




一般社団法人  
Quality of Life Foundation  
医科学研究者国際活動支援協議会

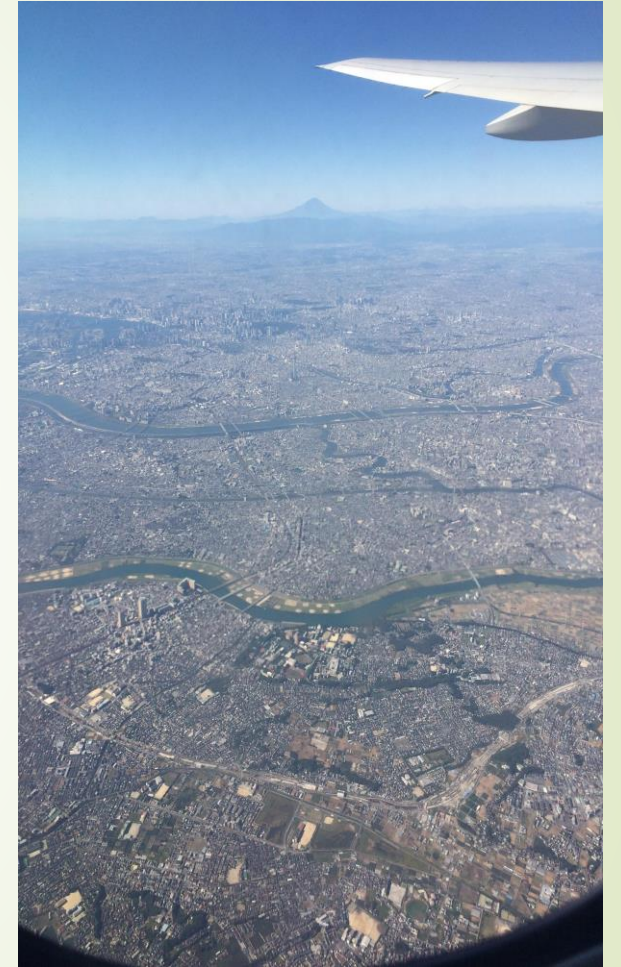
# Overview of a training program funded by Quality of Life Foundation



Dr Dimitrios Kokkonis  
Oncoplastic Breast Surgeron  
Thessaloniki, Greece

# Arrival at Tokyo, Japan

➤ 21<sup>st</sup> of October 2022



# Dr Dimitrios Kokkonis

MD, FEBS, PGDip (Onco-Aesthetics)

- Surgical Oncologist and Oncoplastic Breast Surgeon
- Private Practice in Greece
- Special interests in Breast Cancer Management and reconstruction of partial mastectomy defects



# Cancer Institute Hospital of JFCR

Supervising Doctors:

- ▶ Dr Shinji Ohno- Deputy Hospital Director; Breast Oncology Center Chief
- ▶ Dr Takayuki Ueno- Department Director
- ▶ Dr Takehiko Sakai- Vice Department Director






# 10/31- The start of my training


- ▶ Cancer Board Meeting
- ▶ Meeting with Mrs Akiho Shikano- International Services
- ▶ Observer in Operative rooms
- 1. Mastectomy+ sentinel lymph node biopsy+ reconstruction with a Tissue Expander (Dr Yoshida)

impressed by precise dissection of skin flaps and removal of breast tissue




# 11/1

- ▶ Case conference (all cases are being discussed with Oncologists before decision making)
- ▶ Operative rooms:
  1. Mastectomy+ SN (Dr Sakai)
  2. Mastectomy+ SN (Dr Sakai)
  3. Lumpectomy+ SN (Dr Sakai)



# 11/2

- ▶ Pre-operative Case conference (a very interesting discussion between the members of the surgical team)
- ▶ Operative rooms:
  1. Lumpectomy+ Axillary clearance (Dr Sakai)
  2. Risk reduction mastectomy+ reconstruction+ risk reducing salpingo-oophorectomy



# 11/4

- Cancer Board meeting
- Operative rooms:
  1. Tumorectomy of phyllodes tumor (Dr Miyagi)
  2. Mastectomy+ SN+ reconstruction with Tissue Expander (Dr Yoko Takahasi)






# 11/7 (2<sup>nd</sup> week of training)

- Cancer Board meeting
- Operative rooms:
  1. Partial mastectomy+ SN (Dr Ogiya)
  2. Skin sparing mastectomy+ SN+ TE reconstruction (Dr Ogiya)
- Flexibility to interact with plastic surgeons, while they are performing free flap reconstruction in other rooms

# Cutting-edge Breast Surgical Oncology






# 11/8

- ▶ Case Conference meeting
- ▶ Operative rooms:
  1. Partial mastectomy+ SN (Dr Sakai)
  2. Delayed Nipple reconstruction (plastic surgeon Dr Ryo Karakawa)

Amazing results from an aesthetic point of view

Breast surgeons are processing the specimen with a strict protocol and meticulous technique



# 11/9

- ▶ Pre-operative Case Conference

- ▶ Operative rooms:

1. Partial mastectomy+ SN (Dr Miyagi)


2. Arranging with plastic surgeons to observe a free flap (DIEP) reconstruction

Very impressed by the technical skills in micro-surgery and the coordination of the team in these complex, but rewarding cases



11/10

- ▶ Morning lecture from Dr Kokkonis regarding new oncoplastic techniques
- ▶ Interview with Dr Takeshi Sano, Hospital Director
- ▶ Partial mastectomy+ axillary clearance (Dr Sakai)



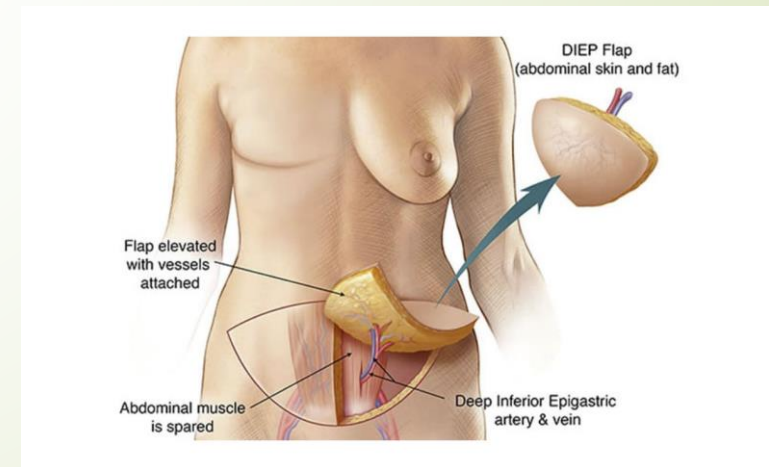
11/11

► Operative rooms:  
DIEP reconstruction

***80% of breast reconstructions in Cancer Institute Hospital, in Ariake, involves free flaps. Plastic surgeons in JFCR constitute a highly skilled team specialized in microsurgery, which is the gold standard nowadays. This hospital has the highest volume of this type of reconstruction in the whole country.***

# 3<sup>rd</sup> week

- Observation of free flap breast reconstruction (Dr Tomoyuki Yano, Department Director of Plastic and Reconstructive Surgery)
- Standardised technique in the hospital
- ICG always used to check flap perfusion
- An ideal opportunity for an oncoplastic breast surgeon to gain knowledge and experience in flap surgery



# The beauty of plastic surgery






# Outside hospital activities.....

- ▶ 11/5: Welcome dinner at residence of Madame Suzuki, President of Quality of Life Foundation



# 11/6- Tokyo city tour and Izakaya dinner





11/8

➤ dinner hosted by Greek Ambassador Mr Dimitrios Tziras....

..where the night view of Tokyo City was breath-taking!!

..and we enjoyed a total lunar eclipse



# 11/9: an evening out with lovely colleagues

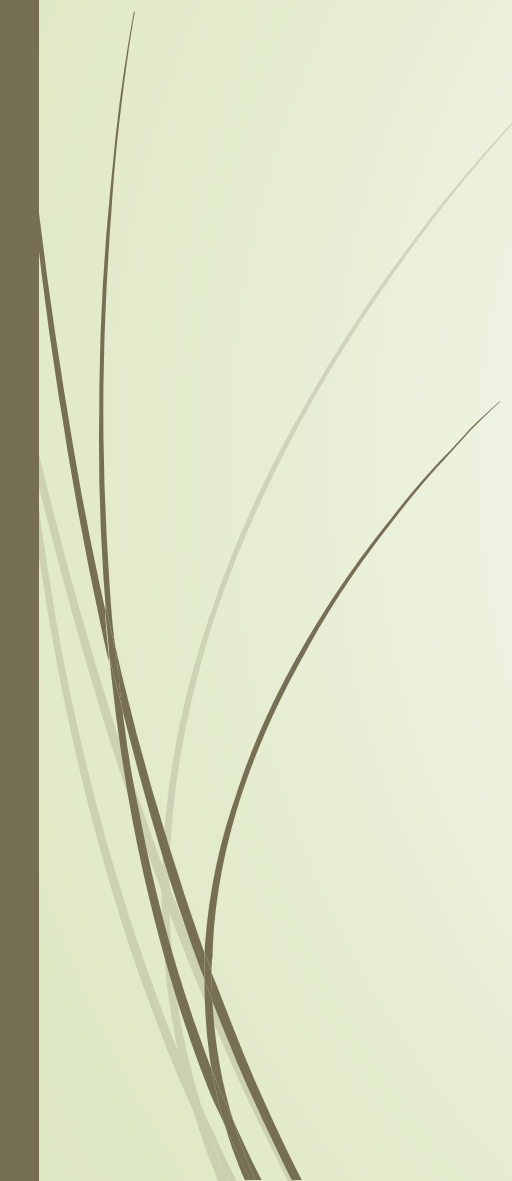


# 11/17: the Gala Dinner





# What I have learned from my trip

- New trials in Breast Surgical Oncology
  - Breast surgeons are well trained in breast pathology and radiology, which leads to better management of cancer
  - Well standardized protocols
  - Cancer Board and case discussion meetings every week
  - Decision making by a Multi-disciplinary Team
  - Innovation in reconstructive surgery
  - High level of training
- 

# ...and also

- ▶ I had the opportunity to visit a beautiful country...
- ▶ ...with very kind people..
- ▶ ..and make new friends





Japan 2022

