

Thanks for the Kind Words...

The end outcome was fabulous. The entire process was perfect. Scheduling the appointments and knowing each step of the process ahead of time was excellent.

—Catherine Perdue

A Bit of Laughter...

Getting to Heaven

The Sunday School teacher was testing the kids to see if they understood the concept of getting to heaven.

She first asked if she sold her house and gave all the money to the church would she then go to heaven? Then she asked if she'd go to heaven if she cleaned the church, was kind to animals, and gave candy to the children.

To each question, the Sunday Schoolers chorused a resounding "NO!"

So she asked how she could get to heaven. A five-year-old boy shouted: "You gotta be dead!"

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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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. Since cows are sacred in India, what are McDonald's burgers made of in New Delhi?

a) Soybeans b) Pork c) Mutton d) Chicken

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

Note: Limited to one gift per winner per year.

The correct answer to last month's Trivia Challenge:

Venice is the city known as the Bride of the Sea. The name comes from a ceremony in which wedding parties were celebrated by the Doge casting a ring into the Adriatic.

Medical Question Corner...

Q: There are two ways to place breast implants. What are the risks and benefits of each?

A: Breast implants can be placed either subglandularly or submuscularly.

Subglandular placement means that your implants are inserted closer to the surface, underneath the existing breast tissue, but atop the pectoral muscle. Depending on the size and distribution of breast tissue, you may find that you can feel and sometimes see the edges of the implants under your skin. This placement may also interfere more with mammograms than submuscular implants. Subglandular placement increases the potential for capsular contracture, where scar tissue around the implant tightens and squeezes the implant, causing it to harden.

Submuscular placement means that the implants are placed below both the breast tissue and the pectoral muscles, closer to the breastplate than subglandular implants. For women with less existing breast tissue, submuscular implants may not be as obvious. These implants also carry less risk for capsular contracture than subglandular implants. Depending upon your surgeon's technique, submuscular surgery may result in creasing or displacement of your implant, particularly in competitive body builders. Routine exercise should not be a problem after surgery.

If you would like to discuss this further, please call my office at 703-924-3144 to set up an appointment where we can address specific questions and 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

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Thought for the Month...

The art of acceptance is the art of making someone who has just done you a small favor wish that he might have done you a greater one.

Russell Lynes

Looking Good Feeling Good

Virginia Center for Plastic Surgery
Newsletter

Want a More Youthful Breast Contour? A Breast Lift May Be All You Need

Much has been written and discussed about breast augmentation, where implants are used to enlarge smaller breasts. However, there are situations where women have adequate breast tissue but it is losing elasticity and producing elongated, sagging breasts. This is a naturally occurring phenomenon based on age and gravity or the result of pregnancy or weight loss. This sagging condition is referred to as ptosis and can be remedied by a surgical procedure called mastopexy, also known as a breast lift.

The best candidates for a breast lift are healthy, emotionally-stable women who are realistic about what the surgery can accomplish. Results are longer lasting for women with smaller breasts, but any size breast can be given a more youthful appearance with the surgery. Mastopexy is not a permanent solution for anyone because age and gravity will eventually cause the breast to begin sagging once again. The surgery can be repeated at a future time if the renewed sagging is no longer acceptable.

Women who plan to have children or plan on losing a great deal of weight may be advised to postpone their breast lift. Pregnancy is likely to stretch the breasts and undo the results of a breast lift. The same could be true of weight loss, where breast tissue is lost. If a woman decides to have children after a breast lift, the procedure will not affect her ability to breast feed as the nipples and milk ducts are left intact.

Most mastopexies are performed in a similar manner with three incisions forming an anchor-shape: 1) An incision is made around the areola (the darker section around the nipple); 2) a second incision is made vertically from the bottom edge of the areola to the crease underneath the breast; and 3) the last incision is made horizontally beneath the breast, following the natural breast crease. Excess skin is removed as necessary and the remaining skin is sutured together, drawing the nipple and areola upward to a higher position. There will be scarring, but the incisions are placed so that you can wear low-cut clothing.

(continued on page 2)

Get free health and medical tips at my Web site:
www.vcps.com

Liquid Gold: Olive Oil

Few foods have the foundation in history that olive oil has. Homer called it "liquid gold." Greek athletes rubbed it over their bodies. It was used as medicine, food, and cosmetic. Olive branches are still emblems of peace.



Today, the venerated olive is playing a major role in the area of health. Until recently, it was valued primarily for its monounsaturated fat, which makes blood cholesterol and blood pressure go down. And olive oil strengthens omega-3 fatty acid's anti-inflammatory effects.

New research reported by the American Institute for Cancer Research shows that many of olive oil's health benefits also come from the more than 30 plant compounds it contains. Its antioxidants and anti-inflammatories promote heart health.

Additionally, olive oil contains compounds that increase enzymes, which block development of cancer cells and increase their rate of self-destruction.

All types of olive oil provide monounsaturated fat, but to get the highest levels of protective plant compounds, extra virgin or virgin oil are the best.

Light olive and pure olive oil are lighter in flavor and color but not in fat or calorie content. They have fewer phytochemicals and fewer protective qualities. Extra virgin or virgin have more.

To keep olive oil fresh and its protective compounds intact, store it in the refrigerator or a dark, cool place.

Lemon-Rosemary Olive Oil Dressing

Place a sprig of fresh rosemary and a small clove of garlic on a cutting board and crush with the side of a heavy knife.

Put the rosemary, garlic, and a 1" by 1/2" strip of lemon rind in a clean bottle with a tight-fitting cap.

Pour 3/4 cup extra virgin olive oil and 1/4 cup fresh lemon juice into the bottle. Cap the bottle and shake well. Refrigerate if not using right away. Lasts about one week in the fridge.

Shake before serving. Put on vegetables, fish, seafood, pasta, or salads.

Breast Lift *(continued from page 1)*

Breast lifts can take place in a hospital, an outpatient surgical center or in a surgeon's private office facility. Surgery is usually performed under general anesthesia, where you sleep through the operation, but can also be done under local anesthesia combined with a sedative to make you drowsy. In all cases, you need to have someone drive you home following the procedure.

As with all surgery, there are certain risks involved. In general, these are bleeding, infections and reactions to anesthetic. Thus, it is important to follow recommendations made by your surgeon to avoid unnecessary complications. Your surgeon will need to know your medical history as well as what medications you are currently taking. If you are a smoker, you will be asked to stop smoking so that healing will not be hindered. Also, certain medications such as aspirin and anti-inflammatory drugs can cause increased bleeding and will need to be stopped several days before surgery. Your surgeon may require you to have a mammogram prior to surgery and then again several months after the operation to detect changes in breast tissue.

In most cases, you will be able to go home the same day as surgery unless a one- or two-day hospital stay is required based on your particular circumstances. The surgery normally lasts one and a half to three and a half hours. You will wear bandages and/or a surgical bra for several days following surgery, which will be replaced by a softer support bra that you will wear continually for several weeks. Sometimes small drain tubes are placed in your breasts to avoid fluid accumulation.

There will be some discomfort for a few days resulting from swelling. There may also be some loss of feeling in the nipples and breast skin, but this usually subsides over a period of six or so weeks. In some cases, numbness lasts for a year or more, or could be permanent.

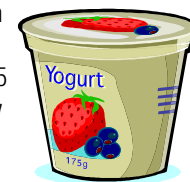
Work can generally be resumed after a week or so and most regular activities can be slowly resumed after a month. However, you should strictly follow your surgeon's advice regarding sexual activity, lifting and bending in order to avoid injury to the incisions, causing additional swelling and bleeding. To avoid pressure on your breasts, your surgeon may instruct you to sleep on your back.

Remember, a breast lift will not increase the size of your breasts. Its purpose is to reposition and give a firmer, more defined contour to your breasts. If you wish to enlarge your breasts, talk to your surgeon about the possibility of adding implants along with the breast lift. Results tend to last longer when implants are inserted at the time of a breast lift, but are not necessary for a satisfactory result.

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

Top 10 Foods for Brain Power

Like every other system in the body, the brain needs good food. It uses 20 to 25 percent of the total energy a person consumes, and the better you feed the brain, the better it works. According to the New Jersey Medical College, these are the top 10 best foods for our brain.



The first five are: low-fat milk or yogurt, eggs, lean meats such as flank steak, chicken and other poultry, spinach and other leafy greens.

The last five are: whole-wheat bread, oranges, black beans and other legumes, enriched brown rice, and salmon.

Handling 'Dirty Money'



It's an established fact that virtually all paper money in circulation carries bacteria, including those that cause sore throats, urinary tract infections, and food

poisoning. If you handle money in your work, wash your hands several times a day. If you don't handle money very often, you could follow the example of the Chinese during the SARS epidemic:

When you receive money, put it away, then wash your hands. Don't touch it again for at least 24 hours, during which time most bacteria will die.

Look Good, Feel Good: Get Going

In summer you should be able to find an activity you can enjoy for 30 minutes at least three times a week. What about walking or running with friends?



Think about gardening, lifting weights, or cycling. A pick-up hoops game is good too, or romp with kids in the park.

It's nice to look good and feel good in summer, but the real beauty of exercise shows up inside. Besides making you feel upbeat, many studies show that exercise can help elevate good HDL cholesterol levels and lower the bad kind.

New evidence also shows that being active actually shrinks the fat cells that cause inflammation, which can contribute to diabetes, heart disease, and hypertension.

CLIENT OF THE MONTH

Mary Stenson

Mary Stenson is a woman in her late thirties with three young children. She not only works full time, but she also works out 5 days a week. Despite this, she was unhappy with the appearance of her "pooching tummy". She had a tummy tuck (abdominoplasty) performed along with a breast augmentation at the same time. After her recovery, she is back in the gym and at work, much happier with how her clothes fit and how her tummy looks. She is excited to go on vacation to the beach in August. As the patient of the month, Mary won a complete line of skin care products.

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*!

Metabolic Syndrome: Analyzing the Causes and the Cures

Some doctors wonder if there is actually a disease called metabolic syndrome. Others say it is simply a physical condition in which people have three or more of these health problems:

- A waist circumference greater than 35 inches for women, or 40 inches for men.
- A fasting blood triglyceride level of 150 milligrams or higher.
- A "good" (HDL) cholesterol level of less than 50 milligrams for women or 40 milligrams for men.
- Blood pressure of at least 130/85.
- Fasting glucose of at least 110 milligrams.



A combination of three or more of these places you in danger of developing diabetes and heart disease. And it classifies you as having metabolic syndrome, also called syndrome X.

Recent surveys show that a quarter of all Americans have it, and 44 percent of those age 50 and older have it.

For treatment, physicians agree that lifestyle changes work best, but you don't have to take drastic steps. A study published in *Obesity Research* shows that being moderately active for 30 minutes a day can be a life saver, and it doesn't have to be done all at once.

It's important to include more vegetables and fruits in your diet. While you shouldn't overdo fat, don't go below 20 percent of total calories. Less means you are probably eating too many carbohydrates, which can mean higher triglyceride and blood glucose levels.

While the experts decide whether the syndrome is actually a disease in itself, if you have factors, do something about them now. Eat right and exercise. Start now while you still can.