



MEDICAL *LiveWire*
GLOBAL
AWARDS 2016



AN EXCLUSIVE INTERVIEW WITH
DR. NIKOLAOS METAXOTOS MD, PHD
FOUNDER OF SYMMETRIA



MEDICAL *LiveWire*

GLOBAL

AWARDS 2016

RECOGNISING THE WORLD'S
LEADING
MEDICAL
PROFESSIONALS

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MEDICAL AWARDS INTRODUCTION



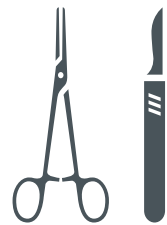
Despite a brief dip in popularity in 2014, last year saw over 15.9 million surgical and minimally invasive cosmetic procedures in the United States alone – that accounts for about one procedure per every 16 adults, or a combined US\$13.5bn spent on achieving the ‘perfect’ look. Plastic surgeons certainly have little to be afraid of – surveys highlight how society increasingly accepts aesthetic surgery as a means of enhancing rather than overhauling our appearance. Gone are the gravity-defying enhancements and motionless foreheads of yesteryear: the fastest growing treatment now is buttock implants. Another interesting development is the number of cosmetic procedures performed on men, which has increased more than 325% since 1997, according to the American

Society of Aesthetic Plastic Surgery. Such procedures include Botox, Xeomin and fillers treatments, as well as a growing desire for hair-free torsos, with 17% of all laser-hair removal procedures now performed on men. The study also showed that the number of people aged 65 and over receiving eyelid surgeries and facelifts has more than doubled over the last two decades, but there are many more younger people too: statistics point to a 41% increase in Botox in the 19-34 age group between 2011 and 2015. One surgeon cites a persistent fear among anxious millennials who arrive in clinics wailing “I don’t want to look like my mother!”, but equally “I don’t want to look like plastic!”

One of the fastest growing and most innovative sectors is breast augmentation. Our feature interview with Dr Tal Roudner provides a fascinating insight into the combination and multidisciplinary approaches to surgery that have been gaining traction this year – that is, using more than one procedure to achieve natural-looking, effective results. It’s an exciting time for breast enhancements and reductions, with more subtle looks, less scarring and more choice in the shape of implants. Women know what they want, and although trends and lifestyles differ all over the globe, thanks to new developments and procedures they are finally able to get it. In addition, men now make up more than 40% of aesthetic breast reduction surgeries for the first time ever, highlighting how an issue which

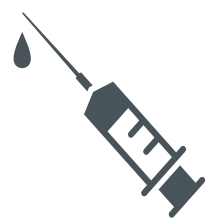
can seriously and negatively affect someone’s life is now far more accepted and mainstream. Another growing trend is lip fillers – we live in the age of the selfie, bombarded constantly with images both of ourselves and others, which draws ever more penetrating light on our facial insecurities. As Dr Roudner describes, the eternal challenge remains for surgeons to work closely with patients to ensure any procedure is thoroughly tested and patients are equally as educated as to the right reasons for surgery and to the process behind it.

SNAPSHOT: A RECORD YEAR FOR UK COSMETIC SURGERY



51,000

Number of Britons opting for cosmetic surgery

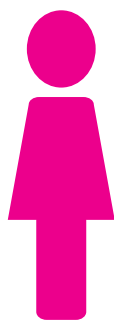


12.6%

Rise in invasive cosmetic procedures

Slight increase on previous record of 50,122 in 2013

GENDER SPLIT



91% WOMEN
46,526 procedures



9% MEN
4,614 procedures

Cosmetic procedures in the UK by gender

TOP 5 PROCEDURES



9,652 (↑ 12%)
Breast augmentation



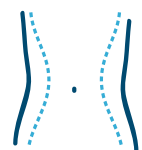
8,689 (↑ 12%)
Blepharoplasty (eyelid surgery)



7,419 (↑ 16%)
Face/Neck Lift



6,246 (↑ 13%)
Breast reduction



5,551 (↑ 20%)
Liposuction

WOMEN'S COSMETIC TRENDS

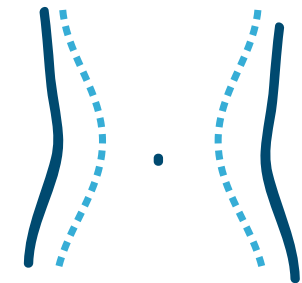
46,526 PROCEDURES

12.5% rise from 2014



**MOST POPULAR:
BREAST AUGMENTATION**

9,642 (up 12%)



**BIGGEST CHANGE:
LIPOSUCTION**

4,965 (up 20%)

MEN'S COSMETIC TRENDS

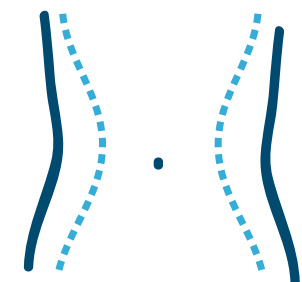
4,614 PROCEDURES

13.5% rise from 2014



**MOST POPULAR:
BLEPHAROPLASTY**

976 (up 15%)



**BIGGEST CHANGE:
LIPOSUCTION**

586 (up 20%)

X2



The number of men opting for Cosmetic Surgery has almost doubled in the past decade – having gone from 2,440 treatments in 2005, to 4,614 in 2015.



DR. NIKOLAOS METAXOTOS MD, PHD

**“Minimum Intervention
MAXIMUM EFFECT”™**

www.symmetria.com
www.drmetaxotos.com

Dr Nikolaos Metaxotos, MD, PhD, founder of the prestigious Symmetria Medical Center in Athens, Greece, talks to us about the latest beauty trends and what triggered the expansion of his practice into a globally recognized and accepted brand.

Dr Nikolaos Metaxotos MD, PhD is a leading specialist plastic surgeon, offering minimum intervention cosmetic procedures that enhance the ageing face. He studied at the Medical School of the University of Athens and qualified as a doctor in 1992. Soon after, he trained as a plastic surgeon in both the United Kingdom and Greece, where he was also awarded with a PhD on skin cancer and melanoma. In 2001 he received the European Diploma of Plastic, Reconstructive and Aesthetic surgery and Fellow of European Boards of Plastic Reconstructive and Aesthetic Surgery (FEBOPRAS). Over the years he's been known for publishing and presenting several papers on plastic surgery resulting from his extensive research in the field. He is a renowned international speaker. Over the years he has participated in a large number of national and international plastic surgery conferences, often giving lectures or serving as a moderator. In addition, he serves as International Inspector for the American Association for Accreditation for Ambulatory Surgery Facilities International (AAAASFI).

Dr Metaxotos established Symmetria, a world-class anti-aging institute meticulously designed with customer care and comfort in mind, in 2005. Symmetria became a state-of-the-art medical and beauty clinic awarded with the Best Clinic Award in 2015. Dr Metaxotos' vision of creating an environment whereby individuals can come and receive elite services to improve their appearance soon became a very pragmatic reality not only for local but also for international visitors, who choose Symmetria for its high aesthetic standards, excellent reputation and advanced techniques in facial rejuvenation, non-invasive anti-aging techniques and body reshaping.

In 2013, the American Plastic Surgery Practice magazine hosted Dr. Metaxotos on its cover accompanied by an article pertaining to his success story. Furthermore, his work has also been highlighted in British TATLER magazine and the Daily Mail.

Last but not least, Dr. Metaxotos cares greatly about giving back to the community as he is the founder of the I LIVE FOR ME non-profit organization for individuals battling cancer and other chronic diseases. Through his organization he conducts patient seminars, events and an application aimed at raising awareness in terms of introducing cancer-preventative measures, helping individuals already suffering from this disease as well as advising their family and friends.



What is your philosophy regarding aesthetic medicine?

My philosophy is the absolute respect for people and their needs, their limits and sticking by scientific ethos. The approach I have adopted in recent years is the “Minimum Intervention – MAXIMUM EFFECT™ “. This is the current trend internationally in aesthetic plastic surgery, namely the selection of less invasive but equally effective treatments.

In general, Symmetria is characterized for its innovative design, high quality and aesthetics and comprehensive programs that it offers, with modern treatments to rejuvenate the face and body by its professional staff. The medical center has been running for twelve years with a vision to provide high quality services that guarantee the experience and expertise of its partners.

In its twelve years of operation, Symmetria has received several awards.

Symmetria attracts not only locals from Greece, but also a plethora of individuals from abroad, who for twelve years consistently opt to visit the center for its excellent reputation. The Eu-

ropean Business Assembly recently awarded the excellent level of services and modern scientific methods and new technologies that we apply, with the international prize of the Best Clinic Award 2015. Symmetria has also been dubbed by British TATLER magazine for three consecutive years, as well as other international publications, as one of the leading beauty clinics worldwide.

A few years ago you launched the eponymous cosmetics line.

Symmetria cosmetics were first presented in 2008. They are a full facial care range prepared in the French Cosmetic Valley that incorporate the wisdom of nature and the achievements of modern cosmetology. The cosmetics also fall in line with the philosophy of “Minimum Intervention – MAXIMUM EFFECT™” that places emphasis on antiaging. For example, clinical studies have proven the effectiveness of THE ONE Non-Surgical Eye Lift cream from the range, as being able to softens wrinkles around the eyes (the area known as the “crow's feet”). In particular, after 28 days only, with two applications each day (morning - evening), there was a 50.24% reduction in the number of wrinkles.

Symmetria is particularly active in the field of health tourism. How is that so?

By taking into account that patients have been visiting Symmetria from abroad for several years, we designed a comprehensive health tourism program, which provides high quality medical services, accommodation in selected hotels in Athens and very competitive prices, of course. We work with Divani Apollon Palace & Thalasso hotel, in one of the most beautiful locations in Athens, where one can undergo the #DivineYou detoxification wellness program. The program includes a special low-calorie menu depending on the needs of each guest, which is created by a team of nutritionists from our medical center in cooperation with the hotel's chef. Moreover, the spa offers popular beauty treatments, all of which bear the Symmetria signature.



How is it that Symmetria became an active international brand?

It seems that we established the recipe for success. As a world-class anti-aging institute offering a comprehensive range of services applied by the well-trained staff and prestigious physicians on board, coupled with its innovative luxury skincare collection, its countless international visitor possibilities (health tourism) and the international awards and press coverage received, meant that it was only a natural progression for the brand to spread its wings to other nations as well. Furthermore, Symmetria is also constantly on the look out for new potential partners and collaborations in the different health and tourism sectors available so as to merge its knowledge and expertise with resources that will further aid its international expansion.

How did you choose to become active in the Middle East in specific?

I have met several patients from the Middle East in the years that I worked in London, and all these years via Symmetria. Many of them



visit us regularly and the treatments we apply on them are particularly liked. On the other hand, we are always in search of new and attractive markets. The option of externalization is a worldwide trend. Globalization requires the redesigning of the company's strategy and a switch of interest in directions with more fertile soil. The cooperation proposal made to us by Dr Abdullah Syiam, founder of Beauty Care Center, gives us the opportunity to expand our service range offered and of course, to tap into new markets.

Beauty is largely linked to a holistic lifestyle change. What do you recommend to your patients when it comes to adopting this lifestyle?

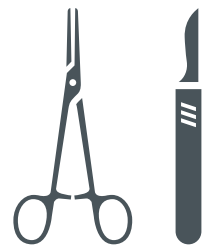
We recommend the Pro-G-Diet, a holistic scientific diet method that can change your life. The philosophy behind this diet is that diseases that affect most people are not only related to their diet, but rather with their lifestyle. By taking into account all the scientific developments, both in the science of nutrition and exercise, and the science of psychology, we created a new lifestyle change model. The Pro-G-Diet combines nutrition of low Glycemic Index with adequate protein intake all while supplying the body with the necessary nutrients for optimal metabolic function. One of the main goals of

a nutritional intervention in the form of the Pro-G program, is the adequate intake of powerful antioxidants, such as lycopene, vitamins E, C and A, selenium, anthocyanins, curcumin, catechins and other polyphenols. Besides antioxidants, this way of eating will supply you with nutrients that contribute to the elimination of toxins such as heavy metals or air pollutants. As part of the Pro-G-Diet, you will be introduced to many traditional recipes from the Mediterranean cuisine - the healthiest cuisine in the world perhaps.

You have also further developed an on line diet platform. Could you enlighten us on how it works?

Seeing as modern people have limited time or are constantly traveling and unable to visit a nutritionist regularly, Symmetria, in collaboration with a team of doctors, nutritionists and beauty specialists, created the innovative on-line platform www.dietisnotforme.com, which helps those interested in leading a more balanced lifestyle. The platform is based on the highly successful Pro-G-Diet program. Anyone interested may speak directly to a nutritionist via Skype. Then, the appointed nutritionist will implement a personal nutrition program with the scientific guidance of the Symmetria team.

SNAPSHOT: A RECORD YEAR FOR US COSMETIC SURGERY



15.9 MILLION
Number of cosmetic procedures
performed in the United States

2% - Rise increase over 2014

AESTHETIC BREAST REDUCTION THIS IS A MAN'S WORLD

Among the 14.2 million cosmetic
minimally-invasive procedures
performed in 2015, the top 5 were:



40% MEN

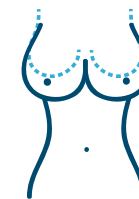
27,456 out of 68,106 aesthetic breast
reduction surgeries (gynecomastia)
were performed on men.

For the first time, men account for
more than 40% of aesthetic breast
reduction surgeries
Up from 35% in 2015

SINCE Y2K:

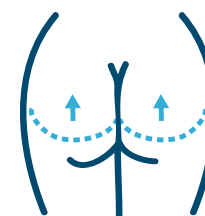
OVERALL PROCEDURES

have risen 115% since 2000.



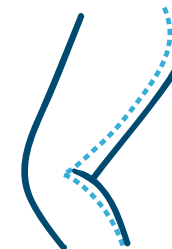
BREAST LIFTS

up 89% (99,614 in 2015, up
from 52,836 in 2000)



BUTTOCK LIFTS

up 252% (4,767 in 2015, up
from 1,356 in 2000)



LOWER BODY LIFTS

up 3,973% (8,431 in 2015, up from 207
in 2000)



UPPER ARM LIFTS

up 4,959% (17,099 in 2015, up
from 338 in 2000)

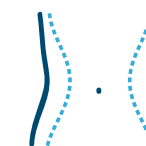
BOOM & BUSTS – THE TOP 5 COSMETIC SURGICAL PROCEDURES

Of the 1.7 million cosmetic
surgical procedures performed
in 2015, the top 5 were:



BREAST AUGMENTATION

(279,143 procedures, down 2%
from 2014, up 31% from 2000)



LIPOSUCTION

(222,051 procedures, up 5% from
2014 but down 37% from 2000)



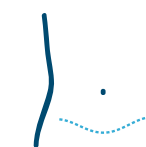
NOSE RESHAPING

(217,979 procedures, unchanged
from 2014, down 44% since 2000)



EYELID SURGERY

(203,934 procedures, down 1%
from 2014, down 38% since 2000)



TUMMY TUCK

(127,967 procedures, up 9% from
2014 and 104% since 2000)

THE TOP 5 – COSMETIC MINIMALLY-INVASIVE PROCEDURES

Among the 14.2 million cosmetic
minimally-invasive procedures
performed in 2015, the top 5 were:

SOFT TISSUE FILLERS

(2.4 million procedures, up 6%
from 2014 and 274% since 2000)

LASER HAIR REMOVAL

(1.1 million procedures, unchanged
from 2014, but up 52% since 2000)

BOTULINUM TOXIN TYPE A

(6.7 million procedures, up 1%
from 2014 and 759% since 2000)

CHEMICAL PEEL

(1.3 million procedures, up 5%
from 2014 and 14% since 2000)

MICRODERMABRASION

(800,340 procedures, down 9%
from 2014 and 8% since 2000)

A REAR VIEW

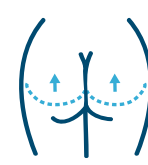
Buttock implants were the
fastest growing type of
cosmetic surgery in 2015

On average, there was
a buttock procedure
performed every 30
minutes of every day.



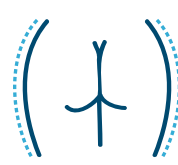
BUTTOCK AUGMENTATION WITH FAT GRAFTING

14,705 procedures,
up 28%



BUTTOCK LIFT

4,767 procedures,
up 36%



BUTTOCK IMPLANTS

2,540 procedures,
up 36%



DR. TAL ROUDNER

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Dr. Tal Roudner specializes in plastic surgery procedures such as breast augmentation, breast implants, breast lift, male breast reduction, female breast reduction and breast revision surgery.

Dr. Tal Roudner is one of the few selected plastic surgeons chosen to be an investigator of Allergan's Natrelle 410 Anatomically Shaped Highly Cohesive Form Stable Silicone Breast Implants, also known as the "Gummy Bear" Breast Implants.

As a plastic surgeon who performs aesthetic and reconstructive surgery on the face, Dr. Tal Roudner is well versed in the anatomy and the aesthetic of the face. When not spending time in the operating room, Dr. Tal Roudner spends the majority of his time performing facial rejuvenating and lip augmentation treatments with facial fillers and neuromodulators such as: Botox, Voluma, Radiesse, Restylane, Juvederm, Perlane, and Belotero Balance.

Dr. Tal Roudner has co-authored chapters in one of the latest textbooks on cosmetic surgery: Breast Augmentation and Breast Lift. In addition, he authored an article on chest reconstruction in one of the world's leading journals on surgical operative techniques.

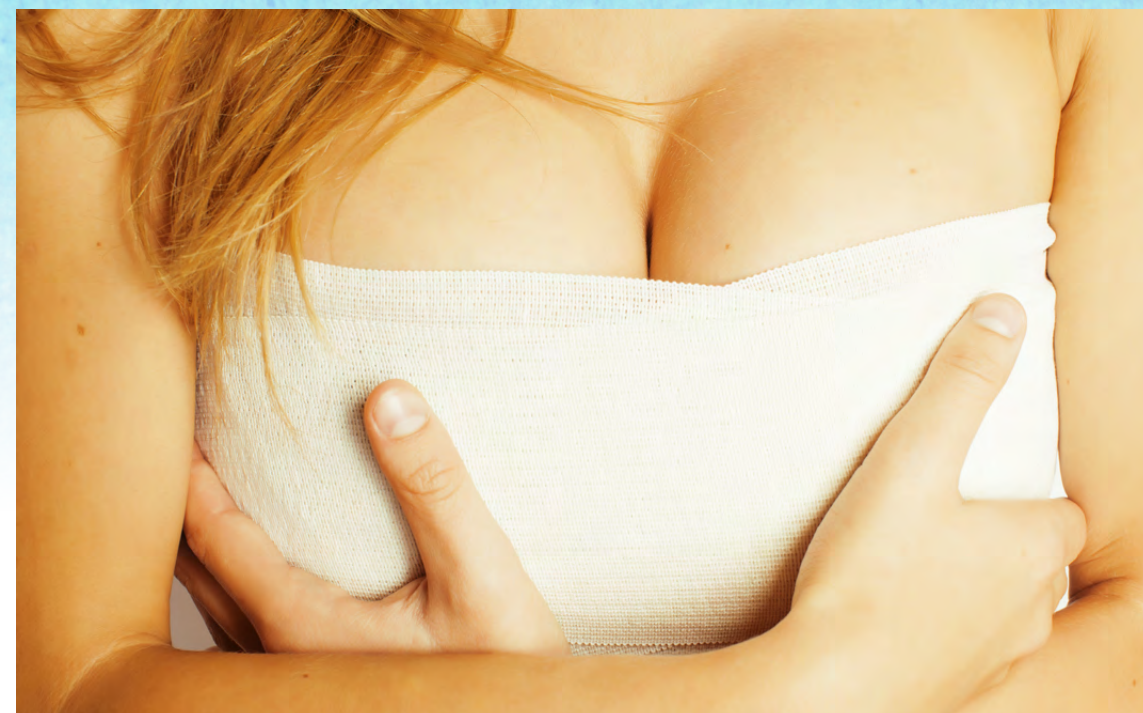
Dr. Tal Roudner is a member of the American Society of Plastic Surgeons (ASPS), American Society for Aesthetic Plastic Surgery (ASAPS), Miami Society of Plastic Surgeons, and American Medical Association from whom he re-

ceived the "Physician Recognition" award. He also holds the prestigious title as a fellow of the American College of Surgeons (ACS).

Dr. Roudner is in private practice at the Aesthetic Surgery Center of Coral Gables and is on staff at Baptist Memorial Hospital, South Miami Hospital, Doctors Hospital and Mercy Hospital. Dr. Tal T. Roudner's practice is located in beautiful Coral Gables, Florida and is conveniently accessible from any region in the Miami metro area.

Can you talk us through some of the procedures you offer?

Breast Augmentation, Breast Lift, Breast Reconstruction, Breast Reduction, Breast Enhancement, Breast Implant Removal, Breast Implant Replacement, Breast Implant Revision, Capsular Contracture Treatments, Gynaecomastia (male breast reduction), Nipple Surgery, Areola Surgery, Peri-areolar Incision, Infra-mammary Incision, Fat Transfer Breast Augmentation, Nipple and Areola Surgery, Internal Bra/surgical Scaffold surgery, Tummy Tuck / Abdominoplasty, Liposuction/liposculpture, Mommy Makeover, Lip Augmentation, Facial Fillers, Botox, Kybella is a new method injecting deoxycholic acid for sub-mental fat reduction, Otoplasty (ear surgery), Rhinoplasty (nose surgery), Labiaplasty (vaginal surgery), Blepharoplasty (eyelid surgery), Brow Lift, Facelift, Neck lift, Fat Transfer, Scar Revision, Mole Removal, Skin cancer treatment.



What are the latest invasive and non-invasive methods used in the plastic and reconstructive field?

There has been an explosive amount of invasive and non-invasive new technologies and treatments. Non-invasive technologies that create skin tightening, skin resurfacing and fat dissolution are the most popular non-invasive treatments today. Ultherapy delivers skin tightening by ultrasound and Thermi delivers it by RF. Skin resurfacing by methods of fractional CO2 or erbium laser have been around for a while but have been improving significantly offering more comfortable delivery in a shorter time. Cool sculpting a fat reduction treatment delivers cryotherapy to dissolve fat cells. Kybella is a new method of injections used to dissolve submental fat by use of deoxycholic acid. The minimally invasive treatments with dermal fillers have seen a large increase. Voluma and Volubella are some of the different types of injectables which have improved longevity and efficiency are now available. In the surgical field, breast augmentation has seen a vast increase in the types of different breast implants available. The shapes, profiles and the filling materials have improved. More cohesive silicone implants such as the 410 Anatomically Shaped and Inspira implants from the Natrelle line. These implants have an improving ability to hold their shape as well as reduce the rippling of the implants. The use of the new Keller

funnel has improved the delivery of the breast implants in a less traumatic and a more sterile technique. New and improved technology in wound closer has been introduced by Israeli companies such as Topclosure™ 3S System that eliminates the need for sutures and can spread the tension on the skin about 100,000 times better than we could do before. This is currently used mostly for traumatic wounds and reconstruction but also has implications for future use in all fields of surgical wound treatments. Fat injections have become very popular procedures in all cosmetic and reconstructive procedures. The new systems enabling less traumatic harvesting, processing and delivering the fat as well as storing it for future use are on the forefront of the plastic surgery field today.

How can you ensure patients are safely treated as new methods and new procedures are introduced?

It is unfortunate that so many new methods and procedures are introduced to the market with great hype and high level marketing plans but do not always have any proper clinical studies to back up their claims. The new methods should undergo the test of time and be proven to be effective. The patients should not be treated with any new methods until enough cases have been performed and their safety and efficiency profile has been tested by objective body. Clinical studies should be conducted

by well authoritative organisations with a large number of subjects and good statistical analysis should be performed. Once enough of these studies have been performed and show a safe and effective profile only then do I believe it would be worth undergoing these procedures. I would also recommend, once proven, to have the procedures or treatments performed by a board certified physician specifically trained to perform those type of procedures.

Why do you think we have had a significant rise in Botox and plastic surgery?

In my opinion the significant increase in non-invasive, minimally invasive and plastic surgery procedures are due to the exponential increase in exposure of those procedures over the internet, social media and television. In today's age almost any person around the world has some sort of accessibility to a device that enables them to have exposure to the news, entertainment, sports or any other source of information. Many of those sources have exposed people that have undergone those procedures as well as the people performing those procedures. The large exposure of celebrities, who have been idolised by many, undergoing those procedures has been a large influence on the enormous increase in those procedures performed all around the world. I also believe that the less invasive procedures as well as the more affordable surgical procedures have a large part in that increase.

Have you witnessed any shifts or trends in demographic from what you expected?

I have witnessed a very large increase in the amount of male patients in my practice that I have not been seen before. Most of the male clientele I have seen in the past were limited to the fashion, beauty and health industries. This clientele was more commonly treated with non or minimally invasive procedures. I have noticed a large shift to a much more broad population of male patients. I have also noticed a large increase in the amount of men undergoing surgery namely male breast reduction surgery.

What are the biggest challenges currently facing aesthetics and cosmetology practitioners? How can these be overcome?

There is a huge increase of procedures performed and the people performing those procedures. Many of those procedures are illegal and dangerous to the public. Many of the products are made in the black market and have no oversight and could be life threatening. In addition to the products many of these procedures are performed by people with no proper training or licensing to perform the procedure putting the patients at a very high risk to their health. I believe that the way to overcome those challenges is by patient education. These can be achieved by global campaigns conducted by world renowned physicians performing procedures endorsed by the established societies and funded by the products manufacturers. I believe in the authorities enforcing the law and holding accountable all those that produce sell and administer those procedures unlawfully. I also believe that the only physicians trained in plastic and reconstructive surgery programs, accredited by the governing bodies such as the ACCREDITATION COUNCIL FOR GRADUATE MEDICAL EDUCATION (ACGME) in the USA and their parallel bodies around the world, should be performing those procedures as they are the only ones that have undergone the rigorous training and board certification to perform those procedures.

How do you effectively educate and inform your patients about the procedures they wish to undergo?

My patient education starts at the time the patient contacts our practice. The office staff is educated to inform the patient with the basic information about the practice, surgeon and procedures of interest. The consultation is where most of the education takes place. I discuss the options available to the patients and help guide them to what would best fit their needs. The benefits, risk and complications are then reviewed in details based on the latest clinical data obtained in the latest journals and educational meetings. The patients are then encouraged to visit my website for more de-

tailed information, latest blogs, links to the FDA pages and 3D animations available for viewing. The patients have the ability to contact the practice with any additional questions prior to their treatments either by email or phone. The next step is prior to the procedure a detailed content form is reviewed by the patient. At the surgical pre-operative appointment the nurses further explain about the preparation for the surgery and the post-operative plans, at the time the patients get a package with more information to review at home. Education continues through the post procedures follow up appointments. Patients are encouraged to visit the ASPS and ASAPS websites for more information as well.

A recurring feature in many of the reviews left by your patients is a reference to the tremendous compassion and excellent communication throughout every step of the procedure. How does your consultation process enable you to put the patients mind at ease and determine their suitability for particular treatments?

It's really very simple: I am myself. What you see is what you get. I do not try to sugar-coat things. I do what I was trained to do, be a doctor first and foremost. I listen to what the patients have to say, I am attentive to what it is they are looking to achieve and ensure they have realistic expectations. I take my time to explain what needs to be done to achieve those results if possible. I discuss what I recommend for best results and see if that is harmonious with the patient's desires. I thoroughly cover the procedures risks, benefits and complications for a proper informed consent. I never oversell to the patients, I recommend to them what I feel is best for them nothing more nothing less.

What post-operative patient care do you provide?

The post-operative care includes a very close follow up of the patients after the surgical procedures. The patients are seen by me and the office staff often after their procedures. Post-surgical products for healing and scaring

are recommended to the patients. A referral to post-surgical treatments such as lymphatic massages, ultrasound treatment or RF treatments are recommended for specific patients to improve the surgical results. For out of town patients or any other patient that would like further assistance in recovery either private nursing care or a safe house is available. When needed high quality post-surgical garments are obtained for patients use.



What (else) do you consider to be the outstanding points of the services you offer?

The practice offers a boutique style service. I personally see and treat all of my patients from the moment of their consultation till the last post treatment visit. The consultation is lengthy and informative. The patients feel comfortable and are not rushed during the process. The treatment plan is formulated by me in the presence of the patient and timely discussion about the needs and desires of the patients are discussed at that time. I personally respond to all my patients questions or concerns during and after business hours 24/7. I pride myself on being a doctor first, a plastic surgeon second, and a business man last. I believe that our outstanding services arise from the fundamental rule of being ethical and doing what is right for the patients without exceptions. We strive to treat our patients just as we would want someone else to treat us.

WINNER LISTINGS



Best Aesthetic Surgeon
Dr. Alexander Aslani

Best in Childrens Craniofacial Practices
Robert Severinac

Best in Cosmetic Surgery
Clinica Dr. Etxeberria

Best in Craniofacial & Pediatric Plastic
Francis Papay

Best in Head & Neck Reconstruction
Joao Correia Anacleto

Best in IVF Treatments
Dr Keith L. Blauer

Best in Non-Invasive Anti-Aging Treatments
Dr. Nikolaos Metaxotos MD, PhD

Body Conturing Practitioner
Jonathan Staiano

Burns Practitioner
Norbert Pallua

CBT Psychologist
Dr Annemarie O'Connor

Excellence in Aesthetic Surgery
Dr. Alexander Gardetto

Excellence in Breast Augmentation
Manuel Jose Lazzaro Estevez

Excellence in Clinical Psychology
Dr A Mia

Excellence in Cosmetic Surgery
Paul Tulley

Excellence in Forensic Psychology
Mr P J Griffiths

Excellence in Implant Reconstruction
Aldona Spiegel

Excellence in Plastic Surgery - USA
Dr. Raja Nalluri, MD

Excellence in Plastic Surgery - Venezuela
Dr. Manuel Lazzaro, MD

Excellence in Reconstructive Hand Surgery
Abhilash Jain

Excellence in Reconstructive Surgery
Ian Holten

Excellence in Reconstructive Surgery of the Abdominal Wall
Jeffrey Janis

Excellence in Specialist Female Healthcare
Kiron Bhal

Excellence in Stress Management Psychology
Dr Claire A B Welsh

WINNER LISTINGS



Innovation in Breast Augmentation
Dr. Chia-Jung Chuang, MD

Innovation in Facial Surgery
Shailesh Vadodaria

Innovation in Rhinoplasty
Salvador Rodriguez-Camps Devis

Innovation in Wound Healing
Sujata Jolly

Medical Practice
Aesthetics International

Medical Practitioner - Austria
FABIAN Petschke

Medical Practitioner - Bahrain
Dr. Salil Bharadwaj

Medical Practitioner - Italy
Philipp Agostini

Medical Practitioner - Russia
George Sulamanidze

Medical Practitioner - USA
Dr. Mark S. Granick, M.D., F.A.C.S.

Mental Health Psychologist
Dr. Patapia Tzotzoli

Most Outstanding Cosmetic Surgeon
Bouraoui Kotti

Most Outstanding in Breast Augmentation
Dr. Tal Roudner

Most Outstanding in Breast Cancer Surgery
Amy Colwell

**Most Outstanding in Breast
Oncoplastic Surgery**
Elena Prousskaia Peregodova

Most Outstanding in IVF Treatments
Yana Kisarova

Most Outstanding in Regenerative Medicine
Joseph Molnar

Most Outstanding in Womens Healthcare
Archana Dixit

Plastic Hand Physician
Alexander Handschin

Plastic Surgeon
Laurie A. Casas

Plastic Surgery Practice
Aesthetic Center for Plastic Surgery -ACPS

Reconstructive Craniofacial Surgeon
Steven Buchman



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The latest trend in European aesthetic surgery is body contouring and buttock reshaping. The face of plastic surgery has changed quickly and evolved with an impressive speed over the last few decades. With the evolution of new techniques, and a better understanding of the possible impact they have on patients' aesthetics, plastic surgeons nowadays have a whole new world of possibilities. One of the most impressive developments within the last decade has been the development of the new techniques of body reshaping, which involves volume shifts by fat grafting. This procedure, known colloquially as the 'Brazilian butt lift' has made a remarkable career in the United States in the last 10 years.

Dr. Alexander Aslani, head of the Plastic Surgery department in both Hospital Quiron Marbella and Hospital Quiron Malaga, and director of Cirumed Clinic in Marbella has been one of the pioneers of this surgery in Europe. "I think we will see a very similar development in the market as compared to the US in the next few years in Europe" says Dr. Aslani. His team has developed extensive expertise in this kind of surgery over the last years, leading the way in their field.

The team at Medical LiveWire was impressed by Dr. Aslani's revolutionary work in breast and buttock augmentation. His surgery's specialty, the BodyJet Water Jetstream, was particularly admired by the team; the way fat in these problem areas is gently 'washed' out without

damaging the fat cells results in the fat transfer being more effective in augmentation. This technique is favoured by Dr. Aslani, who has extensive experience in this field, having used it in hundreds of procedures and receiving good results and positive feedback. The way Dr. Aslani then follows the BodyJet Water Jetstream procedure with Body Tite liposculpture, which tightens loose skin in the area and gives his patients the 'Brazilian Butt' they have been craving. Dr. Aslani's procedure distinguishes him from other plastic surgeons, as it is safer and more efficient than many others on offer on this increasingly popular market.

Dr. Aslani is currently invited to congresses and conferences worldwide and is asked to show demonstrations of his techniques. At present, his clinic is seeing large numbers of patients travelling to Marbella to have this kind of surgery. His patients appreciate having their treatment in a fully functional hospital department in plastic surgery, with surgeons offered high levels of expertise and experience in a whole range of plastic surgeries also offer complex reconstructive surgeries. The background of this enables patients to enjoy the achievable changes with peace of mind regarding patient security.



**PROF. DR. ALEXANDER
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Head of Plastic, Aesthetic & Hand Surgery

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Prof. Dr. Alexander Gardetto is a medical specialist in Plastic, Aesthetic and Reconstructive Surgery and Hand Surgery, and is the head of these departments, as well Director, of the Brixsana Private Clinic in Bressanone, Italy.

He has been a pioneer in Reconstructive Surgery for a number of years, and his wealth of experiences directly benefit the patients he works with.

Whilst Prof. Dr. Gardetto knows that a person's beauty comes from inside, he understands that an aesthetically pleasing external appearance is valued by society. Every person has their own idea of what they want their ideal body to be, but sometimes a healthy diet and exercise are not always enough for someone to achieve this dream. This is where the Brixsana Private Clinic can provide a little cosmetic help to give people more confidence in themselves by giving them the look they do so desire.

The clinic aims to enhance their patient's natural beauty, and make the procedure look as natural as possible. With this philosophy in mind, Prof. Dr. Gardetto offers the whole spectrum of aesthetic and reconstructive surgery for the whole body (face lift, breast augmentation, breast reduction, mastopexy, liposuction, lipo-filling amongst others).

In addition to these procedures, he offers the treatment and prevention of skin folds with Botox, Hyaluronic Acid and Laser therapy. Through his specialisation in hand surgery, Prof. Gardetto is a competent figure to provide serious treatments in this area. He places emphasis upon individual care and discretion in dealing with his patients.

The Brixsana Private Clinic is equipped with cutting-edge technology and guarantees the highest medical quality with the most modern investigation methods. The team is well organised, keeping waiting periods low.

The team at Medical LiveWire were impressed with Prof. Dr. Alexander Gardetto's highly advanced surgical skills which have set him apart as a leading pioneer in his field. With many years of experience as head of the Health Authority in South Tyrol behind him, Prof. Dr. Gardetto can offer his treatments in a targeted and structured way. His commitment to aesthetic surgery has also seen him author a number of academic publications on surgery and anatomy. Combining the advantages of a medical clinic with those of an aesthetic surgery, Medical LiveWire appreciated how many experts and specialists of multiple disciplines work together at Brixsana Private Clinic to provide both effective results and a comfortable environment for the patient.



DR. RAJA NALLURI, M.D.
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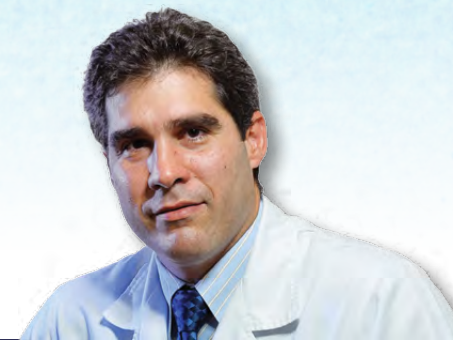
Dr. Raja Nalluri is a certified surgeon by the American Board of Plastic Surgery, as well as a Clinical Assistant Professor for the Florida State University School of Medicine. He has been rigorously trained to skillfully and safely perform a variety of specialised plastic surgery procedures, and has received numerous awards and recognitions for his work. These include the U.S. News & World Report, Castle Connolly, Cosmopolitan Magazine Hot List, America's Top Doctors, and the International Association of Plastic Surgeons.

Raja Nalluri, M.D. has been recognised by Florida Governor Rick Scott, who commended Nalluri's success. Straight-A's through high school and college, four years of medical school and six years of residency earned him his deserved board certification. His results through 15 years of experience display his natural artistic talents as a surgeon; achieving natural appearing augmented breasts, rejuvenated faces, uplifted buttocks and slender lipo-sculpted figures.

Dr. Nalluri's own surgical company, Nalluri Plastic Surgery, provides quality care and informs its patients of their procedure in comfortable settings. Devoted to patient care and recovery, Dr. Nalluri provides each of its clients with a dedicated team of professionals who offer a bespoke experience to aid recovery. As well as prioritising patient care, Nalluri Plastic Surgery firmly believes that convenience is equally important in order to effectively treat patients. Appointments can be scheduled at the client's

request, and the courteous and knowledgeable team informs patients about their procedure in an hour long consultation. It is because of the team's careful and caring approach to plastic surgery that Dr. Raja Nalluri is able to adhere to the highest standards and best results.

Dr. Raja Nalluri appealed to the Medical LiveWire team due to both his rigorous training, and the sheer efficiency of his practice. The panel of judges were particularly impressed by Dr. Nalluri's dedication to patient care; his belief that his patient's time is more valuable than his own allows the sheer efficiency of his practice to stand unparalleled. The information Dr. Nalluri imparts on his patients allows them to make an informed and sensible decision when it comes to the procedure; brochures, sketches and sample photographs are all provided so clients know exactly what to expect from their operation. Dr. Raja Nalluri has also been applauded for his discretion; as opting to have plastic surgery can sometimes be a very personal, and private, procedure, Dr. Nalluri can ensure a confidential service, and the excellence of his work ensures that each procedure looks natural and tasteful, enhancing his patients' looks and giving them the confidence they were previously lacking.



DR. MANUEL LAZZARO MD
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Manuel Lazzaro MD is a board certified Plastic Surgeon in Caracas, Venezuela, specializing in Aesthetics Plastic of Breast Surgery and Body Sculpture. Dr. Lazzaro is member of Venezuelan Society of Plastic Surgery, Reconstructive, Aesthetics and Maxilofacial (SVCPRM), Iberolatinoamerican federation of Plastic Surgery and Reconstructive, (FILACP), International Society of Aesthetic Plastic Surgery (ISAPS) and International Confederation for Plastic Reconstructive & Aesthetic Surgery. (IPRAS). He is also Aesthetic and Reconstructive Surgeon Specialist current member of European College of Aesthetic Medicine & Surgery (ECAMS) and Surgical Assistant Certified, member of American Board of Surgical Assistant (ABSA). Dr. Lazzaro has excellent communication skills and proven patients satisfaction record. Multilingual in English, Italian, Portuguese and Spanish. He ranks amongst the best in his fields due to his impressive academic accomplishments, diligent work habits and unparalleled dedication to his specialty.

Family business Derma Beauty Spa & Surgical Medical Clinic was established in 2010 to provide services in the field of surgery, aesthetics procedures, weight loss and rejuvenation.

The clinic's specific focus is that of becoming a benchmark of trust and providing quality beauty services, wellness and personal care. Dr. Lazzaro says, "By the mixture of result and member references, we have demonstrated and proven our experiences and abilities in the field of Surgery and cosmetology.

Dr. Lazzaro also adds, "Keeping us in our guests' preference, we have the latest techniques and personally designed treatments for every need and body type. We also have the latest products and high quality machines. In the clinic, you will be treated like family".

The clinic remains unique by providing personalized services that help their customers improve their physical, mind and soul states by making sure they are completely satisfied with their treatments.

Not only are they the biggest of their kind in Caracas Venezuela, but Dr. Lazzaro states, "We have been recognized as the best clinic in our area, with more satisfied customers each day and this enables us to meet the demands of our customers while maintaining the quality of services and offering the warm, family-like atmosphere. Thus, this keeps our services continually recognized".

During individual and tailored consultations, they explain all of the options and then recommend the best course of treatment. They also discuss the expected procedure in detail, giving the customers peace of mind.

The clinic and spa also offer dozens of treatments. These range from anti-ageing treatments, cellulite treatments and dental whitening treatments, to relaxing massages.

KIRON BHAL
Consultant Gynaecologist

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Infiniti Healthcare Ltd specialises in women's health: offering a comprehensive service for all healthcare needs, aimed at women of all ages. This includes specialist consultations for infertility, early pregnancy problems, urinary incontinence and pelvic floor problems (prolapse and obstetric perineal trauma), heavy periods, fibroids, endometriosis and pelvic pain, ovarian health screening and the menopause.

The service is led by Mr Kiron Bhal, who is a Consultant Gynaecologist with expertise in the management of general gynaecology, urogynaecology and infertility. The service offers a range of sub-specialisms, and manages patients as part of a multidisciplinary team with specialist nurse practitioners and physiotherapists, as well as other allied health professionals. This ensures the best possible chance of achieving an optimum outcome from their treatments.

The Cardiff-based consultancy impressed the team at Medical LiveWire for the array of expert services that cater specifically for women's healthcare. The panel of judges particularly admired the team's holistic approach to healthcare and wellbeing – this is evident in their services related to fertility; their early pregnancy reassurance programme offers counselling to couples hoping to conceive to help them understand their issues, in addition to investigating and managing all forms of infertility.

The company's well-equipped clinics, manned by a team of nurse specialists, physiotherapists and experts, were also commended by the Medical LiveWire team; their clinics' relaxing atmosphere, along with the reassuring tone of the specialists, put their clients at ease. Infiniti's endeavours to make their patients feel comfortable are evident through their series of stellar testimonies, which contributed to them winning the highly-coveted customer service award from WhatClinic.com.

The team at Infiniti work with other specialist healthcare providers, such as Spire Hospital, Nuffield Healthcare and local IVF clinics to ensure appropriate referral for patients when required. The team also work with specialist IVF clinics abroad where patients can have the treatment locally before they have the eventual treatment abroad, which saves a considerable amount of expense and time for patients.

The concept of individual tailored care and personalised follow up is embraced by the team. Infiniti offers a choice of minimal invasive treatments where possible to help with rapid recovery following any intervention. The team are also looking at novel approaches of managing patients with menopausal symptoms who are unable to use conventional HRT for a variety of reasons.



**DR. CHIA-JUNG
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Dr. Chia-Jung Chuang, MD is a Board certified plastic surgeon in Taiwan. He is well-known as a top aesthetic plastic surgeon in the Chinese community in all of Asia. Since he was young, Dr. Chuang has exhibited outstanding artistic talents and creativity, which leads him to pursue his great interests in the field of aesthetic plastic surgery after his graduation from the National Defense Medical Center. After completing a full-range training in plastic surgery at the Tri-Service General Hospital, he started his private practice and established the WiSH Aesthetic Surgery Clinic in Taipei. His unique, outstanding sense of aesthetics and excellent full-range surgical skills has quickly made him a top plastic surgeon in Taiwan.

His wide reputation has attracted thousands of patients from all over the world to come to him for plastic surgeries. Dr. Chuang has his own unique view and exceptional skills in every kind of plastic surgery. With his best expertise in breast augmentation, he has established many new techniques, such as using anatomical breast implant in solving refractory capsular contracture, and one-stage endoscopic breast reconstruction, etc., as well as published thesis in these topics, earning a solid recognition from scholars worldwide. Up to the end of 2015, Dr. Chuang has performed over 2500 cases of endoscopic breast augmentation, which is truly a precious experience and achievement.

Dr. Chuang's supreme surgical experience and leading innovation in breast augmentation are the main reasons he has won the 2016 Medical Live Wire Award. From today on, he will continue to strive for excellence by focusing on the technology of 3D simulation image to be used and proven success in clinical breast plastic surgery, aiming for a better grasp of patient expectation. This will not only increase the accuracy and success rate of the surgery, it will also ensure safety and satisfaction of patients coming out of a surgery.





SUJATA JOLLY
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Clinogen Laboratories was established in 1979 by medical scientist Sujata Jolly; with thirty years of experience in the health and skincare industry, Sujata has been at the cutting-edge of research and development within this field.

The company is responsible for a number of breakthroughs, both in medical and cosmetic fields, including: the use oxygen for treating various skin problems, harnessing sound energy for hair removal, and the creation of the dry wound healing concept using a spray-on dressing.

Some key innovations include the launch of Oxypeel in 1982 – an oxygen therapy to treat skin problems. Sujata's work resulted in the arrival of semi-permanent make-up to the UK, whilst in 1996 she oversaw the launch of Epil-Pro – a non-invasive hair removal system using sound technology. 2001 saw the launch of Sujata's Youki 'The Wound Healer' – a product which has been dubbed revolutionary advanced wound healing system. Youki is set to dramatically reduce healing time whilst also delivering significant cost savings. In innovating the Youki product Sujata initially looked at the cons of traditional wound healing techniques popularly applied in hospitals. Her research led to Sujata choosing to champion 'dry wound healing' in order to improve outcomes and lead to more efficient outcomes, putting patients in control of their wound management.

The team at Medical LiveWire were thoroughly impressed with the innovation used to create Youki. The product is a two part professional wound healing system that uses scaffolding technology to speed up the healing process of acute and chronic wounds, such as leg ulcers, pressure sores and diabetic foot. The product addresses the key principles of wound healing, and in doing so, is able to significantly reduce patient down time. Youki is a Medical Device and has been granted a CE mark.

Youki works by utilising oxygen, which is essential to any type of wound healing. The product forms a permeable membrane that allows the wound to breathe, and supports the body's natural humidity. The product further allows excess exudate to flow away from the wound site. It forms its own dressing over the wound bed which builds up upon repeated application, leaving the area undisturbed. It is specially formulated so that it does not cause an inflammatory response or iatrogenic reaction often associated with certain wound dressings.

There are two different Youki products which are used to encourage wound healing as well as ensuring that once healed, the skins' resilience is restored and scarring is minimised.

Youki Bio-Cell Spray for use on open wounds. The spray creates an environment for accelerated wound healing. The spray assists healing by providing a protective layer or scaffold that shields during the epithelialisation and granulation phases.



Youki Skin Repair Cream is formulated to help to condition and soothe fragile and damaged skin of the peri-wound area. It helps accelerate the granulation and remodelling phases which helps minimise scarring. The cream nourishes and hydrates the skin, reduces the appearance of post-inflammatory pigmentation (PIH) and minimises keloid scars.

The panel of judges from the Medical LiveWire team admired the creativity evident through Clinogen's list of products, and admired the endeavours of Sujata in spearheading the Youki product. The judges wanted to commend the philosophy that is behind each innovative product – unlike many other companies, which convolute their products and the methods used to create them, Clinogen's philosophy when formulating and developing products is to make the protocols simple to follow.

'Over-engineering' is something Sujata aims to avoid, instead choosing to place a greater emphasis on assuring their efficacy and simplicity to clients and potential practitioners.

The team at Medical LiveWire further commended founder Sujata Jolly's international presence and respect amongst the medical community during her many years of practise. In addition in to being the driving force behind a range of innovative and potentially life changing medical products, Sujata has shared her vast knowledge of expertise on skin disorders, lecturing many future dermatologists and health professionals at university. Her work in pioneering 'dry wound healing' has seen her author a chapter in 'Advanced Wound Repair Therapies', which was first published by Woodhead Publishing in 2011. Her presence as a leader in her field is ubiquitously understood across the media, and the panel of judges admired her television work for leading broadcast media channels such as the BBC, CNN and ITV.

Sujata deserves further praise from Medical LiveWire after having worked closely with trading standards experts, with the panel of judges being thoroughly impressed with her part in banning the harmful substance hydroquinone in the European Union after her extensive research which spanned two decades.

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Dr Salil Bharadwaj is a board certified Consultant Plastic, Reconstructive and Aesthetic Surgeon. He is a member of the International Society of Aesthetic Plastic Surgery, Association of Plastic Surgeons of India and European College of Aesthetic Medicine and Surgery. He has more than 10 years' experience in the field of Plastic Surgery and has been actively involved in the training of plastic and general surgery postgraduates. After practising in several leading corporate hospitals in Bangalore, India, he now works at one of the Gulf's top hospitals, the Bahrain Specialist Hospital, Bahrain. He is also a regular speaker in International conferences and has published several articles in reputed journals.

Bahrain Specialist Hospital (BSH) stands as a centre of excellence in the Arabian Gulf. It is a highly specialised 100 bedded Medical Centre that provides up to date medical services by experienced Consultants and Specialists, using the latest technologies with the-state-of-the-art medical equipment and systems.

An international team of over 160 nurses and 72 doctors provide state of the art medical care with some of the most modern and in some cases uniquely available equipment in the region. The hospital continuously invests in training programs and workshops to keep doctors and nurses abreast of the latest medical techniques and technologies.

This is complimented by lectures, daily seminars and unrestricted electronic access to the most renowned medical references across the world.

Dr Salil Bharadwaj most commonly carries out liposuction, liposculpturing and abdominoplasty, however, body contouring, body lift procedures, minimally invasive face lifts, surgical and nonsurgical facial rejuvenation, liquid face lifts, fat transfer for facial and body volumisation, breast surgeries, gynaecomastia reductions, and microsurgery is also available. Patients are never treated in assembly line fashion at the Bahrain Specialist Hospital, treatments are always individualised and treatment goals are discussed in detail before surgery to ensure patients are fully informed about what is possible and what to expect. Unrealistic expectations and non-ethical demands are never entertained.

The team of doctors and nurses at the Bahrain Specialist Hospital always endeavour to be at the cutting edge of innovation in our practice. In Dr Salil Bharadwaj's specialism, keeping up to date and ahead of technology and developments is essential, and this is shown in the harnessing of the new concept of non-surgical liquid face lifts using area wise specific fillers and botox, as well as minimally invasive thread lifts.





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Mark S. Granick, M.D., F.A.C.S. is Professor of Surgery, tenured, and Chief of Plastic Surgery in the Department of Surgery at Rutgers New Jersey Medical School, Newark, New Jersey, USA. Dr. Granick has a 30-year history of academic plastic surgical experience.

He began with a BA from Cornell University and an MD from Harvard Medical School. His residency training was performed at Harvard and at the University of Pittsburgh. Dr. Granick is fully certified by the American Boards of Plastic Surgery and of Otolaryngology, Head and Neck Surgery. Dr. Granick is also a renowned academic, and has taught many courses and lectured throughout the world; his plastic surgery course in the New Jersey Medical School is particularly distinguished. He is known globally for his leading expertise in wound surgery and its related technology.

Dr. Granick has edited nine textbooks, written more than 50 book chapters and 185 peer reviewed scholarly publications, and is the co-founder and co-editor of the first open access, PubMed indexed plastic surgery journal, www.ePlasty.com. Dr. Granick is also one of the founders and on the Executive Board of the Journal of Wound Technology. He has research funded by the National Insurance of Health (NIH) on modulating skin biofilms, and has fostered a program of cutting-edge surgery, developing one of the most sought after plastic surgical training programs in the country. He is nationally recognised as a top plastic surgeon; made evident by his lifetime appointment to

Strathmore's Who's Who and being consistently listed (for the last nine years) by Castle Connolly's Top Doctors in the New York Metropolitan area.

Dr. Granick impressed the team at Medical LiveWire with his superior knowledge and skill on the topic of plastic surgery, and the emphasis placed upon surgical wound care, complex reconstructive surgery from injury and cancer demonstrate his sheer commitment to his patients in helping them rebuild themselves after suffering traumatic injuries or illnesses. As well as being a highly successful doctor exceeding in his field, those who have been treated by him have expressed their pleasure at working with a medical professional who is so personable; by thoroughly explaining medical conditions and procedures in layman's terms, and spending enough time with his patients, Dr. Granick provides those experiencing his treatments with a high level of trust which can put them at ease at a particularly stressful time. The industry's acknowledgement of Dr. Granick as a leading expert in reconstructive surgery, and his pioneering research in telemedicine, ensures the highest quality care for his patients.



DR. PATAPIA TZOTZOLI

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Dr Patapia Tzotzoli is a Consultant Clinical Psychologist who specialises in adult mental health and couples therapy, offering sessions worldwide via Skype or one-to-one in London. Her vision to create an environment where clients are at the heart of psychological services has come to life with My Private Therapy Clinic (www.myprivatetherapyclinic.com). The clinic ensures every individual's care is personal and comprehensive. Always evidence-based, Dr Tzotzoli develops tailor-made therapeutic plans for each client by considering the difficulties they are currently experiencing alongside any personal, work-related or social factors.

Where appropriate, she liaises with other experts in their field (e.g. neurologists, personal trainers, psychiatrists, etc.) to ensure a holistic approach to a patient's care. Her practice strictly abides by the British Psychological Society and Health and Care Professions Council standards of conduct, performance and ethics. As a result, Dr Tzotzoli provides therapy with effective outcomes for her clients, which is evidenced in the series of testimonials she has received.

In parallel, as the CEO and founder of iConcilio Ltd, Dr Tzotzoli designed an innovative online support system, called MePlusMe, to enhance the 'student experience' in Higher Education Institutions and support student with mild to moderate psychological and academic difficulties. As a result of this project, Dr Tzotzoli was the recipient of the Lion's Den award in entrepreneurship from King's College London. Part of this work sees Dr Tzotzoli actively involved in

the research and development of the system, as well as fundraising and funds management, strategic business development and leading a team of 15 people at different levels of seniority and specialties.

Dr Patapia Tzotzoli initially stood out to the Medical LiveWire team for her various qualifications in psychology from world-renowned universities, including two Masters degrees from both Oxford and Cambridge University, and a Doctorate in Clinical Psychology from Kings College London – a Russell Group research institution. The Medical LiveWire team particularly admired Dr. Tzotzoli's dedication to ensuring her clients have access to high-quality mental health services; earlier in 2016, it was recorded that 75% of vulnerable individuals in the UK are suffering with their mental health without receiving any treatment – making access to services like Dr Tzotzoli's all the more essential. Her speed in assessing and providing effective treatment was commended by the panel: each patient is given an initial 20 minute free consultation and then the first session is usually set up within 48 hours. Dr Tzotzoli will then assess thoroughly each client's needs and tailor the intervention to suit them. Within the next sessions clients feel empowered and motivated to move on.

Dr Tzotzoli's was especially respected for her commitment in juggling both her ventures to such a high standard, and providing good quality psychological services to a variety of clients. Her work cements her as a leading psychologist in her field, as she brings appropriate treatment to the UK's struggling mental health service.



MS ARCHANA DIXIT
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Dixit Womancare Limited is the registered private practice of Ms Archana Dixit MBBS, MD, DNB, FRCOG: a Consultant Obstetrician and Gynaecologist in London. Ms Dixit is the sole practitioner and runs her private practice out of several prestigious hospitals in and around London, including The Portland Hospital, The Cromwell Hospital, The Princess Margaret Hospital and The Clementine Churchill Hospital.

Ms Dixit strives to provide the highest standard in both obstetric and gynaecological care, while keeping in mind the uniqueness and individuality of each woman, something which has been appreciated by her patients as evidenced in numerous letters of appreciation received over the years. Her practice has progressively built up purely through word-of-mouth recommendation, and her patients have been extremely satisfied with her professionalism, empathic bedside manner and the time she devotes to her patients, ensuring they are fully informed and receive up-to-date and evidence-based medical treatment.

Ms Dixit impressed the team at Medical LiveWire with her extensive list of qualifications, certifying her as a practitioner of excellence. Whilst studying for her postgraduate qualification (MD) in Obstetrics and Gynaecology in 1998, Ms Dixit was awarded a Gold Medal, in addition to her previous accolade of 'Young Scientist Award' the year before. Ms Dixit further successfully sat the examination for Membership of The Royal College of Obstetricians and Gynaecologists (MRCOG) in 2001 and was awarded the Gold Medal for being

the highest achieving candidate in this. Medical LiveWire admired Ms Dixit's varied previous experience in her field; working in such a socio-culturally diverse environments such as Muscat, Oman has resulted in Ms Dixit examining and helping a wide assortment of women from different circumstances with their maladies. Because of this, Dixit Womancare is equipped to help an array of women with a multiplicity of problems, and can provide expert advice on a series of issues.

Ms Dixit has a broad and extensive clinical and surgical experience in the field of Obstetrics and Gynaecology, and provides a full range of Obstetric and Gynaecological services including, but not limited to, complex gynaecological surgery as well as laparoscopic and hysteroscopic (key-hole) surgery, management of high-risk pregnancies in women with medical disorders, as well as pre-conception counselling, contraceptive advice, and well woman checks.

Along with her busy private practice, Ms Dixit also works full-time on the National Health Service, UK. Her NHS practice is based at the West Middlesex University Hospital site of the Chelsea & Westminster Hospitals Foundation Trust, London. She is also an Honorary Senior Clinical Lecturer at the Imperial School of Medicine, London as well as an Educational Supervisor to trainee Obstetricians and Gynaecologists in the Northwest Thames region of London. Ms Dixit balances her busy professional life with her equally busy and rewarding family life where she is married to an anaesthetic consultant and has two growing children.



DR. HENRY MENTZ, MD, FACS

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The Aesthetic Center for Plastic Surgery of Houston, Texas was established in 1996, with Dr. Henry Mentz as a founding partner. The vision for the group was to strive for excellence, and be the best in everything they offered; whilst each of the six doctors that make up the practise are talented and respected in their own right, it is the combination of all of their gifts and expertise that have made ACPS a leader in its industry. This is cemented through the fact ACPS is currently the largest private aesthetic plastic surgery practice in Texas, and one of the largest in the US.

As the practice has grown, the group of practitioners have remained single-minded in pursuing and implementing the attributes the group is now renowned for: excellence, innovation, research and education. In this light, Dr. Mentz was the first triple board certified surgeon in America and has been a contributor to the practice of plastic surgery, having contributed to over 220 other publications and presentations. His work has seen him be featured in books distinguishing stellar facelift surgeons from around the globe.

The Houston-based practise impressed the team at Medical LiveWire for its excellence in performing plastic surgery. The panel of judges particularly admired the way the skilled doctors surpassed the already high expectations in delivering the very best to their patients; evident through the way their doctors combine their surgical precision and access to the most advanced technologies with a signature, artistic touch to make each procedure look as natural as it can be.

Medical LiveWire further commended ACPS's commitment to patient care, as seen through ACPS's onsite spa and rejuvenation centre. Understanding that undergoing plastic surgery can often be a difficult and stressful time for patients, Medical LiveWire admired how ACPS put patient care before profit - endeavouring to make sure each patient is well informed of the procedure, patients are then able to make an educated decision about having surgery. Medical LiveWire admired the devotion of their staff in providing complete understanding of procedure and recovery, and approved of the advice on offer post-op to make sure results are long lasting.

Dr. Mentz has received numerous prestigious honors for his contributions to the medical industry including "Best Facelift" at AMEC Paris in 2013 and 2016, Best Plastic Surgery Practice in Texas and Top 5 in the U.S. by BestFaceBestBody in 2016-17 in Hollywood, U.S. Top Cosmetic Surgeon for HealthTap, America's Top Plastic Surgeon Consumers' Research Council of America, U.S. Leading Plastic Surgeon by Goldline Research, National Best Doctor's List, New Beauty Magazine Expert, Super Doctors™ in Texas Monthly, Top Doctor in H-Texas® Magazine, Doctor Choice in Health and Fitness Magazine®, Top Doctor – Houstonia Magazine, Selected Mentor LEAD Doctor, and Top Plastic Surgeon by IAHC, No. 1 practice in Texas and Top 50 practices in US for Allergan, Top Doctor for Facelifts and Liposuction for RealSelf, Best Journal Article by the ASAPS and ASERF, Patients' Choice Award for Compassionate Doctor and ASAPS Certificate of Appreciation for Community Service and Volunteerism.

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