

ABS SAS FELLOWSHIP REPORT
S. Masooma Zaidi

I am grateful to ABS for the fellowship which I used for a 3 weeks observership with Dr Krishna Clough, at L'Institut du Sein ,Paris.

My aim to move from Pakistan to UK was to pursue my further interest in breast oncoplastics. During my trust fellowship and further SAS post at Portsmouth UK, I got ample opportunity to further my interest. Eager to learn more and keen to get further exposure outside UK, I chose to write to Dr Krishna Clough in Paris , a renowned name in oncoplastic breast surgery. It was pleasantly surprising to get Dr Clough 's immediate response and a 3 weeks observership was set for me.

Situated in the heart of the city, L'Institut du Sein in Paris is a highly specialized breast surgery and reconstruction center where I spent my time in operation theatres with Dr Clough as well as his plastic surgeon colleague, Dr Isabel Sarfati. Unfortunately there was no provision to attend the outpatient clinics as an observer; however the experience I got in the operation theatres was good enough on its own.

During my time there I observed various oncoplastic breast operations and Dr Clough made sure to give us a detailed explanation of preoperative markings, intraoperative detail in English, hence not knowing French for me did not become an issue.

There were a few variations of practice that I noted there. It was interesting to note that ADM use is not popular in France. The technique that Dr Clough uses is a submuscular pocket utilizing Pectoralis major and minor, Serratus anterior and some abdominal advancement with external oblique muscle and the projection of implant accommodated by partial myotomy with IMF fold recreated by hammock technique. I was not able to observe postoperative outcomes but Dr Clough's series is due to be reported soon.

Dr Clough was an enthusiastic teacher throughout. He emphasized alot on breast density and always chose his incisions ad glandular mobilization techniques accordingly. Despite being one of the pioneers of level 2 oncoplastic breast procedures and reconstruction he preaches a very careful and selective use of these techniques for a good long term outcome. There were various tips and tricks I learnt from him which will help me a long way.

Last but not the least was the fat grafting procedures that I observed with Dr Sarfati. I was surprised to see her use of simple sedimentation technique for fat grafting. It was based on the results of her own recently published randomized controlled study with comparable results to centrifugation.

Beside myself, there was a local trainee and 2 other international fellows from Hong Kong and Saudi Arabia. I had a great interaction with them and we had a good exchange of ideas and practice. Dr Clough treated us all with a fancy lunch at the end of my rotation and his remarks to appreciate our effort were very encouraging.

Paris is a beautiful city. In the sunny evenings of summer and weekends, I explored the city to the fullest and also did a couple of day trips to Monet's garden and Palace of Versailles, both were a memorable experience.

I would like to thank Dr Clough, Dr Sarfati and their team as well as ABS for giving me this wonderful opportunity of a great clinical experience.