



# PAKISTAN ASSOCIATION OF PLASTIC SURGEONS NEWS LETTER

January - March, 2018

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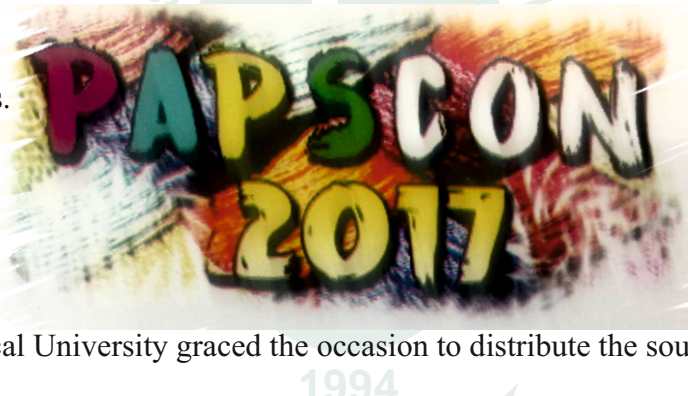


## 22nd Annual Conference of Pakistan Association of Plastic Surgeons

22nd Annual Conference of Pakistan Association of Plastic Surgeons was held on March 24th to 26th, 2017 at Serena Hotel Faisalabad. First day of the conference was in collaboration with 2nd Annual Hand Surgery Symposium. Renowned plastic & orthopedic surgeons from all over the country participated in the Symposium. Prof. Dr. Muhammad Asghar Butt Regional Director CPSP Faisalabad, was Chief Guest for the inaugural ceremony of the Symposium

Scientific Programme on this very day was a blend of scientific lectures and papers on hand surgery in the first half, while two workshops were conducted in the second half.

“Mini Illizarov workshop first of its kind in Pakistan practiced for hand fractures. Dr Haroon Rashid, a Surgeon from AKUH who workshops on his credit. “Amnion Banking” Ganatra. Total number of workshop. Prof Dr. Syed Registrar Faisalabad Medical University graced the occasion to distribute the souvenirs, shields and certificates among the participants.



for fractures of hand” was the where Illizarov technique was Workshop was conducted by renowned Orthopedic already have 13 Illizarov Another workshop on conducted by Dr Ashraf participants were 25 in each Muhammad Ali Tirmizy,

PAPSCON 2017 inaugural ceremony was held after the symposium activities. Prof Dr Abdul Hakim Babar, Founder member, Past President and Chairman ..... was the chief guest and Prof Dr Sardar Muhammad Al Farid Zafar, Vice Chancellor of Faisalabad Medical University, Faisalabad was Guest of Honour. The vice chancellor highlighted the importance of such activities for sharing innovative ideas and new techniques in the field of plastic surgery. He appreciated the efforts of Allied burn & Reconstructive surgery centre, being newly constituted department on arranging very well organized conference at international level.



Next two days were dedicated to conference activities. Whereas more than 140 participants got themselves registered, conference witnessed more than 300 participants. These two days had a total of 8 scientific sessions comprising of State of the Art lectures and Scientific papers. During these two days a total of 64 papers were presented.



## **Prof. Abdul Hakim Babar (Virtuoso of Plastic Surgery)**

**By: Dr. Imran Riaz**

Prof. Abdul Hakim Babar was born on April 5, 1945 in Lahore. He completed his High School at Islamia High School Sheranwala Gate and pre-medical years at Government College Lahore. He graduated from King Edward Medical College in 1966 and after one year of house job at Mayo Hospital proceeded to United States for postgraduate residency training.



During his house job in East Surgical Ward of Mayo Hospital Prof. Babar came across several cases of Burn injuries with very high rate of complications and mortality and decided to specialize in Plastic Surgery. During same period Prof. Khalid Durrani had just joined Dow Medical College and a brief contact with him added additional inspiration and stimulus for his interest in Plastic Surgery as his future career.

Prof. Babar did his internship at Christ Hospital in Jersey City New Jersey (1968) followed by four years of residency training in General Surgery at New York City's prestigious Mount Sinai and Beth Israel Medical Centers (1969-73).

During this period Prof. Babar worked with renowned surgeon Leon Ginsberg (Discovered Crohn's Disease). It was on the personal recommendation of Dr. Ginsberg that Prof. Babar was able to enter into a very competitive residency program in Plastic Surgery at Albert Einstein College of Medicine New York (1973-76). During this residency Prof. Babar had the opportunity to work with and enjoy close contacts with Giants and Fathers in the field of Plastic Surgery including John Marquis Converse, Arthur Barsky and Sidney Kahn.

Prof. Babar became Diplomate of the American Board of Surgery in 1975 and Diplomate of the American Board of Plastic Surgery in 1977. He was conferred Fellowship of American College of Surgeons and full active membership of American Society of Plastic Surgery in 1978.

After completion of his residency training in Plastic Surgery Prof. Babar started practice of Plastic Surgery as consultant in Trenton New Jersey and also joined Hahnemann University Philadelphia as Clinical Assistant Professor in Plastic Surgery. Prof. Babar became Chief of Plastic Surgery at St. Francis Medical Center in Trenton New Jersey (1985-89).

During 22 years of his stay in United States Dr. Babar was involved in many community and professional organizations in a leadership role. He is one of the Founding members of King Edward Medical College Alumni Association of North America (KEMCANA), helping its establishment by participating in its very first organizational meeting in Atlantic City NJ in 1975.

He is also Founding member of Islamic Medical Association of North America (IMANA) and served as President of IMANA in 1977-78. During this period he helped in arranging the very first inaugural meeting of Association of Physicians of Pakistani Descent (APPNA) in Chicago in 1978.

In September 1989 Prof. Babar decided to return to Pakistan for fulfillment of his long time dream and joined Mayo Hospital Lahore as consultant Plastic Surgeon. He was made in-charge of a very limited 9 beds Plastic Surgery Unit within Chest Surgery ward along with a nine beds burn unit that lacked even basic facilities. Twice weekly limited time for surgery was provided in the Albert Victor Operation Theatre.





Prof. Babar also had to face an uphill task of getting a teaching department of Plastic Surgery established at King Edward Medical College. True to tradition in this part of the world every new specialty must face tremendous opposition from generalists and Plastic Surgery was not going to be an exception. Despite the fact that its head was a fully qualified individual and conducting a postgraduate residency training program, it took an endless struggle of over 10 years to finally overcome this resistance and a full professorial unit of Plastic Surgery at King Edward Medical College was finally created in August 1999.

Right from day one of his arrival in Pakistan, Prof. Babar has devoted his time and efforts to promote specialty of Plastic Surgery and care of Burn patients in Pakistan. He started postgraduate residency training program in Plastic Surgery at Mayo Hospital. He always took keen interest in training of residents by conducting regular weekly departmental meetings and seminars. Several of his trainees are now holding senior faculty positions in various medical colleges in Pakistan and abroad.

Along with Prof. Faiz Muhammad Khan, Prof. Babar was a key force in establishment of Pakistan Association of Plastic Surgeons. He wrote the Constitution and By-Laws of PAPS and was its second President serving his term 1996-98. He made a significant contribution in promoting Plastic Surgery by conducting several meetings and Seminars

First All Pakistan Seminar and workshop on Hand and Microsurgery (Dec. 12-14, 1992) was participated by over 70 delegates from all over Pakistan. Following this meeting Prof. Babar along with Prof. Salim Malik, Dr. Tehseen Cheema and Muhammad Umar sat to-gather and decided to establish Pakistan Society for Surgery of the Hand with equal participation of Plastic Surgeons and Orthopedic Surgeons. Last year he has proceeded to establish much needed Pakistan Burn Association with combined purpose of betterment of Burn care and charitable assistance to burn victims. Prof. Babar also organized Seminars on Burn Management, Cleft Lip and palate along with live surgery by a team of 3 Surgeons from United States. These meetings, seminars and 2nd Annual convention of PAPS at King Edward Medical College set the tone for introduction of Plastic Surgery in much of Punjab, KP and Northern areas of Pakistan.



Prof. Babar has 20 articles to his credit in National and International journals. Besides several Pakistani Associations, Prof. Babar is member of several International specialty Associations including American Society of Plastic Surgeons, International Society of Aesthetic Plastic Surgery, Int'l Society for Burn Injuries, American College of Surgeons and Islamic Medical Association of North America. His passion for Plastic Surgery is reflected in his collection of one of the largest collection of books and magazines covering all areas of specialty as well as his regular attendance of all major International and national Plastic Surgery meetings. He has represented PAPS in IPRAS and ISAPS for many years.



Prof. Babar was married to Dr. Mumtaz Jabeen Babar in 1973. A graduate of King Edward Medical College, Mrs. Babar also holds unique distinction of being a Diplomate of the American Board of Physical Medicine & Rehabilitation and introducing this specialty in Pakistan. Babars have two sons, two daughters and 13 grand children. They love to travel and have visited more than 40 countries.

## SESPRS Foreign Scholar Program

South Eastern Society of Plastic and Reconstructive Surgery USA offered Pakistan for SESPRS FOREIGN SCHOLAR PROGRAM 2017 due to special interest and efforts of Dr. Mohammad Riaz, Int' Meber PAPS from UK.

DR. Afzal Bashir (Mayo Hospital, Lahore), Dr. Irfan Ullah (LRH, Peshawar) & Dr. Shumaila Yousaf (Shifa Int' Hospital, Isb) were selected and attended the meeting. SESPRS funded and sponsored their visit and extended warm hospitality to these scholars.



PAPS is really grateful to Dr. Riaz not only for making this happen but also for attending the meeting to represent PAPS on this forum.



## 1<sup>st</sup> International AAMS Conference

The First International AAMS conference organized by Dr. Humayun Mohmand successfully ended on 20 Aug 2017 in Islamabad with over 400 attendees from all over the Pakistan. We had 10 International guest speakers from around the globe and they blended well with our 25 National Speakers to impart their knowledge in an effective manner to the budding aesthetic practitioners. There were 5 Masterclasses, over 70 Lectures and multiple symposium sessions to keep the attendees engaged in their subject of interest.



There were special session on breast “dual plane Breast Augmentation with tissue repositioning “ this was a well received session by plastic surgeons. There was also special lectures on trunk lift, bracheoplasty and aesthetic Gynecology session.

The Aesthetic Exhibition Village had over 30 exhibitors and was an area of special interest with its colourful photo booths and sensational hospitality.

The Hands On trainings conducted by our Guest KOL's was a worth mentioning feature of the event. Running simultaneously in 5 treatment rooms, AAMS team managed to train 335 doctors in 3 days for Threads, Fillers, NeuroToxin , PRP and Non HA fillers. We are extremely grateful to our trainees who dedicated so much of their time and physical energy to give the best Hands On session to our delegates.

We are feeling happy to share that 6 of our lucky delegates received Free Registration for the upcoming IMCAS Paris 2018 -all delegates being trainees in dermatology and plastic surgery.

We hope to see you next year at Islamabad for our 2nd AAMS conference with a bigger and better learning experience.

## IMCAS Annual World Congress, 2018

Dr Munir Alam presented a lecture in the IMCAS 2018 Annual World Congress his work on "**Role of VASERLiposelection in the treatment of Gynaecomastia and new clinical classification**"

The author have a wide experience and have performed personally one hundred and twenty five cases of gynaecomastia in a prospective study of six years from March 2009 to March 2015 with all kind of Gynaecomastia grades and types.

In contradiction to traditional Liposuction, the VASER Liposelection remove the fat, fibrous and breast tissues. It also helps in shrinkage of excess skin in grade III gynaecomastia. VASER Liposelection for gynaecomastia is an ambulatory procedure performed under tumescent technique (local anaesthetic) resulting in minimal or no Scar. It is a low Risk Procedure with high satisfaction level and is effective in Grade II – III Gynaecomastia and Type 2-3 (initiate Collagen remodeling and helps skin retraction + fibrotic glanduler tissue removal). It also provides great psychological improvement of the client.

If interested, this lecture is available to watch again on [www.academy.imcas.com](http://www.academy.imcas.com)

**Here are the Key Figures from this Special Edition of IMCAS Annual World Congress:**

Delegates from around the world:	9245
Scientific Sessions:	240
International Expert Speakers:	740
Exhibitor:	230
Scientific Society Partners:	43



## 8<sup>th</sup> Cleft Symposium 2018

The eighth cleft symposium was held on 22-24th of January 2018 at Services Hospital, Lahore. Renowned Plastic Surgeons from all over Pakistan, MAXillofacial Surgeons, Orthodontists and Speech Language Pathologists participated in the event.

Prof. Ghulam Qadir Fayyaz, course director welcomed all the participants of 8th Cleft Symposium. Prof. Ashraf Ganatra then apprised the participants about the need and importance of making "Pakistan Cleft Palate & Craniofacial Association". He asked Plastic Surgeons, Maxillofacial Surgeons, Orthodontists and Speech Language Pathologists to join their hands and work under the new association.



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**24TH ANNUAL MEETING OF PAPS WILL BE  
HELD AT KARACHI, 2018.  
ORGANIZER: DR. MUHAMMAD SHAHAB GHANI,  
LNH, KARACHI.**



## Best International Collaboration Gold Award



Prof. Ghulam Qadir Fayyaz wrote a research paper in which he described the "Science of Cleft Mission"; how CLAPP conducts and arranges Cleft Missions in remote hospitals of Pakistan and Afghanistan. CLAPP organised a Cleft mission in Khairpur, Sindh from March 27 to April 02, 2014.

**A Model Humanitarian Cleft Mission;  
312 Surgeries in 7 days.**

It was Published in Plastic & Reconstructive Surgery Global Open in March 2015. This paper described the methodology how CLAPP can operate more than 50 Cleft Lip & Palate patients per day at any remote hospital with Safety, Good Quality and with Minimum expenses.

This paper was awarded Best International Collaboration Gold Award by the Journal in 2016.



L to R: Prof. Rod J Rohrich, Prof. Ghulam Qadir Fayyaz, Prof. Ashraf Ganatra, Prof. Donald R Laub

## 2nd Joint Meeting of PMA & CMA, Beijing , China



Dr. Tahir Sh. Attended the annual academic meeting of Chinese medical association and 2nd joint meeting of PMA and CMA. This joint meeting is part of CEPEC and will be held every 2 years. First meeting was held in Karachi in 2016, 2nd held in Beijing and 3rd will be in Lahore in 2020.



YEAR	CITY	ORGANIZING SECRETARY
1996	Karachi	Dr. Ashraf Ganatra / Dr. Nasir Zaman
1997	Lahore	Dr. A. H. Babar
1998	Islamabd	Dr. Gulraiz Rauf
1999	Peshawar	Dr. Obaidullah
2000	Faisalabad	Dr. G. Q. Fayyaz
2001	Quetta	Dr. Manzoor Hussain
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2003	Lahore	Dr. Tajammal Chaudhry
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2006	Multan	Dr. Naheed Chaudhry
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2016	Peshawar	Dr. Tehmeed ul Haq
2017	Faisalabad	Dr. Saeed Ashraf Cheema