

Annalisa Calisti

We were delighted to catch up with renowned vascular surgeon, Dr Annalisa Calisti, about her career highlights and involvement in SIME (the Italian Society of Aesthetic Medicine).



A pivotal moment in my career was my encounter with Professor Carlo Alberto Bartoletti, a true pioneer who introduced aesthetic medicine as a holistic discipline in Italy during the 1960s. Initially meeting him as a patient and later learning from him as a student, I was deeply inspired by his vision. His teachings reinforced my commitment to integrating aesthetic considerations into vascular treatment, emphasising that medical care should enhance both health and self-confidence.

Throughout my career, my perfectionist and curious nature has driven me to continuously refine my techniques and elevate my practice. Whether mastering sclerotherapy, advancing my ultrasound skills, or embracing innovative aesthetic procedures, I am dedicated to delivering the highest standard of care.

In summary, my path in vascular surgery and aesthetic medicine has been defined by early mentorship, personal and professional growth, a commitment to holistic patient care, and transformative learning experiences with leaders like Professor Bartoletti. These experiences continue to fuel my passion and dedication to providing comprehensive, high-quality care to my patients.

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 best piece of advice I ever received came from two sources that have deeply influenced my career. First, Hippocrates’ timeless reminder from his oath – “Primum non nocere” (“First, do no harm”) – has been a guiding principle for me. It emphasises the importance of making an accurate diagnosis before determining any treatment plan, a lesson that applies across all fields of medicine, including aesthetic medicine.

Additionally, my mentor, Professor Carlo Alberto Bartoletti, a pioneer in holistic aesthetic medicine, once told me, “Remember, dear, in aesthetic medicine a job well done is one that is not evident to the observer.” This insight has taught me that true success in our field is measured not only by visible results but also by the subtle, natural enhancements that boost a patient’s confidence without drawing attention to the work itself.

For those following in my footsteps, I would advise embracing these principles: always start with a thorough diagnosis, let patient safety guide every decision, and strive for excellence that enhances natural beauty without obvious signs of intervention. These lessons have not only shaped my clinical practice but have also fostered a holistic approach to patient care that I hope will inspire others in the field.

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

Over the last decade, two developments have truly reshaped our field: the study of ageing related to inflammation and the rise of regenerative medicine. For years, my work caring for patients with diabetic foot allowed me to explore regenerative techniques

Can you tell us a little bit about what led you into the field of vascular surgery and cosmetic medicine, and what have been the highlights so far?

My journey into vascular surgery and aesthetic medicine began during medical school when I had the opportunity to work alongside a renowned vascular surgeon. His mentorship introduced me to the art of venous surgery and sclerotherapy and instilled in me the value of combining technical skill with compassionate care.

During my residency, I experienced the challenge of balancing pregnancy with my training. While expecting, I devoted my time to perfecting my ultrasonographic diagnostic techniques, a critical skill that enhanced my ability to accurately assess vascular conditions. This period not only kept me connected to my field but also deepened my expertise in diagnostic imaging.

I have always believed that patient care should address both function and form. In my practice, I strive to ensure that patients not only enjoy healthy, pain-free legs but also achieve aesthetically pleasing results. This holistic approach to treatment allows me to care for my patients in a truly 360-degree manner.

well before they became widely applied in aesthetic medicine. This early exposure has given me a deep understanding of these methods and their indications, teaching both patients and clinicians that optimal results often require time for the body to respond to treatment.

Another exciting development is the integration of artificial intelligence into clinical practice. AI provides fresh perspectives and, when combined with human expertise, can optimise treatment outcomes. With a blend of knowledge and creativity, AI tools are proving to be valuable allies in advancing our understanding and implementation of innovative techniques in both vascular and aesthetic medicine.

You are on the Scientific Committee for the 2025 SIME Congress which is taking place this May in Rome. Can you tell us about the themes and potential highlights of the event?

The 2025 SIME Congress, scheduled to take place from 16–18 May in Rome, is set to be a thrilling and innovative event in the field of aesthetic medicine. This year’s theme is ‘Healthspan versus Lifespan: The Role of Aesthetic Medicine’, focusing on how aesthetic medicine can contribute to maintaining physical and mental well-being throughout life.

Some highlights of the event will be:

1. 50th anniversary celebration: Marking the 50th anniversary of SIME, this milestone will be commemorated with a rich and surprising inauguration, underscoring the congress’s contributions to the field of aesthetic medicine over decades.
2. Scientific sessions and live demonstrations: The congress will feature a variety of scientific discussions, workshops, and live sessions, spotlighting the latest therapies and innovations in aesthetic medicine.
3. Interdisciplinary approach: Collaboration between aesthetic medicine and other medical disciplines will take centre stage, addressing challenges like ageing, chronic illnesses, and healthspan improvement.
4. Networking opportunities: Hosted at the contemporary Roma Convention Center La Nuvola, the event provides ample opportunities for interaction among professionals, companies, and researchers.

The congress has consistently been a forerunner in identifying and discussing pivotal topics within aesthetic medicine such as:

- Inflammaging: SIME addressed this subject when it was still known to only a select few experts. Its innovative approaches helped pave the way for deeper understanding and effective solutions.
- Exosomes: Last year, the congress explored these extracellular vesicles starting from microscopic studies to recognised applications. This year’s focus will expand to examine complications linked to improper usage, fostering a balanced and informed approach.
- Rediscovery of peeling techniques: Older peeling methods, such as phenol peeling, are being revisited with enhanced knowledge and techniques aimed at reducing side effects and complications. This marks a return to tradition, but with modern precision.

This year, the congress will also place significant emphasis on the incorporation of artificial intelligence, showcasing cutting-edge applications and innovations that open new frontiers in medicine and aesthetics.

Additionally, there will be new collaborations with international scientific societies, welcoming guests and speakers from all over the world. This global participation highlights the congress’s dedication to fostering knowledge exchange and establishing a dynamic network of professionals passionate about advancing the field of aesthetic medicine.

The blend of tradition, innovation, and global insights promises to make the 2025 SIME Congress a remarkable platform for growth and discovery in aesthetic medicine.

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

In my spare time, I enjoy diving into knowledge and expanding my horizons – you could say I’m a bit of a nerd! I also love mountain hikes, feeling the freedom and challenge of windsurfing, and spending quality time with family and friends. Organising fabulous parties brings me so much joy too – there’s nothing better than creating memorable moments with the people you care about most.

SAVE THE DATE

SIME Congress | 16–18 May 2025 | Rome, Italy
<https://simecongress.com/en/>