

IN CONVERSATION WITH

Dr Emanuele Bartoletti

We were delighted to catch up with **Dr Emanuele Bartoletti**, President of Società Italiana di Medicina Estetica (SIME) about this background and his thoughts on the importance of medical education.

Can you tell us a bit about your background and what led you into the field of aesthetic medicine?

Following my medical degree at 'La Sapienza' University in Rome, I specialised in plastic surgery, both reconstructive and aesthetic; at the same time I attended the Scuola Internazionale di Medicina Estetica (International School of Aesthetic Medicine) founded and run by my father. I have therefore inherited this profession from my father who had a life's calling for aesthetic medicine, and was the first to discuss it in Italy. For me it became a true passion which has now turned into close attention to staying scientifically up-to-date. I believe it is important to have methods available that offer the maximum result with the maximum safety, because safety is paramount in aesthetic medicine. I also believe that aesthetic medicine and aesthetic plastic surgery are the fields that best mutually complement each other. I believe that today, in order for a plastic surgeon to have the possibility of refining the surgical result, placing the patient in the hands of an aesthetic doctor following surgery is an absolute must.



Who has inspired you in your career and why?

Not only did my father introduce me to this fascinating medical field, he was also a constant source of inspiration to my career. His unfailing commitment to continuous scientific research, his honesty towards patients and fair conduct in his relations with colleagues are the main principles that he passed onto me and that I base my profession on every day.

What has been the best piece of advice that you have received in your career and what advice would you offer to those following in your footsteps?

The importance of maintaining emotional balance and intellectual sincerity is the best advice I have ever received. While I feel that my advice to anyone following my same profession is to never stop studying. On-going scientific updating is the best professional asset that makes us sure of what we are doing, while remaining humble.

How has aesthetic medicine in Italy been evolving in recent years?

Aesthetic medicine in Italy has spread widely with considerable media attention. This is why we have tried to strengthen the scientific society by proffering ethical value

to the profession and mitigating commercialisation, and offering due importance to the techniques and methods that have been consolidated and validated by suitable experimental studies.

You are, of course, President of the Italian Society of Aesthetic Medicine – can you tell us a little bit about the society and what it offers to its members?

The objective of the Società Italiana di Medicina Estetica (SIME) – Italian Society of Aesthetic Medicine – is the study, research and collection of information concerning this field: it brings together doctors from various

specialisations in a multidisciplinary formation for integrated training and updating; it publishes a national scientific magazine (*La Medicina Estetica / Aesthetic Medicine*) and an international one (*Aesthetic Medicine*); it is the official body of the Union Internationale de Médecine Esthétique; it organises conferences, conventions and round tables, putting together national and international courses and seminars for doctors. SIME is also a safe haven for patients who want to choose an aesthetic doctor with a good curriculum. In fact, to be a member of the society it is mandatory to have completed a specific course (a four-year programme or a University Masters degree) in aesthetic medicine.

The 40th Annual Congress of the society is taking place in May in Rome – what do you think will be the highlights of the meeting?

This year the 40th Convention on Aesthetic Medicine will be held, with ‘the future of wellbeing’ as the main theme, discussed from various aspects including: ‘Natural results’ which must always be a constant trend in today’s society; ‘How to treat young patients and elderly patients’: the treatment techniques must be suitable for the age, in addition to the patient’s needs; ‘How to avoid feminising men’: it is necessary to be skilful in adopting corrective techniques based on gender; ‘How techniques have evolved over the

years’; and other interesting sessions such as ‘The dark circle’, ‘Vitamin A’, ‘The world of acne’, ‘Exposome’ and ‘Forgotten anatomical areas’.

And finally, if you have any spare time, how do you relax?

In this stage of my life I have little time for myself but, whenever I do, I take care of the orchids that I grow in a greenhouse in my garden and, weather permitting, I enjoy horseback riding. Riding is a sport that I love in particular because I share this passion with my son and it means a lot for us to enjoy it together.

<https://www.lamedicinaestetica.it/?lang=en>