

IHC 2022 Costa Rica Agenda

Day 1

Breakfast

Introduction, Background & Basics 8:00-10:30 am

- .. Welcome
- .. Importance of Hernia Surgery & The Role of Culture (Katherine Cordero, MD)
- .. Surgeon Wellness (Talar Tejirian, MD & Wellness Practitioners)
- .. Let's Talk About Mesh (Eric Pauli, MD)
- .. Hernia Prevention (Evelyn Dorado Alban, MD)

Ventral Hernia 8:00 - 10:30 am

- .. Ventral Hernia Anatomy (Filip Muysoms, MD)
 - .. Simple Concepts in Open Umbilical and Ventral Hernia Repair (Juan Carlos Mayagoitia, MD)
 - .. Complex Open Ventral Hernia Repair & Transversus Abdominis Release (TAR) (Yaritza Perez-Soto, MD)
- Questions & Answers Panel (Muysoms, Mayagoitia, Perez-Soto)

Break 10:30-11:00 pm

Minimally Invasive Ventral Hernia 11:00 am-12:30 pm

- .. Minimally Invasive Ventral Hernia Repair: IPOM (Brian Jacob, MD)
 - .. Minimally Invasive Ventral Hernia Repair: TAPP (Jarrod Kaufman, MD)
 - .. Minimally Invasive Ventral Hernia Repair: eTEP (Agustin Ignacio Alvarez, MD)
 - .. Minimally Invasive Ventral Hernia Repair: SCOLA (Luciana Guimarães, MD)
 - .. Minimally Invasive Ventral Hernia Repair: TAR (Jorge Daes, MD)
- Questions & Answers Panel (Brian Jacob, MD, Jarrod Kaufman, MD, Agustin Ignacio Alvarez, MD, Luciana Guimarães, MD, Jorge Daes, MD)

Lunch 12:30-1:30 pm

Ventral Hernia 1:45-3:00 pm

- .. Abdominal Core Health (Flavio Malcher, MD)
 - .. Diastasis: When is it a surgical problem? (Shirin Towfigh, MD)
 - .. Parastomal Hernia Repair Options (Eric Pauli, MD)
- Questions & Answers Panel

Break 3:00-3:30 pm

How I Do It Case Presentations 3:30-5:00 pm

- .. Use of Botulinum Toxin A for the Abdominal Wall (Vedra Augenstein, MD)
- .. Ventral Hernia: 3-minute cases & "How I Do It" Panel
- .. Closing

Happy Hour & Welcome Dinner with Costa Rican Flare

IHC 2022 Costa Rica Agenda Day 2

Breakfast

Social Media and International Collaboration in Hernia Surgery 9:00- 10:30 am

- .. How Collaboration has Changed the World of Surgery (Yaritza Perez-Soto, MD)
- .. The Global Hernia Surgery Family: Breaking Language & Cultural Barriers (Jarrod Kaufman, MD)
- .. How My Practice Changed Thanks to IHC Armenia (Levon Grigoryan, MD)
- .. Beyond the Conference: Recognizing Mentorship (Juan Carlos Mayagoitia, MD)
- .. Video making for surgeons (Conrad Ballecer, MD)

Break 10:30-11:00 am

Open Inguinal Hernia 11:00-1:00 pm

- .. The Proper Tissue Repair: Shouldice, Bassini, McVay (Andreas Koch, MD)
- .. The Proper Lichtenstein Inguinal Hernia Repair (David Chen, MD)
- .. Inguinal Hernia Repair for Women (Shirin Towfigh, MD)
- .. Chronic Pain (Brian Jacob, MD)
- .. 3-minute Surgeon Case Presentations to Expert Panel on Chronic Pain after Inguinal Hernia Repair (Enrico Nicolo, MD, Brian Jacob, MD, Shirin Towfigh, MD, Andreas Koch, MD, David Chen, MD)

Lunch 1:00-2:00 pm

Minimally Invasive Inguinal Hernia 2:00-3:30 pm

- .. Minimally Invasive Inguinal Hernia Repair: TEP (Evelyn Dorado Alban, MD)
- .. Minimally Invasive Inguinal Hernia Repair: eTEP (Jorge Daes, MD)
- .. Minimally Invasive Inguinal Hernia Repair: TAPP (Olga Vega Sanchez, MD)
- .. Minimally Invasive Inguinal Hernia Repair: Pitfalls (Flavio Malcher, MD)
- .. Surgeon Case Presentations to Expert Panel on MIS Inguinal Hernia Repair (Evelyn Dorado Alban, MD, Jorge Daes, MD, Olga Vega Sanchez, MD, Flavio Malcher, MD)

Break 3:30-4:00 pm

The Future 4:00-5:00 pm

- .. The Robot is Coming: How to Navigate the Future of Hernia Surgery (Conrad Ballecer, MD, Vedra Augenstein, MD, Agustin Ignacio Alvarez, MD, Filip Muysoms, MD)
- .. Looking Forward, Never Looking Back: "Todos Juntos" (All Together)

Happy Hour
Women in Surgery Dinner

Day 3

Optional IHC Costa Rican Tours:

Day of friendship & fun with fellow meeting participants, enjoying the beauty and wonder of Costa Rica