoplasty, my technique. Bader Single Barbed Thread Technique® (BSBTT®) - Video demonstration - <i>Alexandros Bader (UK)</i>
13:00 – 13:05	Q&A

## DAY ONE JULY 9<sup>TH</sup>, 2021 – FRIDAY OFFICIAL CONGRESS DAY

13:05 – 14:05 LUNCH BREAK

### KEYNOTE SPEAKER

14:05 – 14:35	Once upon a time...THE CLITORIS, its forgotten anatomy and the history for one of the world's most controversial subjects since 460 BCE - <i>Prof. Bahir - Edouard Elias (France)</i>
	WHERE IS JOHN? About a case of vaginismus' treatment - <i>Prof. Bahir - Edouard Elias (France)</i>

## SESSION 3

14:35 – 15:30	---
<b>Chairpersons: Alexandros Bader, Rafal Kuzlik</b>	
14:35 – 14:55	EBDs in Vaginal tissue remodeling, trend or better than a standard treatment? - <i>Andreas Lenhard (Germany)</i>
14:55 – 15:10	The Use of CO2 Laser in a modern Gynecology office. Clinical trial results on Stress Urinary Incontinence - <i>Agnieszka Nalewczynska (Poland)</i>
15:10 – 15:25	An initial study to evaluate the efficacy of injecting PRP during Vaginal repair surgery, urine incontinence and anal incontinence - <i>Hassan Soliman (Saudi Arabia)</i>
15:25 – 15:30	Q&A

15:30 – 16:00 COFFEE BREAK

## DAY ONE JULY 9<sup>TH</sup>, 2021 – FRIDAY OFFICIAL CONGRESS DAY

### SESSION 4

<b>16:00 – 17:30</b>	<b>ROMANIAN SOCIETY OF AESTHETIC GYNAECOLOGY S.R.E.G</b>
	<b>Chairpersons: Diana Mihal, Prof Elvira Bratila</b>
16:00 – 16:20	Reconstructive treatment of utero-vaginal congenital malformations - <i>Prof. Elvira Bratila (Romania)</i>
16:20 – 16:35	Vulvo-Vaginal Reconstruction using acellular biologic grafts - <i>Diana Mihai (Romania)</i>
16:35 – 16:50	Pain management in vulvodynia with botulinum toxin following vaginal surgery - <i>Attila Fogarassy (Romania)</i>
16:50 – 17:05	Adjuvant Non-Invasive therapies after Genital Reconstructive Surgery - Review - <i>Raluca Hera (Romania)</i>
17:05 – 17:20	Why and when should gynecologists use Energy-Based Intravaginal Therapy? Preference or Need? - <i>Margareta Medi Hornea (Romania)</i>
17:20 – 17:30	Q&A

<b>17:30 – 17:45</b>	<b>COFFEE BREAK</b>
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### SESSION 5

<b>17:45 – 18:30</b>	<b>INTERNATIONAL SOCIETY OF COSMETOGYNECOLOGY - ISCG</b>
	<b>Chairperson: Alexandros Bader</b>
17:45 – 18:05	The Synergy of Energy, Biologics and Surgery - <i>Red Alinsod (USA)</i>
18:05 – 18:30	Refinements in Monsplasty - <i>Marco Pelosi III (USA)</i>

## DAY TWO JULY 10<sup>TH</sup>, 2021 – SATURDAY OFFICIAL CONGRESS DAY

### SESSION 6

09:30 – 11:00	---
<b>Chairperson: Alexandros Bader</b>	
09:30 – 09:50	Gynaecology 2021 - Marco Pelosi III (USA)
09:50 – 10:20	Enriched Nano-Fat injection vs PRP for clitoral function enhancement - <i>Claudio Catalisano &amp; Mario Goisis (Italy)</i>
10:20 – 10:35	Hyaluronic acid versus Platelets Rich Plasma versus Microfat stromal vascular tissue grafting - <i>Sophie Menkes (Switzerland)</i>
10:35 – 10:50	Female Sexual Function and Androgens - <i>Maria Papadopoulou (UK)</i>
10:50 – 11:05	Genital Beautification Concept with J-Plasma - <i>Bulent Cihantimur (Turkey)</i>
11:05 – 11:10	Q&A

11:10 – 11:30 COFFEE BREAK

### SPECIAL GUEST

11:30 – 12:00	<b>PSYCHOLOGY/LIFESTYLE MEDICINE AND AESTHETIC MEDICINE (IN COLLABORATION WITH HARVARD UNIVERSITY)</b>
11:30 – 12:00	The use of lifestyle medicine interventions in aesthetics - <i>Prof. Beth Frates (USA)</i>

### SESSION 7

12:00 – 13:00	---
<b>Chairperson: Maria Papadopoulou</b>	
12:00 – 12:15	A new Treatment choice of Postmenopausal GUS complaints with Intravaginally Hyaluronic Acid Injection - <i>Ozgur Leylek (Turkey)</i>
12:15 – 12:35	Scientific evidences in Gynecology with PRP and Combined with HA PRP - <i>Farid Gomri (Switzerland)</i>
12:35 – 12:45	Using COG threads intravaginally for tightening and the treatment of mild Stress Urinary Incontinence - <i>Ozgur Leylek (Turkey)</i>
12:45 – 12:55	Comparison of Hyaluronic acid injection, local estrogen treatment and PRP for vulvovaginal atrophy in postmenopausal women - <i>Patricija Kasilovska (Lithuania)</i>
12:55 – 13:00	Q&A

13:00 – 14:00 LUNCH BREAK

## DAY TWO JULY 10<sup>TH</sup>, 2021 – SATURDAY OFFICIAL CONGRESS DAY

### SESSION 8

<b>14:00 – 15:35</b>	---
<b>Chairperson: Alexandros Bader</b>	
14:00 – 14:15	Pixel technology: A different CO2 approach on SUI and VVA treatment, perspective of 10 years' experience - <i>Ronen Gold (Israel)</i>
14:15 – 14:30	Three-dimensional treatment of Urinary Incontinence. Office application - <i>Ariel Luksenburg (Uruguay)</i>
14:30 – 14:45	HA and radiofrequency for holistic approach to the intimate area rejuvenation - <i>Piotr Kolczeswki (Poland)</i>
14:45 – 15:15	SUI Office treatments. 2021 updates - <i>Jorge Gaviria (Venezuela)</i>
15:15 – 15:30	The B-Shot - <i>Ozgur Aglamis (Turkey)</i>
15:30 – 15:35	Q&A

<b>15:35 – 16:00</b>	<b>COFFEE BREAK</b>
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### SESSION 9

<b>16:00 – 17:00</b>	---
<b>Chairperson: Alexandros Bader</b>	
16:00 – 16:15	Modified V-Wedge technique for Labiaplasty. Histological study - <i>Piotr Kolczeswki (Poland)</i>
16:15 – 16:35	3D Isovolumetric Immediate Medical Gluteoplasty : Endopeel techniques - <i>Alain Tenenbaum (Switzerland)</i>
16:35 – 16:55	Principles of Fat transfer for functional and Aesthetic Gynecology - <i>Alexandros Bader (UK)</i>
16:55 – 17:00	Panel discussion

### SESSION 10

<b>17:00 – 18:00</b>	---
<b>Chairperson: Alexandros Bader</b>	
17:00 – 17:20	Large Volume Vampire Wing Lift - <i>Red Alinsod (USA)</i>
17:20 – 17:40	GYCO treatment. The evolution in regenerative and cosmetic gynecology - <i>Ariel Luksenburg (Uruguay)</i>
17:40 – 18:00	Lichen Sclerosis. New medical treatments and regenerative surgery - <i>Ajakaida Renaud (Venezuela)</i>



# MAST ERS CLASS

BY THE EXPERTS

## DAY THREE JULY 11<sup>TH</sup>, 2021 – SUNDAY

### MASTERS CLASS DAY

## MASTERS CLASS BY THE EXPERTS PROGRAM

### Dear colleagues please note the following:

- Limited seats available, early registration is suggested
- The Master Class is not included within the congress fees; A separate registration required.
- Special registration fees for registering at both the Master Class and the regular Congress
- On the spot registrations will not be accepted
- All Master Class will be available ONLY for registered delegates
- All participants will receive certificate of participation by the European Society of Aesthetic Gynecology "ESAG"

<b>08:30 – 18:30</b>	<b>MASTERS CLASS ON COSMETIC &amp; RECONSTRUCTIVE GYNECOLOGY</b>
08:30 – 09:30	Registrations & Welcome

<b>09:30 – 10:45</b>	<b>STEP BY STEP SURGICAL VIDEO SESSION 1</b>
09:30 – 09:55	Step by Step Labiaplasty, one Cut Technique - <i>Rafal Kuzlik (Poland)</i>
09:55 – 10:20	Step by Step My Labia Minora Technique - <i>John Miklos (USA)</i>
10:20 – 10:45	Step by Step Vulvoplasty (Minora / Majora) - Vaginoplasty, ALL IN ONE technique - <i>Alexandros Bader (UK)</i>

<b>10:45 – 11:00</b>	<b>COFFEE BREAK</b>
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<b>11:00 – 12:00</b>	<b>STEP BY STEP SURGICAL VIDEO SESSION 2</b>
11:00 – 11:30	Step by Step Labia Majora flab for reconstruction of Labia Minora after botched Labia surgery Clitoral Reconstruction after Female Genital Mutilation (FGM) - <i>Alexandros Bader (UK)</i>
11:30 – 12:00	Step by Step Reverse Introitoplasty for the Constricted Perineum - <i>Marco Pelosi III (USA)</i>

## DAY THREE JULY 11<sup>TH</sup>, 2021 – SUNDAY MASTERS CLASS DAY

12:00 – 12:45	LUNCH BREAK
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12:45 – 15:20 NON – SURGICAL THEORY SESSION	
<b>Moderator: Alexandros Bader</b>	
12:45 – 13:30	Non-Surgical Aesthetic Gynecology Review - <i>Alexandros Bader (UK)</i>
13:30 – 14:00	Lasers theory principals in Aesthetic & Functionals Gynecology - <i>Jorge Gaviria (Venezuela)</i>
14:00 – 14:25	FEMILIFT, CO2 Applications for Vulvo-Vaginal Rejuvenation by Alma Lasers - <i>Ronen Gold (Israel)</i>
14:25 – 14:50	N-Rose Protocol for Ultimate Rejuvenation of the Intimate area by Neauvia - <i>Piotr Kolczeswki (Poland)</i>
14:50 – 15:10	Application of PRP and Cellular Matrix in Gynaecology, by RegenLab - <i>Farid Gomri (Switzerland)</i>
15:10 – 15:20	Q&A – Discussion

15:20 – 15:35	COFFEE BREAK
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15:35 - 18:30 NON – SURGICAL LIVE CASES SESSION	
15:35 – 16:00	LIVE CASE 1
16:00 – 16:10	Q&A
16:10 – 16:35	LIVE CASE 2
16:35 – 16:45	Q&A
16:45 – 17:10	LIVE CASE 3
17:10 – 17:20	Q&A
17:20 – 17:45	LIVE CASE 4
17:45 – 18:00	Q&A

18:00 – 18:30	CERTIFICATION
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## VENUE DETAILS & GENERAL INFO

The **5<sup>th</sup> World Congress of the European Society of Aesthetic Gynecology** will be taking place in 3 different venues:

1. **Main Congress Venue** - July 9<sup>th</sup> & 10<sup>th</sup>, 2021  
Athens Hilton
2. **Official Congress Event** - July 9<sup>th</sup>, 2021 - Evening  
Zappeion Megaron
3. **Masters Class by the Experts on Cosmetic & Reconstructive Gynecology** - July 11<sup>th</sup> 2021  
IQ Clinics

### **Athens Hilton**

46 Vasilisis Sofias Ave.  
Athens 11528, Greece

[View Location Map](#)

<https://www.hilton.com/en/locations/greece/athens/hilton/>

### **Zappeion Megaron**

Queen Olga's, Av., Athens 105 57

[View Location Map](#)

<https://www.zappeion.gr/en/>

### **IQ Clinics**

64 Vasilisis Sofias Ave.  
Athens 11528, Greece

[View Location Map](#)

## DIRECTIONS

### BY CAR/TAXI

Take Attiki Odos Avenue and follow the Y1 exit to Katechaki Avenue, which leads to Messogion Avenue. When you reach the end of Messogion Avenue, turn left to Vassilissis Sofias Avenue. Follow the road for roughly 1 kilometer and the Hilton Athens hotel is on the left-hand side. Distance from airport: 30 km. The taxi ride from the airport to the hotel costs approximately 38 EUR.

### BY BUS

Take Bus Route X95 and get off at "Ilissia" station, which is right across from the hotel. The cost of the ticket is 6 EUR per person.

### BY METRO

Take the blue line towards Aigaleo and get off at "Evangelismos" station, which is situated 3-minutes' walking distance from the hotel. The cost of the ticket is 10 EUR per person.

### HOTEL PARKING

The Hilton Athens hotel features an onsite 170-space parking lot with secure, covered and self-parking facilities available.

### FROM ATHENS INTERNATIONAL AIRPORT - ELEFThERIOS VENIZELOS

From Athens International Airport take Attiki Odos Avenue, which leads to Messogion Avenue and at the end turn left into Vassilissis Sofias Avenue. Follow the road for 0.6 miles and Hilton Athens is on the left-hand side.

Distance from Hotel: 30 km.

Type	Typical Minimum Charge
Bus Service	6.00 EUR
Subway/Rail	10.00 EUR
Taxi	38.00 EUR

[View Map](#)

### Athens International Airport – Eleftherios Venizelos, Greece

- ▶ Depart from Athens Int. Airport el. Venizelos, Greece (0.4 mi.)
- ▶ Take ramp left for A64 / Attiki Odos (3.5 mi.)
- ▶ At exit Komvos 20 K2-Aerodromio, take ramp right for 6 / 94 toward Athens / Elefsina (6.4 mi.)
- ▶ At exit Komvos 16 Y7-Leontario, take ramp right for 64 toward Immitos Ring (6.3 mi.)
- ▶ At exit Komvos Y1-Katechaki, take ramp right for Leoforos Alimou-Katechaki toward Athens-Center / Katexaki Ave (1.3 mi.)
- ▶ Turn left onto Kokkinopoulou E. (0.8 mi.)
- ▶ Keep straight onto Lochagou Gkanogianni (0.1 mi.)
- ▶ Keep straight onto Leoforos Papandreou Georgiou (0.3 mi.)
- ▶ Bear left onto Oulof Palme (0.6 mi.)
- ▶ Keep straight onto Effroniou (0.3 mi.)
- ▶ Bear right onto Leoforos Vasileos Alexandrou (0.3 mi.)
- ▶ Turn right onto 54 / Leoforos Vasilissis Sofias toward Kifisias Ave (0.1 mi.)
- ▶ Turn right onto Ventiri K. (0.1 mi.)
- ▶ Arrive at Ventiri K. on the right (0.0 mi.)

Distance from Hotel: 20.5 mi.

Travel Time: 34 min.



# NEAUVIA™

THE ADVANCED HOLISTIC APPROACH

**85%**  
OF WOMEN  
DON'T TALK  
ABOUT THEIR  
INTIMATE  
PROBLEMS\*.

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**#NROSE HOLISTIC PROTOCOL**, AIMS TO PROPOSE, A **SYNERGISTIC SEQUENCE OF TREATMENTS** – FILLER INJECTIONS, RADIOFREQUENCY TREATMENTS AND COSMECEUTICAL – FOR **ULTIMATE INTIMATE REJUVENATION**.

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\*Results based on a survey conducted by NEAUVIA in 2015.