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LIPSG Resident Bobby Najera MD Wins First Place in Two Competitive Research Competitions

Garden City, NY – February 22, 2010 – Bobby Najera MD, a senior resident in the plastic surgery residency program directed by Long Island Plastic Surgical Group (LIPSG), took first prize in research competitions from the National Plastic Surgery Seminar Resident Conference and the Nassau Surgical Society.

"Dr. Najera is a highly skilled and talented surgeon who is already making his mark as a future leader in the field with these two top honors," said Roger Simpson, MD, FACS, and Director of the Residency Program. "These awards recognize the hard work and dedication Dr. Najera gave in preparing these research projects to demonstrate innovative techniques developed at LIPSG."

Both presentations were based on surgical techniques developed by LIPSG surgeon, Kaveh Alizadeh, MD, MSc, FACS. At the National Plastic Surgery Senior Resident's Conference on January 25, 2010, Dr. Najera's paper, "Novel Use of An *Internal Autogulous Bra* Provides Better Long Term Outcomes in Breast Surgery," took the top prize in the aesthetic category. This competition is open to every residency program in the country and more than 100 papers were submitted in various categories.

This study looked at outcomes of women undergoing breast augmentations and breast lifts with Dr. Alizadeh's unique internal bra procedure that uses a woman's own skin to provide a "shelf" or "hammock" to support the implants in comparison to Alloderm, which is an artificial tissue derived from donated human skin tissue. After six years, nipple position relative to the breast remained stable whether using Dr. Alizadeh's "Internal Bra" or Alloderm. Using a patient's own skin provides natural support thereby reducing the pressure on the skin and the appearance of "sagging breasts" seen over time. In addition, without the use foreign materials like Alloderm, the cost is significantly less to the patient.

At the Nassau Surgical Society on December 4, 2009, Dr. Najera's poster, "Use of The Facial Artery Musculo-Mucosal Flap for Treatment of Complex Cleft Palates," won best poster out of 40 other posters from all surgical subspecialties. His research compiled data on patients with large cleft palates and fistulae utilizing the Facial Artery Musculo-Mucosal Flap (FAMM flap) to correct fistulae (holes) that developed following their primary cleft palate surgery. Dr. Alizadeh combines the flap with a soft palate repair that not only seals the fistula but, places the soft palate in a position to improve speech problems typically seen in cleft patients.

One of the hallmarks of the Long Island Plastic Surgical Group is its decades-long commitment to furthering the science and art of plastic surgery and passing that knowledge on to the next generation of surgeons. The founding partners of LIPSG established the plastic surgery residency program at Nassau University Medical Center in 1954, and the practice continues to run the program today. The residency program has trained more than 100 talented doctors in the latest surgical techniques is now overseen by Roger Simpson, MD, FACS, and partner at LIPSG.

About Long Island Plastic Surgical Group

For more than 60 years, Long Island Plastic Surgical Group has been dedicated to providing compassionate and comprehensive care, while pioneering and performing the most advanced reconstructive and cosmetic surgical procedures for more than half a million patients. The group's diversity of expertise is reflected in its nine Centers of Excellence: Skin Care and Age Management; Non-invasive and Surgical Facial Rejuvenation; Pediatric Plastic and Craniofacial Surgery; Facial Reanimation and Peripheral Nerve Repair; Microsurgery and Hand Reconstruction; Breast and Body Cosmetic Surgery; Burns and Complex Wound Management; Breast Reconstruction Surgery; and Post-Weight Loss Cosmetic and Reconstructive Surgery. For more information, visit www.lipsg.com

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