



# CSPS NEWS

THE NEWSLETTER OF THE CANADIAN SOCIETY OF PLASTIC SURGEONS

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Spring 2016

## Dr. Achilles Thoma to receive CSPS Lifetime Achievement Award



*Achilleas Thoma,  
MD, FRCSC*

**DR. ACHILLEAS THOMA** has been a member of the Canadian Society of Plastic Surgeons since 1981. He has served the Society in numerous capacities including as Historian (1998 to 2001), Vice-President (2007-08), President (2008-09) and Past President (2009-10). In 2004 Dr. Thoma chaired the Local Arrangements Committee for a very successful "Big Fat Greek

Meeting" in Hamilton. Dr. Thoma served on the Board of the Educational Foundation of the CSPS from 1997 to 2007 as Director, Secretary-Treasurer, Vice-President and, finally, President.

In 1983 Dr. Thoma established the Head and Neck Microsurgery Service at St. Joseph's Hospital and the training microsurgery lab in the same institution. He has served as Head of Service in plastic surgery at St. Joseph's Hospital for 14 years, Program Director of Plastic Surgery at McMaster on two separate occasions and Division Head for 15 years. Presently, Dr. Thoma is on the active staff of St. Joseph's hospital and a clinical professor of surgery. He is on the editorial board of a number of plastic surgery journals and

Evidence Based Medicine HUB for the Aesthetic Surgery Journal.

### Research Focus

Dr. Thoma's research focus is on Evidence-Based Surgery (EBS). As Director and member of the Surgical Outcomes Research Centre (SOURCE) he has collaborated on projects aimed at educating surgeons on appropriate techniques to evaluate and appraise the surgical literature. The guides to surgical literature include articles on: randomized controlled trials, case-series, economic evaluations, practice guidelines, diagnostic tests, decision analysis, sample size, confidence intervals and health-related quality of life. He has performed randomized controlled trials in hand surgery and breast reduction, with a cost-effectiveness analysis in both

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## CSPS 2016 President's Medal recipient is Dr. Mitchell Brown



In 2011, Dr. **Mitchell Brown** founded Breast Reconstruction Awareness (BRA) Day, an annual day to acknowledge the need for education, access and awareness for breast reconstruction following the treatment of breast cancer. BRA Day is now recognized in over thirty countries worldwide where

it is celebrated annually in October.

In 2015 there were 3,000 attendees at 19 BRA day events across Canada. Many events took place in hospital auditoriums but there were other venues such as galleries, museums, schools, conference centres, fitness clubs, country clubs and restaurants. Event attendance ranged from 50 people to over 400 people.

Dr. Brown has been a member of the Canadian Society of Plastic Surgeons since 1994. He currently serves on the CSPS Board of Directors in charge of Public Relations. Dr. Brown is the founder and co-course director of the Toronto Annual Breast Surgery Sympo-

sium, Canada's largest annual medical symposium of its kind.

Dr. Brown is an Associate Professor in the Department of Surgery at the University of Toronto and is the Residency Training Program Director for the Division of Plastic and Reconstructive Surgery. He has published numerous articles in the field of plastic surgery and is well recognized nationally and internationally.

In clinical practice since 1995, Dr. Brown specializes in aesthetic and reconstructive breast surgery, body contouring and facial rejuvenation procedures.

*Please see, Dr. Brown, page 2*

domains. Dr. Thoma's current research interests include a cost-effectiveness analysis in breast reconstruction after mastectomy for breast cancer and novel treatments for Dupuytren's contracture.

#### Background

Dr. Thoma was born in Cyprus – which was then a British Crown colony. As a young student he witnessed “the disturbances” of the 1955-1959 EOKA period. After independence from Great Britain in 1960, Cyprus was torn apart in an inter-communal conflict between the Greek Cypriot majority and the Turkish Cypriot minority. In October of 1966, just short of his 16th birthday and against his parents' wishes, he left Cyprus and joined an older brother who had come to Canada just three years earlier.

He obtained his BSc in Medicine degree in 1974 and MD degree in 1976, both from McMaster. He was the 3rd resident to graduate from the McMaster Plastic Surgery program in 1980. His other training included a fellowship in Head and Neck Surgery in 1981 at St. Joseph's Hospital. He was then awarded a McLaughlin scholarship to study Hand Surgery and Microsurgery in Louisville, Kentucky.

#### Dr. Brown, from page 1

The President's Medal recognizes a Member who has made an extraordinary contribution to the betterment of the specialty. The Medal will be presented to Dr. Brown on the evening of Friday, June 17th during the CSPS President's Banquet at the Westin Hotel, Ottawa.

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# BRA-Day 2015 - Thank you!

CSPS members were joined by non-member plastic surgeons\*, general surgeons, nurses and patients to contribute to the success of BRA-Day 2015. Congratulations to all on this fifth annual event.

CSPS members in other centers are encouraged to contact these colleagues and visit [BRA-Day.com](http://BRA-Day.com) to organize an event. BRA Day events are welcomed on any day of the year, however, the official date for **BRA Day is October 19, 2016.**

#### Burlington

Dr. Douglas Grace

#### Calgary

Dr. Claire Temple-Oberle  
Dr. Christiaan Schrag  
Dr. Farrah Yau

#### Edmonton

Dr. Lisa Korus  
Dr. Blair Mehling  
Dr. Paul Schembri

#### Etobicoke

Dr. Nicolas Guay  
Dr. Christine Tang

#### Fredericton

Dr. Wisam Menesi

#### Halifax

Dr. Martin LeBlanc  
Dr. Steven Morris  
Dr. Jason Williams

#### Hamilton

Dr. Stephanie Ma\*

#### London

Dr. Mariel Brackstone  
Dr. Chris Doherty  
Dr. Brian Evans  
Dr. Aaron Grant  
Dr. Haemi Lee  
Dr. Doug Ross  
Dr. Chris Scilley  
Dr. Jing Zhang

#### Mississauga

Dr. Nancy de Kleer  
Dr. Christine Tang

#### Moncton

Dr. Jason Dool  
Dr. Brent Howley

#### Montréal

Dr. Christina Bernier  
Dr. Joseph Bou-Merhi  
Dr. Elie Karam  
Dr. Alain Danino

Dr. Omar Fouda Neel

Dr. Alain Gagnon

Dr. Patrick Harris

Dr. Carmen Lampron\*

Dr. Lucie Lessard

Dr. Karl Schwarz

#### Oakville

Dr. Nancy de Kleer

Dr. Rodger Shortt

#### Ottawa

Dr. Kirsty Boyd

Dr. Jing Zhang\*

#### Regina

Dr. Peter Chang

#### Saint John, NB

Dr. Margaret Wheelock

#### St. John's, NL

Dr. Joy Cluett

Dr. Don Fitzpatrick

Dr. Shane Seal

#### Sudbury

Dr. Amanda Fortin

#### Toronto

Dr. Brett Bieber

Dr. Mitch Brown

Dr. Howard Clarke

Dr. Stefan Hofer

Dr. Mary-Helen Mahoney

Dr. Glykeria Martou

Dr. Melinda Musgrave

Dr. Anne O'Neill\*

Dr. John Semple

Dr. Laura Snell

Dr. Ron Somogyi

Dr. Toni Zhong

#### Vancouver

Dr. Peter Lennox

Dr. Sheina Macadam

#### Waterloo

Dr. Amy Chesney\*

Dr. Robert Shenker

BRA Day promotes education, awareness, and access for women who may wish to consider post-mastectomy breast reconstruction through informative, community-based events across Canada. Over 25 events across Canada are planned for BRA Day 2016 with over 30 countries participating. [www.bra-day.com](http://www.bra-day.com).

The [Canadian Cancer Foundation](http://Canadian Cancer Foundation) is now the National Coordinator of BRA Day following its merger with Willow Breast & Hereditary Cancer Support. As part of CBCF, BRA Day will benefit from broader and more comprehensive delivery, increased promotion of events and the development of more educational and supportive resources for women considering breast reconstruction.



# BREAST RECONSTRUCTION AWARENESS DAY

# ICOPLAST

## INTERNATIONAL CONFEDERATION OF PLASTIC SURGERY SOCIETIES

THE COUNCIL OF NATIONAL DELEGATES is pleased to announce the formation of the International Confederation of Plastic Surgery Societies, ICOPLAST. This new confederation has been formed with a mission to improve patient outcomes worldwide; to educate, communicate, advocate and advance the specialty of Plastic Surgery globally; to ensure that quality and safety are the essential components of reconstructive and aesthetic plastic surgery training and patient care, and to encourage collaboration of national plastic surgery societies worldwide.

The core values of ICOPLAST are to provide benefits for patients, benefits for plastic surgeons and benefits for plastic surgery.

During meetings in Chicago, Frankfurt, Bruges and Boston representatives from countries around the world met to discuss a new way forward for international plastic surgery and the first steps toward the foundation of a new organization were taken. Finally, during the XXI Ibero-Latin American Congress of Plastic and Reconstructive Surgery in Punta del Este, Uruguay in March 2016, the International Confederation of Plastic Surgery Societies (ICOPLAST) was formally launched by sixty-two founding member societies.

The purpose of ICOPLAST is to educate, communicate, advocate and advance the specialty of plastic surgery globally, all in the widest sense of the word. The confederation will achieve this purpose by facilitating communications and education among national plastic surgery societies as well as by all other means that are conducive to that purpose.

ICOPLAST will openly welcome national societies that wish to join. ICOPLAST does not belong to any continent, region or country but supports plastic surgeons worldwide.

Given the extensive number of plastic surgery meetings that already occur, ICOPLAST will not organize stand-alone meetings but will meet in association with existing conferences of regional societies. It will focus on providing an online platform to share knowledge and provide opportunities for plastic surgeons to engage and interact without the need for additional travel.

ICOPLAST has been formed as a confederation of societies. Its members are national plastic surgery societies rather than individual plastic surgeons. Each national plastic surgery society will have representation on a Council of National Delegates. The Council of National Delegates will be the ultimate governing body of ICOPLAST to which the Board of Directors will be accountable. The Council has the authority to make statements of policy, review management reports, elect members to the Board of Directors, approve committees, review and approve budgets proposed by the

Board of Directors, review the annual financial audit, approve dues and assessment amounts as proposed by the Board and to ratify or refuse other recommendations of the Board.

### Board of Directors

The Board of Directors will manage the day-to-day operations of the confederation. The Board will be accountable to the Council of National Delegates for the results of its management of the confederation and the Council of National Delegates will have the right to recall the Board and request regional federations or societies to nominate replacement board members if the professional management is found to be unsatisfactory.

The following individuals were nominated by the members of the regions, and ratified by the Council of National Delegates.

### ASIA

Kyung Suk Koh, South Korea  
Takashi Nakatsuka, Japan

### CENTRAL AND SOUTH AMERICA

Julio Daniel Kirschbaum, Peru (Secretary)  
Nelson Piccolo, Brazil

### EUROPE

Graeme Perks, UK  
Hinne Rakhorst, Netherlands (Treasurer)

### MIDDLE EAST

Hassan Badran, Egypt

### NORTH AMERICA

Howard Clarke, Canada (Chair)  
Robert X. Murphy, Jr, USA

### OCEANIA

Rodney Cooter, Australia

The region of Africa has not yet nominated a member.

### General Assembly

A general assembly of the Board of Directors, the Council of National Delegates and individual members of the national societies may be convened. The General Assembly will serve as a forum for communication for the Council of National Delegates and the individual members of the national societies. The General Assembly will receive reports and provide a platform for new initiatives and ideas.

VISIT THE NEW ICOPLAST WEBSITE AT  
[WWW.ICOPLAST.ORG](http://WWW.ICOPLAST.ORG)



National Delegates from member societies meet in Punta del Este, Uruguay on March 9, 2016 to formally launch ICOPLAST.

# OTTAWA 2016

June 14 - 18

## SCIENTIFIC PROGRAM

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### Tuesday, June 14th

0800 - 1700 ... CMF Principles Course (additional advance registration required)

1600 - 1800 ..CSPS/GAM Early Bird Registration

1800 - 2100 ..CSSH (Canadian Society for Surgery of the Hand)

### Wednesday, June 15th

0700 - 1200 ..GAM Canada Registration

0700 - 1700 ..CSPS Registration & Information Centre

0700 - 0800 ..GAM Canada Continental Breakfast

0730 - 1200 ..GAM Canada - Annual Meeting

1100 - 1400 ...FACE Canada (Forum for the Advancement of Craniofacial Expertise) Business Meeting

1300 - 1700 ..Educational Foundation Symposium

### Thursday, June 16th

0630 - 1600 ..CSPS Registration & Information Centre

0630 - 0800 ..Breakfast in Exhibit Hall

0730 - 1400 ..Commercial Exhibits

0700 - 0800 .."Eye-Opener" Session

0800 - 0815 ..CSPS Opening Ceremonies

0815 - 1300 ..Scientific Sessions

1300 - 1400 ..Lunch with Exhibitors

1300 - 1400 ..Young Plastic Surgeons Meet & Greet Lunch

1400 - 1700 ..Young Plastic Surgeons Meeting

1400 - 1700 ..Canadian Plastic Surgery Nurses Symposium

### Friday, June 17th

0630 - 1600 ..CSPS Registration & Information Centre

0630 - 0800 ..Breakfast in Exhibit Hall

0730 - 1400 ..Commercial Exhibits

0700 - 0800 .."Eye-Opener" Session

0800 - 1300 ..Residents Corner

1300 - 1400 ..Lunch with Exhibitors

1400 - 1700 ..Residents Meet the Professor

1400 - 1700 ..Business Meeting - Members Only

### Saturday, June 18th

0700 - 1300 ..CSPS Registration & Information Centre

0730 - 0830 ..Breakfast

0800 - 1230 ..Scientific Sessions

## SOCIAL AND ALTERNATE PROGRAMME

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### Tuesday, June 14th

1600 - 1800 ..Early Bird Registration

### Wednesday, June 15th

0700 - 1700 ..CSPS Registration & Information Centre

1800 - 2200 ..CSPS Welcoming Reception

..... *Trillium Ballroom - Shaw Conference Centre*

2200 .....Hospitality Suite

### Thursday, June 16th

0630 - 1600 ..CSPS Registration & Information Centre

0700 - 1000 ..Spouse Breakfast

..... *Daly's Restaurant, Westin Hotel*

1100 - 1200 ...Visit The Royal Canadian Mint

1830 - 2300 ..Canadian Museum of History Fun Night

2200 .....Hospitality Suite

### Friday, June 17th

0630 - 1600 ..CSPS Registration & Information Centre

0700 - 1000 ..Spouse Breakfast

..... *Daly's Restaurant, Westin Hotel*

1200 - 1430 ..Parliament tour + Lunch

1600 - 1700 .. Rideau Canal Fun Run

1900 - 2400 ..Reception & President's Banquet

2200 .....Hospitality Suite

### Saturday, June 18th

0700 - 1300 ..CSPS Registration & Information Centre

0730 - 1000 ..Spouse Breakfast

..... *Daly's Restaurant, Westin Hotel*

1300 - 1430 .. Farewell Luncheon

1430 - 1700 .. Golf at Royal Ottawa Golf Club