

# 5<sup>th</sup> International Conference on Medicine and Surgery

July 22, 2022 | Webinar

## Keynote Forum



# MEDICINE AND SURGERY

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## Aesthetic breast reconstruction: Management of pocket and skin envelope in two stage Prepectoral Breast Reconstruction

Acellular dermal matrix (ADM) has become a perceived integral aspect of breast reconstruction over the past decade. It is commonly placed as a sling between the inferior edge of the pectoralis muscle and inframammary fold to provide support and prevent “window-shading” of the pectoralis muscle, or as a version of a wrap in the prepectoral pocket. Advocates of ADM propose it provides an aesthetically superior breast shape by controlling implant position. It has been proposed that the ADM also provides improved thickness, along with fat grafting, for more optimal implant coverage, described by Maxwell as a “bioengineered breast”. They also suggest it improves tissue expansion dynamics which allows shorter expansion times and possibly quicker progression through the reconstruction. The downsides of ADM include possibly higher rates of major infections, seromas, reconstructive failures, and cost. In our study, we use P4HB for lateral pocket control and implant support in immediate two stage pre-pectoral breast reconstruction.

Classically large, ptotic breasts have been a contraindication for nipple preservation during breast reconstruction. We have developed an algorithmic approach in managing the skin envelop. For the very ptotic breast, we have described a novel technique of “Smile Mastopexy” to address some of these issues. This reduces the excess skin in both vertical and transverse directions, avoids a “T-junction”, preserves the nipple areolar complex, and adds thickness to the upper pole of the breast at the time of mastectomy. In addition, it allows future skin envelope management in the form “full snitch” or “half snitch” via the preexisting scars.

### Recent Publications:

1. Movassaghi, Kiya. et.al (2021). Shaping the Breast A Comprehensive Approach in Augmentation, Revision, and Reconstruction. DOI: 10.1007/978-3-030-59777-1.
2. Movassaghi, Kiya & Cusic, Jenna. (2021). Shaping the Breast: Optimizing Outcomes in Breast Augmentation. DOI: 10.1007/978-3-030-59777-1\_1.
3. Kiya Movassaghi, MD, DMD, FACS, Christopher N Stewart, MD, The “Smile Mastopexy”: A Novel Technique to Aesthetically Address the Excess Skin Envelope in Large, Ptotic Breasts While Preserving Nipple Areolar Complex During Prosthetic Breast Reconstruction, Aesthetic Surgery Journal, Volume 42, Issue 6, June 2022, Pages NP393–NP403, <https://doi.org/10.1093/asj/sjac021>.

### Biography

Kiya Movassaghi is a Harvard trained plastic surgeon, assistant clinical professor of plastic surgery at Oregon Health Science University, Vice President of The Aesthetic Society and director of aesthetic fellowship at Movassaghi Plastic Surgery and Ziba Medical Spa. He is an expert in plastic surgery, been a visiting professor to many universities and society meetings and has lectured on many aesthetic surgery topics. He has many paper and chapter publications and recently published a book titled “shaping the breast”. Outside of plastic surgery, he enjoys triathlon and is currently training for an IRONMAN race in July of 2022.

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*Tanya Gujral*

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## Effect of moderate intensity resistance training with blood flow restriction on muscle strength and muscle girth in young adults

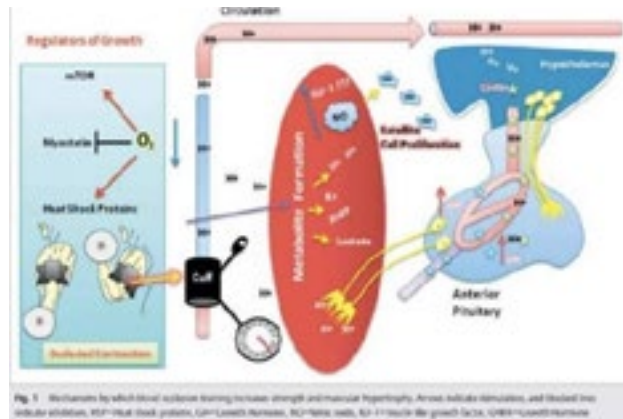
Blood flow restriction training (Bfit) has been suggested to increase muscle size and strength in trained and untrained individuals when using high occlusion pressure at light load intensities 30% of 1 RM. However, there is little data to support its use when working with moderate load intensities above 50% of 1-RM with reduced pressure. This study primarily focuses on investigating the optimal compression pressure required to reduce muscle blood flow during resistance exercise to increase muscle strength and muscle girth where the subject will be able to perform the exercise without pain/discomfort.

**Methodology:** Total of 39 students was enrolled in this study. The subjects were divided into three groups that is group A (control group), group B and group C. Group A performed exercise training without restrictive pressure, group B & C performed exercise training with 50 mmHg and 75 mmHg respectively. Handgrip strength was assessed using Digital hand dynamometer. The average of 3 trials was taken as MVC. Then each participant was made to do exercise training involving gripping a digital hand dynamometer and contracting the muscle at a rate of an electronic metronome 15 times per minute and at a resistance of 60% of MVC. The subjects were trained for 20 min, 3 days per week for 4 weeks. For all of the subjects in group B and C, the pneumatic blood pressure cuff was placed on the upper arm, 4 cm proximal to the antecubital fossa in dominant limb. Subjects were allowed to take 1 min rest periods, after the completion of 4 minutes of training in all the sets in every session. Both the outcome measures were evaluated on day 1 and day 12.

**Results:** Repeated measure ANOVA with Post hoc analysis was done using SPSS software version 16.0. The result of the study showed significant ( $p \leq 0.05$ ) within subject improvement in muscle strength and muscle girth in all the three groups. However there was significant improvement in muscle strength was found in between group analysis ( $p \leq 0.05$ ). The Partial occlusion group (with 50 mmHg pressure) showed more improvement compared to no occlusion and partial occlusion with 75 mmHg pressure.

**Conclusion:** The results of the study can be concluded as the partial blood flow restriction (50 mmHg) with moderate intensity resistance training resulted in greater handgrip strength than the other two groups. No difference was found in forearm girth among the three groups, however within group difference was found.

**Keywords:** Blood Flow Restriction Training, Moderate Intensity Exercise, Handgrip, Forearm Girth.



### Recent Publications:

1. Gujral, T., Subburaj, J. & Sharma, K. (2021). Effect of moderate intensity resistance training with blood flow restriction on muscle strength and girth in young adults –a randomized control trial. *Journal of Complementary and Integrative Medicine*, (), 000010151520210271. <https://doi.org/10.1515/jcim-2021-0271>.

### Biography

Tanya Gujral is an Assistant Professor at the Galgotias University, India. She has done her Masters in Physiotherapy (Musculoskeletal and Orthopedic conditions). She is one of the renowned speakers at the national and international forums. She holds the position of IAPWC East Delhi Sub Coordinator. She has diploma in Nutrition and health education. She has published more than 10 articles in reputable journals. Moreover, she has chaired many International and National events. She has guided 8 undergraduate students. Tanys Gujral is a recipient of several awards at the academic and clinical level and she provides physiotherapy expertise in many sporting events. She is the author of the book, "Current Physiotherapy Practice in Managing Osteoarthritis Knee".

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## Deeksha Singh

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### Obesity- Eat great, move a bit & loose weight!

**Aim:** Obesity is the big issues with developing world & post COVID. So in this article, we work on Sugharsize Diet to rehab with eat great, move a bit & loose weight!

**Background:** Since generations obesity is a big problem & has been a focus of our life! Being overweight is really common nowadays! But what is obesity & overweight & how are they different? Our nation is plagued with obesity & a host of digestive problem! There are likely so many remedies for obesity i.e. hurt burn, indigestion, gas, belching & bloating! Abundance of research available on these health issues! Basic idea behind writing this article is, are we alleviating our national health issues i.e. obesity & intestinal difficulty? The answer is absolutely no! Most of us are getting fatter & develop health issues! And we spend loss of money hoping that things will improve!

**Methods:** Solution to obesity lies in what we eat, how we should move! So is above article include a weekly diet & exercise plan to beat out obesity! Three rules of before starting anything:

1. Motivation is primary tool!
2. Know your ideal body weight!
3. Work on water retention!
4. Move your body!

Change your lifestyle:

1. Avoid crash diet!
2. Start food packets whole day!
3. Split size food!
4. Separate food items!
5. Eliminate the funky foods!

**Conclusion:** With these principles of food combing easy to follow & utilize when eating out or social gathering at home! After all eating great & lose weight is good combo we had like to experience! One can loose weight immediately weight & get ideal body weight by correcting diet, half hour physical routine & getting out of sedentary lifestyle! But when you are obese it takes more time, effort, dedication & discipline to get into shape!

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**Recent Publications:**

1. Deeksha Singh et.al (2021). Hormones and Light-Regulated Seedling Development. DOI: 10.1007/978-3-030-77477-6\_4.
2. Deeksha Singh et.al (2020). Role of Arabidopsis BBX proteins in light signaling. Journal of Plant Biochemistry and Biotechnology. DOI 29. 10.1007/s13562-020-00597-2.
3. Deeksha Singh et.al (2020), Light signaling and UV-B-mediated plant growth regulation. J. Integr. Plant Biol, 62: 1270-1292. <https://doi.org/10.1111/jipb.12932>.

**Biography**

Deeksha has completed her MP degree at the age of 24 years from MP Medical Science University, India. She is the published author of two books on OBGYN name it's all about pregnancy & it's all about periods! She has been serving as an editorial board member of two reputed journals. She is the life member of IAP, AWID & PCOS Society of India. She is the founder of group Hormonalwings. She is blog writer & also run you tube channel on women's health rehab. She also do volunteer for United Nations. She also is an active member of man & women's health sites. Her aim is to make 'Pelvic health more integrated & universal practice for all individual regardless of gender, age & stages of life'. She is also a passionate speaker on many international platform include world physiotherapy conference. She is certified in Prenatal & Postnatal Rehab, Canada.

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