

# Loredana Cavalieri

We were delighted to catch up with Dr Loredana Cavalieri, Councillor for Società Italiana di Medicina Estetica (SIME), about her background and plans for this year's SIME Congress.

**Can you tell us a little bit about what led you into the field of plastic surgery and what have been the highlights so far?**

The creative aspect of plastic surgery is what drew me the most to work in this field. It requires each patient to be studied as a whole, not only focusing on their pathology; a high level of importance must be given to their physiognomy. Surgical indications are often a challenge to achieve a balance between aesthetics and functionality. Any therapeutic approach, whether aesthetic or reconstructive, must be planned and modified in agreement with the patient, forming a relationship based on trust and empathy.

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

Never give up and keep working. Sometimes you'll encounter obstacles that may make your journey tougher, however a positive mindset and constant effort will help you overcome these hardships and help you with your personal growth.

I believe that studying and constantly keeping up with new information and trends in the world of aesthetic medicine are the most important pieces of advice I can give to anyone who wants to take up this profession. Culture is the key that can open many doors in a young professional's career path.

**What have been the most exciting developments in your field in the last decade?**

Regenerative medicine for plastic surgery and cosmetics for aesthetic medicine have had very important developments in the last decade. The potential of stem cells and the multiplicity of their applications in the field of regenerative medicine has replaced and improved multiple procedures in aesthetic

and reconstructive surgeries. For example, there have been many improvements in the field of breast reconstruction, which have allowed for more demanding surgical procedures. Furthermore, important studies from laboratories have shown improvements and more effectiveness in many formulations in the cosmetic field.

**You are part of the SIME Council. Do you enjoy this role?**

I feel quite honoured to be SIME's Councillor, and I definitely feel the sense of responsibility that comes with it. I do find myself being quite an active participant; I'm editor of the *Aesthetic Magazine* which, in addition to being a great source of information for our members, is a powerful means of communication for patients. I also help to coordinate webinars, online and live courses and, above all, the annual congress.

**In May 2023 SIME will be holding their annual congress in Rome. Can you tell us about the themes and potential highlights of the event?**

This year the main theme of the congress will revolve around its holistic aspect. It will highlight the importance of aesthetic medicine in the prevention of dermatological and endocrine pathologies, in nutritional education, in the prescription of regular physical and motor activities, with the aim of defining the limits and synergies between aesthetic medicine and plastic surgery, in relation to other medical branches. In recent years, aesthetic medicine has presented new possibilities, that have allowed it to be able to manage patients suffering from oncological diseases, in order to offer them a dignified quality of life. Helping a patient restore their self-confidence equates to allowing them to truly view their beauty.

Furthermore, the convention will give space to broad discussions regarding filler updates,



biostimulation, botulinum toxin, regenerative medicine, new technologies and, of course, cosmetology.

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

My biggest passion is travelling; however, my free time tends to be quite brief due to my job. Aside from that, I love reading and listening to music. Mornings are very important to me, when I wake up early to walk the dog, while listening to recordings of my son playing the piano.

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**SIME CONGRESS**

19-21 May 2023, Rome, Italy  
<https://www.lamedicinaestetica.it>