

# XXVIII IFSO World Congress

9-12 September 2025 | Santiago, Chile



Women for IFSO: the rocky road to success

# Obstacles to career advancement and how I managed

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## IFSO 2025 Santiago

Combined Therapies, The Dawn of a New Era

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# Disclosure Slide

Nothing to disclose



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*Every surgeon faces  
obstacles in their career.  
But we, as women, are  
the only ones expected  
to carry the weight of  
our own choices.*





*Impostor syndrome*





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# Impostor syndrome

- Underrepresentation
- Systemic Factors
- Internalized Biases

The only woman in the room

- Do I belong here?
- Do I deserve to be here?
- Will they trust me?





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# How to overcome?

Mentors who champion women!



Trust your team!



Find your peers!





# *Maternity*



# Maternity

- Fertility issues
- Obstetric risk
- Lack of support
- Stigma and discrimination

- Will I stop my career progress?
- Can I have my job back?
- Can I still be a good mother?



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# How to overcome?

- Try to plan your time, your job, your money
- Respect your body
- Embrace your support network: spouse, family, friends
- Learn to prioritize
- Enjoy!



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# *Uncertainty*



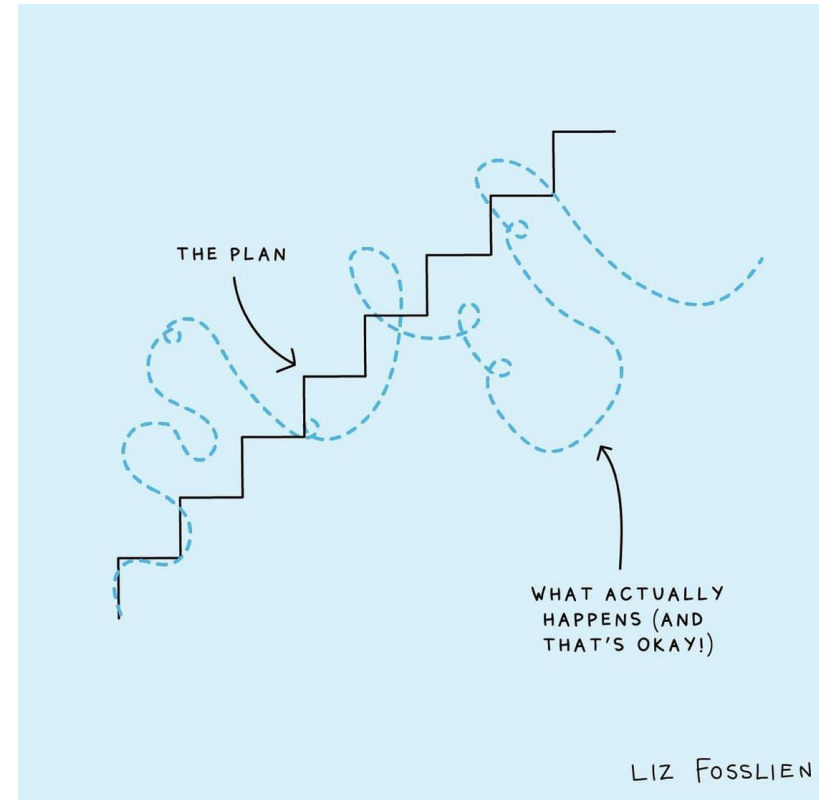
# Uncertainty

- Many things are beyond our control!
- COVID, family or health issues
- Or sometimes you just want to change
  - How will I work on this situation?
  - What is the impact on long term?
  - Is it the right decision?



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# How to overcome?

- Embrace the change
- Reevaluate priorities
- Find new ways
  
- Adaptability is a strenght!



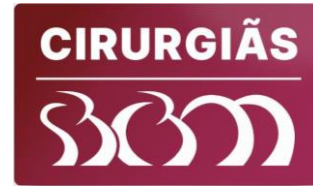
Moved back to my hometown: gained more time and focus for my academic career, teaching, and professional society activities.

*“Life is not easy for any of us.  
But what of that? We must  
have perseverance and, above  
all, confidence in ourselves”*

- Marie Curie



# Female Bariatric Surgeons from Brazil!



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Thank you!  
Obrigada!

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