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International Bone Research Association (IBRA)

INSELSPITAL

Department of Cranio-Maxillofacial Surgery

Bern University Hospital, Switzerland

Chairman and Director: Prof. Dr. Dr. Tateyuki Iizuka

Clinical Fellow in Orthognathic Surgery and Facial Reconstruction. (3 month)

Dr. Javier Vides Lemus. National Institute of Rehabilitation, México, City.

During this period (08.2011-10.2011) at Inselspital, Bern University Hospital, Department of Cranio-Maxillofacial Surgery , I experienced a high level of surgery that has allowed me to acquire new knowledge, develop new skills, and expand the boundaries and a variety of treatments that can be performed in our patients with an interdisciplinary management in the interest of providing the best alternatives to our patients to regain their health and obtain a complete rehabilitation.

I Inform, the training do I received at the Department of Cranio-Maxillofacial Surgery at Inselspital, which is also a level one trauma center, has been very rewarding, as it has fulfilled my expectations and allowed me to achieve the goals set, also now in our discipline ties have become closer in order to enhance the development of Cranio-Maxillofacial Surgery in our hospitals, and to be transmitted to the residents in training and our medical profession, to stay ahead in the treatment of conditions of high complexity.

I had the opportunity to participate in anterior skull base surgery, which is an underdeveloped area in our hospital, because of his nature (Rehabilitation Center) wich has innovative concepts and various applications in clinical field, including Cranio-facial trauma and its application in tumor surgery in regions occupying naso-orbito-ethmoid with involvement of the anterior skull base, which provides great advantages by itself (Sub-Cranial approach) in relation to conventional treatment (craniotomy). Subcranial approach **was developed in Inselspital** in 1978 by the former Head of Department, Professor Dr. Dr. Joram Raveh, being the first choice approach for the treatment of fractures of the anterior skull base and tumors in Naso-Orbital-Ethmoid region that affects anterior skull base.

The role of Cranio-Maxillofacial Surgeon in the interdisciplinary treatment of tumors of the maxillofacial area, is of paramount importance, and has as a main treatment objective, reconstruction and rehabilitation of patients, thereby improving the quality of life for them. During my stay, I had the opportunity to participate in surgical procedures in all areas of Cranio-Maxillofacial Surgery, making the visit even more interesting, because allow me evaluate treatment alternatives, comparison and analysis in accordance to developments reported in the scientific literature, and consider the advantages and disadvantages, to standardize the diagnosis, management and treatment in our patients.

Development of Orthognathic surgery on the European continent dating back several years in the early twentieth century, with the contribution of new techniques for correction of dento-facial deformities, the evolution and development of craniofacial osteotomies and use of technological advances have allowed these procedures, are now commonly used to correct these anomalies of development, acquired and congenital as well as its application in the treatment tumors of Centre-Latero-Facial region, to allow wide access and safety for their complete resection.

In Orthognathic Surgery field, I have learned as the improvement of techniques, the use of technology, treatment philosophy, patient diagnosis criteria, are tools that together are able to individualize treatment, and provide patients benefits. Development of new techniques published in the last two decades, are clear example of how the different trends and Orthognathic Surgery philosophy are the basis for better understanding of the facial skeleton and get Facial Balance and Harmony needed for correction of Facial Deformities, on patients requiring this treatment.

I believe Maxillofacial Surgery in Mexico, is at the height of the great hospitals in the first world countries, certainly our country is enriched by the profound positive influence on the medical, scientific advances in European countries, United States and Latin America where it is fair to mention the great capacity of training centers in our country, and the hard work being done on them, trying to transmit to new generations, advances in science and technology and the vast experience acquired through the years, facilitating learning based on hits, with benefit to directly to our patients, leaving the new generation, solid foundation, and must be reinforced from one generation to another to be more competitive, in this specific health area, which would be responsible to maintain, treat and innovate health in Maxillofacial Surgery.

It was very gratifying to see the interdisciplinary medical management that exists in the Hospital, the high degree of professionalism and commitment to patient-doctor to treat the disease, likewise, the position and participation of the Department of Cranio-Maxillofacial Surgery, is of vital importance for the treatment of head and neck disorders.

My stay in Switzerland, and my experience at Bern University Hospital, Inselspital, motivated me deeply and positively influenced the path taken to keep the last few years with the firm intention to make Maxillofacial Surgery at the highest level, being this time one of the most rewarding experiences in my life, because not only I could get rich in profound ways professionally, and directly receive the benefits of the extensive experience at Inselspital, but as I said before, pass on this learning new generations who are committed to the future development of Maxillofacial Surgery.

I want to express my deep grateful to (**International Bone Research Association, IBRA**) and Scholarship Program Committee, who kindly awarded me the support and confidence in this Clinical and surgical training, which made possible this wonderful experience, to which, I am grateful forever. Today I can say: ***"I'm better surgeon than I was before"***, and my respectful, my admiration, my gratitude to Prof. Dr. Dr. Iizuka and to all physician members of the Department of Cranio-Maxillofacial Surgery, who shared their experience and knowledge, and that made me feel at home from the first day until the last day of my visit.