

XXVIII IFSO World Congress

9-12 September 2025 | Santiago, Chile



YOUNG IFSO SESSION

SCIENTIFIC START FOR YOUNG SURGEONS – READING, REVIEWING, AND PUBLISHING PAPERS

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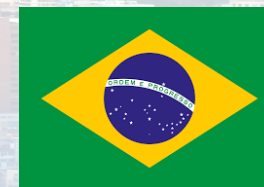
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IFSO 2025 Santiago

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Disclosure Slide

Nothing to disclose



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Why scientific skills are important for the young surgeon ?

- Metabolic and Bariatric Surgery is science-driven
- Scientific skills can improve patient care
- Exercise critical thinking to fight misinformation

How do we move from being just consumers of knowledge to being contributors?

- Reading
- Writing
- Reviewing



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Reading

- Reading science sharpens surgical judgement
- Evidence-Based Practice
- Compare your results to a bigger scenario



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How to read smart?

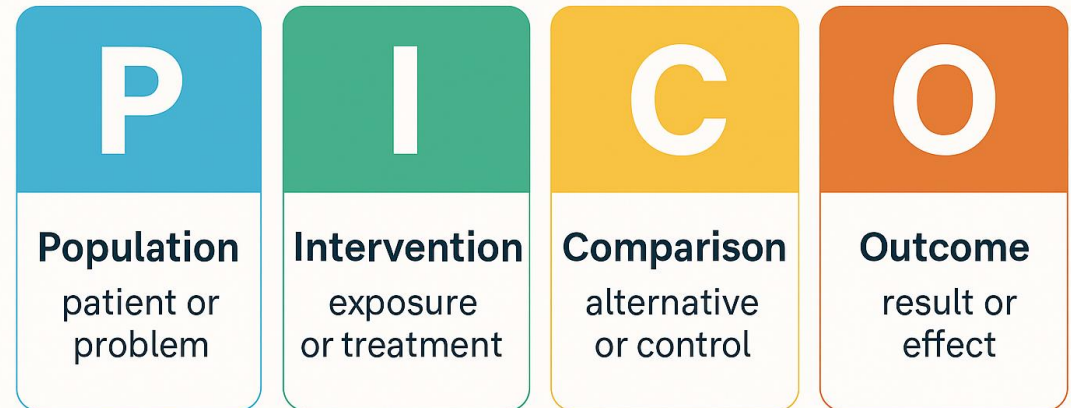
- Start with the abstract
- Dig into methods and results
- Use PICO framework
- Discuss with AI for insight



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PICO Framework



How can I know what is relevant?



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- Check for Obesity Surgery and SOARD monthly issue

Volumes and issues

[Search all Obesity Surgery articles](#) →

Volume 35

January - August 2025

[Issue 8](#) | August 2025

[Issue 7](#) | July 2025

[Issue 6](#) | June 2025

[Issue 5](#) | May 2025

[Issue 4](#) | April 2025

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Obesity Surgery

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How can I know what is relevant?



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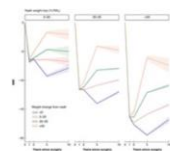
- Search in the bigger general journals: JAMA Surgery, Annals of Surgery, BJS, Obesity, NEJM, Lancet and more!



The effect of weight change on death and cardiovascular events after Roux-en-Y gastric bypass

Erik Stenberg and others

BJS, Volume 112, Issue 8, August 2025, znaf170, <https://doi.org/10.1093/bjs/znaf170>



In this nationwide cohort of patients who underwent Roux-en-Y gastric bypass, patients experiencing more than 50% recurrent weight gain and those who continue to lose weight after the initial weight-loss phase had higher risk for cardiovascular events and death compared to those who regained 0–50% of their lost weight. Significant recurrent weight gain but also continued weight loss should be considered non-desirable trajectories requiring clinical evaluation and increased support.

[Abstract](#) ▾ [View article](#) [Supplementary data](#)

THE LANCET



ARTICLES · Volume 406, Issue 10505, P846-859, August 23, 2025

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Efficacy and safety of single-anastomosis duodeno-ileal bypass with sleeve gastrectomy versus Roux-en-Y gastric bypass in France (SADISLEEVE): results of a randomised, open-label, superiority trial at 2 years of follow-up

[Prof Maud Robert, MD](#) ^{a,b,c} · [Prof Tigran Poghosyan, MD](#) ^{d,e} · [Nicolas Romain-Scelle, MD](#) ^{f,g} · [Prof Sebastien Czernichow, MD](#) ^{h,i} · [Dominique Delaunay, PhD](#) ^j · [Adrien Sterkers, MD](#) ^k · et al. [Show more](#)



How can I know what is relevant?

- Follow journals, surgical societies and relevant researchers on social media
- Create a Journal Club with your team
- Citations from congress lectures!



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Writing and publishing – Where to start?

- Case reports
- Case series
- Video cases
- Small retrospective cohorts

Start small!



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Writing and publishing – How to start?

Start small!

- Find a mentor!
- Focus on your local experience
- Search for partnership with other research groups
- Networking – online, Society, conferences



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Writing and publishing – How to start?



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- Write simple and clear English
- Use AI to review, not to write!
- Choose the right journal
- Fight perfectionism
- Learn from rejection → revise, resubmit.



Reviewing

Why review?

- Sharpens critical thinking
- Improves your own writing
- Builds academic visibility.



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Reviewing



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Steps for a good review:

- Be constructive, not destructive.
- Focus on originality, methodology, clarity.
- Suggest improvements (tables, figures, conciseness).

Ethics reminder: Confidentiality and conflict of interest.

Reviewing



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Opportunities for Young surgeons:

- Co-review with mentors
- Volunteer on journal and editors websites
- Start on smaller journals (local and case reports)
- Invitation when you publish
- Reviewer academy from journals and societies



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**start small
find mentors
stay consistent
and aim high.**

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Thank you!
Obrigada!

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