

Thanks for the Kind Words...

" I had an excellent experience! The facilities, Dr., and staff were great and I recovered quickly. . . I choose you as my doctor because I felt you are qualified, reasonably priced, conveniently located, and most importantly I felt comfortable speaking with you about my procedure. I was also very pleased with your courteous, friendly, and helpful staff. Speaking of staff, Marci is wonderful . . . Overall my experience was totally positive! I'm more than pleased with the results and quick recovery time. I feel that both you and your staff are very attentive to my concerns and I understand that sometimes maybe you run a little late because you do not rush your patient's and take all the time necessary to answer all their questions. I've recommended you to three friends.

—Michelle Ulrich

A Bit of Laughter...

On Fathers

She got her good looks from her father. He's a plastic surgeon.
-Groucho Marx

A father is someone who carries pictures in his wallet where his money used to be.
-Anonymous

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...

Eric Desman, MD

Virginia Center for Plastic Surgery
6355 Walker Lane, Suite 510
Alexandria, VA 22310-3251

Phone: 703-924-3144

Fax: 703-924-9644

Email: info@vcps.com

www.vcps.com

MEMBER:

American Society of Plastic Surgeons

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Who Wants a 40% Discount on Skin Care Purchase?

Take my Trivia Challenge and you could win!

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 40% discount on any single skin care purchase. Take your best guess, then call me at 703-924-3144.

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

Q. Which country was the first to introduce paper money?

a) United States b) United Kingdom c) China d) France

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.

Two individuals answered the Trivia question correctly and each won a \$250 certificate good toward any plastic surgical procedure.

The correct answer to which country developed the oldest form of immunization for smallpox is d) China (in the 11th century)

We Are Pleased to Announce...

that Becky joined our staff at the Virginia Center for Plastic Surgery on June 20, 2005. She brings a wealth of customer service experience to our team. We are confident you will enjoy working with her.

Medical Question Corner...

Q: Can I have more than one procedure at a time?

A: Usually the answer is yes. The factors that determine what procedures can be done in combination all relate to your safety. The issues that are always considered for a particular combination of procedures are as follows: Your overall health condition, the quantity of blood loss involved, the overall amount of anesthesia involved, the physiologic stress to your body, and the biochemical changes related to your surgery.

For example, common combinations that are safe for most patients include breast augmentation, abdominoplasty (Tummy Tuck), and liposuction of the flanks. However, adding liposuction of the back, hips, buttocks, medial thigh, and lateral thigh would likely be too much.

Another group of procedures commonly performed together are blepharoplasty (eyelid lift), facelift, and neck lift.

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 3
July 2005

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Thought for the Month...

*Live as if you were to die
tomorrow. Learn as if
you were to live forever.*

—Mahatma Gandhi

Looking Good Feeling Good

Virginia Center for Plastic Surgery
Newsletter

Abdominoplasty: The Tummy Tuck

Abdominoplasty, commonly known as a "tummy tuck," is a major surgical procedure to remove excess skin and fat from the middle and lower abdomen and to tighten the muscles of the abdominal wall. Following a large weight loss or pregnancy, the abdominal muscles can weaken and the skin can lose firmness. No matter how many sit-ups you do, you just can't tone up or firm up. A tummy tuck has helped hundreds of men and women to slim down and to regain their self-esteem and confidence.

The tummy tuck is performed by making an incision low on the abdomen stretching from hip to hip. Next, excess skin and fatty tissue is removed and the remaining skin is tightened. The next step is to surgically strengthen and tighten the weakened abdominal wall, resulting in a flatter tummy. In some cases, the belly button is relocated during the procedure.

Thousands of tummy tucks are performed successfully each year. The best candidates for abdominoplasty are men or women who are in relatively good shape but are bothered by a large fat deposit or loose abdominal skin that won't respond to diet or exercise. The surgery is particularly helpful to women who, through multiple pregnancies, have stretched their abdominal muscles and skin beyond the point where they can return to normal. Loss of skin elasticity in older patients, which frequently occurs with slight obesity, can also be improved.

You could be a candidate for a partial abdominoplasty (mini-tummy tuck) if, for example, your fat deposits are limited to the area below the navel. This is a less complex procedure which can often be performed on an outpatient basis. On the other hand, you may benefit more from partial or complete abdominoplasty done in conjunction with liposuction to remove fat deposits from the hips for a better body contour. Or maybe liposuction alone would create the best result. In any case, your surgeon should work with you to recommend the procedure that is right for you and will come closest to producing the desired body contour. In most cases, health insurance policies do not cover the cost of abdominoplasty, but you should check your policy to be sure.

(continued on page 2)

Get free health and medical tips at my Web site:

www.vcps.com

6 Ways to Avoid an Aching Back From Computer Work

Our bodies were made to move around, not sit at a desk eight to ten hours a day in one position staring at a computer screen. One of the most important things workers can do for themselves is to vary their positions and movement throughout the day. Here are a few suggestions.

- ✓ Plan your day to include short tasks every 30 minutes or so that force you to get up from your computer and move. For example, go pick up printouts from the printer, file some papers. Choose tasks that involve walking, standing and stretching.
- ✓ Take more frequent, but shorter breaks.
- ✓ Stretch out on your breaks. Move those areas of your body that have been immobile. Rest areas of your body that have been strained.
- ✓ Buy a timer to remind you that it's break time.
- ✓ Alter your sitting position periodically.
- ✓ Work at your computer while standing for a brief period.

-adapted from the University of California at Berkeley Web site



The Tummy Tuck *(continued from page 1)*

A tummy tuck should be the last resort for people who have exhausted all other measures, and the procedure should not be used as an alternative to weight loss. If you are planning to lose a lot of weight, then you do not want to consider a tummy tuck, at least for the time being. Also, women who plan future pregnancies should wait, as vertical muscles in the abdomen that are tightened during surgery can separate again during pregnancy. Also, if you have scarring from previous abdominal surgery, your doctor may recommend against abdominoplasty or may caution you that scars could be unusually prominent.

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

Obesity by the Numbers

- Nearly two out of three (64.5%) of U.S. adults are overweight or obese.
- The percentage of adults in the U.S. classified as obese doubled between the years of 1980 and 2000, and went from 15% to 30%.
- At least 14% of U.S. children are overweight.
- Each year, obesity kills more American children than gun violence.
- Obesity is a greater trigger for health problems and increased health spending than smoking or drinking. Obese individuals have 30% to 50% more chronic medical problems than those who smoke or drink heavily.
- The effects of obesity are similar to 20 years of aging.
- Forty percent of U.S. adults get no leisure-time physical activity. Only 14% get the standard brisk walk for 30 minutes five times a week.

-adapted from The National Business Group on Health Institute Web site

Five Foods to Avoid

You can eat anything you want - just in moderation - right? Well, maybe that's not always such a great idea. There are some foods that have absolutely no nutritional value and can sometimes be harmful to your health. Here's a list of five of them:

- **Doughnuts:** They're fried, packed with sugar and made from white flour. On average, a doughnut will deliver 200 to 300 calories to your diet.
- **Soda:** One can of soda contains about 10 teaspoons of sugar and about 150 calories. Soda has been linked to obesity, tooth decay and heart disease.
- **French Fries:** They're high in trans fat from frying in oil. Potatoes are loaded with simple sugars that are quickly converted to glucose.
- **Chips:** Same reasons as french fries.
- **Fried Seafood (nonfish):** Shrimp, clams, oysters, lobsters, etc. They have the same trans fat problems as chips and fries, with the added risk of harmful mercury content.



-adapted from "The five absolute worst foods you can eat," on www.mercola.com

How to Get That Healthy Glow

Want skin that looks young and healthy? Here are a few common sense tips to keep that glow:



- Eliminate all tobacco use.
- Eat a diet that is balanced and includes whole foods.
- Reduce your alcohol intake and replace it with water.
- Use sunscreen that contains SPF 15 or higher on any part of your body that is exposed to sunlight.

-adapted from the Whole Foods Market Web site

Got Kidney Stones?

Having and passing kidney stones can be an extremely painful condition. Kidney stones are usually crystals that form in the urine.

There are four types of kidney stones: calcium, struvite, uric acid and cystine. In the United States, the most common type of stones is calcium.

The biggest factor in developing calcium stones seems to be a lack of liquid in the system. Doctors recommend that people prone to kidney stones drink 12-to-16 cups of water per day. Doctors sometimes also recommend cutting back on salt intake. Salt can increase the amount of calcium in urine. People prone to kidney stones should limit the following foods:

- Beer
- Tea
- Cocoa
- Chocolate
- Nuts
- Spinach
- Berries

The good news is that most stones will pass from the body on their own. But following a doctor's recommendations might allow you to avoid the painful experience of having kidney stones.

-adapted from Accenthealth.com

CLIENT OF THE MONTH

K.F. is a 47-year-old woman who had a breast augmentation performed on March 23, 2005. She has offered to help anyone with making the decision to have breast augmentation.
"At age 47 and with four children, it was the best decision I ever made."

K.F. has won an Obagi System Exclusive 4-Piece Gift Set.

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 Live Positively—and With Passion

To get the most out of life, you'll want to live with genuine passion and be a positive influence on as many people as possible. By incorporating the following practices you'll start living the kind of life you want:

- ✓ Visualize a clear picture of yourself, others and the world. Who are you, and what are you doing here? What is it that you want to accomplish with your time?
- ✓ Discover your true gifts and use them. You were born with your own set of strengths and gifts—and you've probably developed some over time. Recognizing and using your gifts will bring positive outcomes to your life.
- ✓ Follow your own honor code. When you violate your own code of ethics, you'll know. You'll feel that nagging feeling. This will hinder your success in all walks of life. But when you operate within your own moral code, success will come easily to you.
- ✓ Always be inclusive and compassionate. Try to recognize the value of each person who comes into your life. Be one of the people in the world who can recognize and harness another's potential.
- ✓ Set goals and develop a plan for reaching them. You have to know where you're going before you can figure out how to get there. Commit to goals that will get you what you want.
- ✓ Be positive. People will be attracted to your attitude, and before you know it you will be surrounded by other positive people.
- ✓ Become a better communicator. Learn how to communicate your visions and goals to others. And pay attention to what others tell you, verbally and in all the ways people choose to communicate.
- ✓ Motivate those around you. Making other people great will improve the energy that surrounds you in life and move you toward your goals.
- ✓ Fess up when it comes to failures and weaknesses. Try to communicate to others that failing is an important part of life and learning. Try to live your life knowing that success arises out of learning from failure.
- ✓ Commit to education and self-improvement. Be receptive—always. When you stop learning and changing, you're in trouble.



- adapted from The CEO Refresher Web site