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# **LEADING EXPERT: COSMETIC SURGEONS' ROLE IN ASSISTING PATIENT'S DECISIONS**

## ***Who Should Have Cosmetic Surgery and Why?***

**Chicago, IL – January 2** – David Sarwer, Ph.D. will be among the keynote speakers at the American Academy of Cosmetic Surgery (AACCS) which will be held January 14-19 in Hollywood, Florida. Dr. Sarwer, an internationally recognized authority on the psychological aspects of cosmetic surgery, will discuss the psychological issues that physicians should consider when patients request cosmetic procedures.

With a focus on “The Future of Cosmetic Surgery: Advances in Quality Patient Care and Safety,” the AACCS will convene leaders and practitioners from around the world to explore these issues as they are centrally related to its Mission of education to foster patient safety.

When asked about the presentation, Jennie Ward-Robinson, PhD, AACCS CEO and Executive Director, noted that “David Sarwer, PhD, is well known for his salient work in assessing how and why patients have cosmetic surgery. As more people select cosmetic surgery, it is critical that physicians understand the psychological factors and the role that these factors may contribute to successful treatment outcomes. Dr. Sarwer’s work will enable our members to improve their care to their patients and in turn foster informed decisions by the patients.”

Sarwer is Professor of Psychology in Psychiatry and Surgery at the Perelman School of Medicine at the University of Pennsylvania as well as Director of Clinical Services at the Center for Weight and Eating Disorders. He is also a consultant to the Edwin Fannie Gray Hall Center for Human Appearance at the University of Pennsylvania Medical Center where he conducts research on the psychological aspects of cosmetic and reconstructive surgery. His presentation, “Psychosocial Aspects of Cosmetic Surgery: Managing Patient Expectations,” will explore how and why patients seek cosmetic surgery. He also will discuss body dysmorphic disorder, a psychiatric condition where individuals have excessive concerns about their appearance and frequently seek cosmetic procedures to address these issues. “Fifty per cent of American women and 45% of American men are dissatisfied with their overall appearance and body image. The 1-2% of the general population with body dysmorphic disorder and who seek cosmetic procedures have, for a variety of reasons, unrealistic expectations of how cosmetic procedures will impact their body image. The professional should carefully investigate the patient’s motivations and expectations for surgery, in order to assure that the expectations are realistically attainable,” said Sarwer.

Concluded Ward-Robinson, “The men and women in the cosmetic surgery community are dedicated to producing the best outcomes for their patients. They recognize that part of their task is to learn all they can about their patients in order to determine how they are best served. We thank Dr. Sarwer for helping us understand the broad array of factors which must be considered before a procedure ever begins.”

Established in 1985, the American Academy of Cosmetic Surgery and its more than 2,000 members are committed to the development of the field of Cosmetic Surgery as a continuously advancing multispecialty discipline that delivers the safest patient outcomes through evidence-based information that informs best practices and technologies in service delivery globally. For more information please visit [www.cosmeticsurgery.org](http://www.cosmeticsurgery.org).