

### Thanks for the Kind Words...

"I liked the office environment and Dr. Desman's professional demeanor, but [he was] also friendly, and the warm staff. I felt comfortable and trusting with everyone I spoke with. The thing I liked most about having this procedure was the results!! Dr. Desman did a wonderful job and was very informative."

—Tara Murray

Breast Augmentation, January 2005

### A Bit of Laughter...

#### On Middle Age

Middle age is when your age starts to show around your middle.

—Bob Hope

Middle age is when the best exercise is one of discretion.

—Laurence J. Peter

Don't worry about middle age; you'll outgrow it.

—Laurence J. Peter

Middle age is the time when a man is always thinking that in a week or two he will feel as good as ever.

—Ogden Nash

### I'd Love to Hear from You!

Whether you're thinking of undergoing a medical procedure, or just want to stop by and say "Hi,"

I'd love to hear from you...

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MEMBER:

American Society of Plastic Surgeons

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### Who Wants to Win a \$250 Certificate?

#### Take my Trivia Challenge and you could win too!

This is one of my favorite sections. Each month I'll give you a new trivia question. The first two people who call my office with the correct answer will win a free \$250 Certificate good toward any plastic surgical procedure. Take your best guess, then call me at 703-924-3144.

Here's this month's Mega Trivia Question...

#### Q. What country developed the oldest form of immunization for smallpox?

- a) United States b) Austria c) Japan d) China

Call me right now with your answer! 703-924-3144

Note: Limited to one gift per winner per year.



Congratulations to last month's winners:

**Tracy Atwell and Glenna Meade**, who each won a \$250 certificate good toward any plastic surgical procedure.

The correct answer to which country was the first to grant women the right to vote is C) New Zealand (in 1893).

### Medical Question Corner...

#### Q: What's the difference between liposuction and abdominoplasty (tummy tuck) and which one is right for me?

**A:** Liposuction is a body contouring technique that removes fat underneath the skin. The second important factor about liposuction is that the skin needs to tighten up over the area where the fat was removed. Therefore, to be a good candidate for liposuction, you need to have good skin tone.

In contrast, abdominoplasty involves treating tissues that have been stretched out from either significant weight loss or prior pregnancies. This procedure involves surgically tightening the loosened abdominal wall and removing the loose excess skin and fat. Obviously, an exam is the best way to determine what procedure is right for you.

If you would like to discuss these options further, please call my office at 703-924-3144 to set up an appointment where we can address any concerns you might have.

### Do You Have a Question You Want Answered?

I love hearing from all my good friends and clients who enjoy reading my monthly letter. And I'm always looking to answer pressing questions you might have about anything relating to cosmetic or reconstructive surgery. If you have a question, please feel free to call me at 703-924-3144. Perhaps I'll feature you in a future issue!



Eric Desman, MD

Volume I, Issue 2  
June 2005

### Inside This Issue...

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### Thought for the Month...

Whether you think you can or think you can't—  
you are right.

—Henry Ford

# Looking Good Feeling Good

Virginia Center for Plastic Surgery  
Newsletter

## You Can Have a Slimmer, Trimmer and Sexier Body - Permanently

Your body's shape is mostly predetermined by your genetics. In fact, after the age of 30 the amount of fat you gain is largely due to these inborn genetic patterns. This kind of fat doesn't usually respond to exercise or dieting, so problem areas like your stomach, hips, thighs, arms and chin will keep their unsightly bulges forever.

Instead of trying to hide your bulges, you could permanently eliminate them through liposuction. Every day thousands of people are turning to liposuction as a solution. It's a way to help you get a trimmer, leaner, better-looking body - and keep it that way for good.

Liposuction, also known as lipoplasty, is the surgical removal of excess fat from fatty deposits between the skin and muscles. Developed in the early 1980's liposuction has become one of the best methods to eliminate unwanted body fat and achieve better body proportions. Because of its safety and effectiveness, liposuction is the second most popular cosmetic plastic surgery procedure in the United States. More than 320,000 people had the procedure in 2003, up 13 percent since 2002, according to the American Society of Plastic Surgeons.

The procedure usually involves small incisions (about 1/2" in length) made in the areas from where the fat will be removed. Then a hollow, blunt-tipped instrument (cannula) is inserted through the incisions and connected to a suction unit. As the suction cannula is moved back and forth, it draws out the unwanted fat, while the blood vessels and nerves leading to the skin remain unharmed. The removal of fat is accomplished by the suction cannula creating tiny passages through the fatty layers. Then after the surgery these tiny passages collapse and result in an improved body shape.

Believe it or not, there is little weight actually lost but dramatic changes in your silhouette and body shape is often possible. The cosmetic success of liposuction is based on removing inches not pounds.

To obtain more information about this procedure, give our office a call at 703-924-3144 or e-mail us at [info@vcps.com](mailto:info@vcps.com)

Get free health and medical tips at my Web site:

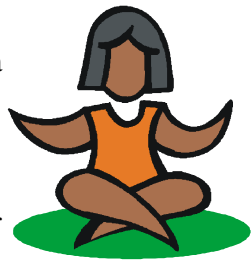
[www.vcps.com](http://www.vcps.com)

# Dealing With Pain

Many people become fearful and anxious when they are dealing with pain. Unfortunately these responses sometimes intensify or exacerbate the experience.

Two simple ways of dealing with the potential problem of self-magnification of your pain is to practice simple physical and mental distractions. Repeating positive affirmations or listening to relaxing music can help, for instance. Practicing some light yoga can increase your oxygen intake, which can reduce distress. Any type of distraction would probably help - watching a

movie, reading a book, talking to a friend - anything that takes your focus away from the pain and your fear of it would probably be of benefit.



Pacing yourself can help, too, according to Florida chiropractor and acupuncturist Scott Denny. So heading back to the gym for a full workout right away might not be the best idea if you have been in pain. If you trigger the pain cycle again, your stress could go up, and the whole thing starts all over again.

Try to focus on the positive and stay away from the thoughts about pain that scare you. Tell yourself this is only a temporary thing - and soon you'll be better and able to do what you could do before.

-adapted from *Natural Health*

## LASER RESURFACING . . . Erase Lines, Wrinkles, Brown Spots, Uneven Skin Color and Scars

Actually, those lines you see around your lips (and eyes) are normally the first areas that you'll notice signs of aging on your face. New technology offers help for wrinkles, laugh lines, crow's feet and sun damage with laser resurfacing.

As your body ages, the effects of the sun, pollution, smoking, alcohol and stress take their toll. You'll begin to see fine lines around your eyes and lips appear. Then with a decrease in collagen produced within the skin, you'll start seeing those lines turn into deeper wrinkles. At the same time, your skin loses its elasticity and firmness causing it to sag.

Most cosmetics or traditional moisturizers only treat the symptoms of aging skin. You may see a temporary fix but none of them can actually renew your skin's youthful glow. That's because the way to erase wrinkles and lines is to smooth the skin and tighten it at the same time, which is what laser resurfacing can do for you.

Using an advanced laser technology, you'll get a precise exfoliation of the thin layer of damaged skin. As these older skin cells are gently removed, layer by layer, they're replaced by fresh, healthy skin. This process also starts the production of natural collagen, which tightens and gives a 'lift' to your face.

Another sign of aging for some people is the appearance of "brown spots", or splotchy, uneven skin color. These areas of the skin contain especially high concentrations of melanin and are typically caused by an excess of pigment commonly due to sun exposure, aging or congenital factors. Laser technology is used to diminish and remove the pigmentation that gives the skin its uneven coloration.

This same technology can also be used to improve and flatten scars. Although it is best to get laser treatment on potentially disfiguring scars within six to eight weeks after an injury, even relatively old scars can benefit from treatment. An examination of an older scar would be necessary to determine the degree of improvement that might be expected.

Depending on the procedure, it can take as little as 30 minutes on up to a few hours (depending on how large an area is being treated) and it's all done in the office so you can go home that very same day.

To find out more about laser resurfacing and how it can help your specific skin condition, give our office a call at 703-924-3144 or e-mail us at [info@vcps.com](mailto:info@vcps.com).

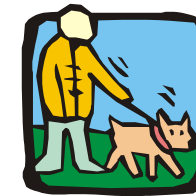
## Avoiding the Inertia Trap

When you feel depressed, the best thing to do is to move. We're not talking about real clinical depression here, but the kind of depression people feel when they say, "I'm depressed."

Self-doubt and inertia lead to depression. Often we feel like we have not accomplished what we have set out to accomplish - and that we never will. This gives us the "What's the use?" attitude that makes it even harder to begin an effort.

But if you're feeling blue, the best thing to do is **anything**:

- Get up.
- Clean the house.
- Take out the trash.
- Go for a walk.



Don't think about all the things you haven't accomplished and all the things you need to accomplish before you die. You'll just get overwhelmed and be that much more likely to fall into the inertia trap.

-adapted from *Life 101*  
by John-Roger & Peter McWilliams

### Some Facts About Eating Disorders

- Between 5 million and 10 million females and at least 1 million males are stricken by eating disorders in America.
- The average age of onset is between 12 and 18, but can strike at any age.
- Dieting is the most common behavior that leads to an eating disorder; 35% of "normal" dieters progress to pathological dieting.
- Five to 10 percent of anorexics die within 10 years of onset.

—adapted from *EatingDisordersInfo.org*

## CLIENT OF THE MONTH

### CYNTHIA LOFFLER

At her last follow-up visit after abdominoplasty, Cynthia likened her experience to one of those credit card commercials where she feels like her results are "priceless".

As client of the month, Ms. Loffler won a complete **Topix Skin Care** package.

Every month I will choose a very special *Client of the Month*. It's my way of acknowledging good friends and saying "thanks" to those who support me and my business with referrals, word of mouth and repeat business. Watch for your name here in an upcoming month - you might be my next *Client of the Month*!

## HOW TO RECOVER FROM JET LAG

If your job requires substantial travel, you might need some help in dealing with jet lag. Here are a few tips to lessen the effects:



- Keep in mind that flying west is easier than flying east. More severe jet lag occurs when you go east because lengthening the day is easier on the body than shortening the day.
- Change your meal times. Start a day or two ahead of time and adjust your meal times to those that match your destination.
- Taking melatonin supplements can trick your body into regulating to your new time frame. This is because melatonin is hormone that is normally made in the body during sleep. The timing of your dose is important.
- Exposure to natural light combined with strategically timed doses of melatonin is a good approach. Timing of the natural light exposure is also critical. This is determined by the direction you are traveling and the number of time zones you travel across.
- Sleeping pills/waking pills. Taking a sleeping pill to knock yourself out for short periods of time can help offset jet lag. But experts caution that there can be side effects, so be careful and consult a physician before you use any drugs for the first time. There are also "wake-promoting" drugs that many travelers use, but the side effects of those drugs can be serious. Talk to a doctor to determine what's safe and what's not.
- When you reach your destination, take a walk. It can help relieve the effects of sleep deprivation.
- Try to reduce your travel stress. This in turn will help reduce the effects of jet lag. Meditate, relax, do whatever it is you need.
- Try Chinese ginseng. It can make you feel refreshed and relaxed.

-adapted from *Natural Health*