

Spring into Skin Care Open House

March 20, 2007 - 5:30-7:30 p.m.

For more information, contact
Kelley Garrett at 703-924-3144.

Watch for our flyer in the March issue
of *Looking Good Feeling Good*.

Thanks for the Kind Words...

"I love you guys for making me feel comfortable in my own skin. Thank you Kelley and Dr. Desman for being heaven sent."

— LaTasha Berger

A Bit of Laughter...

Wrong Address

A Chicago man got to Florida for vacation on the day before his wife was to arrive. He thought he'd send her an email. Unfortunately, he missed one letter in the address.

His message went to an elderly preacher's wife whose husband had passed away the day before. When she opened the email, she screamed and fell to the floor in a dead faint.

Her family rushed into the room and saw this on the monitor, "Dearest Wife, Just got checked in. Everything prepared for your arrival tomorrow. Sure is hot down here."

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 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. The name of which large Asian city literally translates to "muddy confluence"?

a) Hong Kong b) Singapore c) Shanghai d) Kuala Lumpur

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

Note: Limited to one gift per winner per year.

Congratulations to last month's winner - Betty Davis

The correct answer to what novel begins on the morning of April 16 when Dr. Bernard Rieux steps on a dead rat is d) The Plague

Medical Question Corner...

Q: Is there something I should know before making an appointment for a plastic surgery consultation?

A: Know your options ahead of time so that you know what questions to ask and whether you're getting good information. This entails doing a lot of research. Take advantage of information available on the Internet. Join in chat sessions and check out forums that discuss plastic surgery. You can also request free pamphlets from doctors' offices without obligation. Ask those you know who have had similar procedures about their experiences. Ask medical personnel you know and trust for their recommendations.

Once you have compiled a list of potential surgeons, check out their professional credentials. State and national organizations that certify physicians and surgeons in their specialties can be located on the Internet.

When making an appointment be aware that while some consultations are free, some charges are as much as \$500, which do not necessarily reflect on the skill of the surgeon. During the consultation, be watchful for a doctor who does not listen to you and who does not make you aware of the risks and complications of any given procedure. Trust your instincts. There's usually a reason if you have a bad feeling about someone.

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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February 2007

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Thought for the Month...

Be master of your petty annoyances and conserve your energies for the big, worthwhile things. It isn't the mountain ahead that wears you out, it's the grain of sand in your shoe.

Robert Service

Looking Good Feeling Good

Virginia Center for Plastic Surgery
Newsletter

Understanding and Treating Skin Cancer

Skin cancer is by far the most common form of cancer. About 1 million Americans are diagnosed with it each year. Eighty percent of skin cancers appear on the face, head, or neck, where they can be disfiguring as well as dangerous.

There are two major types of skin cancer, melanoma and nonmelanoma. To understand the difference between the two types, it's important to understand the layers of your skin, called the epidermis. The epidermis is mostly made up of 1) flat, scale-like cells called squamous cells, 2) round cells called basal cells which lie under the squamous cells, and 3) melanocytes, the cells that produce melanin - the pigment that gives our skin its natural color.

Melanoma is the least common but also the most dangerous type of skin cancer. It begins in melanocytes and can spread to other parts of the body, often becoming deadly. Each year more than 53,600 people are diagnosed with melanoma in the U.S. and its incidence is increasing rapidly, especially in the Sunbelt states. It is rare in black people and others with dark skin, but sometimes occurs under the fingernails or toenails, or on the palms or soles.

Nonmelanoma is the more prevalent form and basal cell carcinoma is, by far, the most common type. It's also the least dangerous, rarely spreading beyond its original site. However, if it is left untreated it can grow into the underlying tissue and bone causing serious damage, particularly if it's located near the eye.

Squamous cell carcinoma is the second most common form of skin cancer, with over 200,000 new cases per year in the U.S. It frequently appears on the lips, face, or ears, and sometimes spreads to distant sites, including lymph nodes and internal organs, where it can become life threatening if not treated.

The primary cause of skin cancer is ultraviolet radiation, not only from sun exposure, but also from sunlamps and tanning booths in our quest for the perfect tan. Anyone can get skin cancer, but you are at greater risk if you:

- have fair skin that freckles easily.
- have light-colored hair and eyes.
- have a large number of moles, or moles of unusual size or shape.
- have a family history of skin cancer or have had blistering sunburns.
- spend a lot of time working or playing outdoors.

(continued on page 2)

Get free health and medical tips at my Web site:

www.vcps.com

Decide Which One 'Suits You to a Tea'

As you study teas on the supermarket shelf, you may be surprised to know that all teas come from the *Camellia sinensis* plant, a warm-weather evergreen. The manner in which fresh leaves are processed and their length of contact with oxygen determine the resulting type of tea.



Oxidation gives the leaves their distinctive color. Green tea is not oxidized. The leaves are steamed, rolled, and dried. Black tea is oxidized for two to four hours, and Oolong tea falls somewhere in between.

According to the Tea Association of the USA, herbal teas aren't from the *Camellia sinensis* plant and are not linked with research on the health benefits of traditional teas.

Tea is one of the most healthful beverages. It's fat-free and calorie-free. Tea is rich in flavonoids and powerful antioxidants that help to prevent chronic diseases such as heart disease and cancer, as shown in studies at the Antioxidants Research Laboratory of the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. Green and black teas have the most antioxidants.

The American Dietetic Association notes that a certain number of flavonoids in tea are lost during the decaffeination process, so decaffeinated teas are somewhat less beneficial than regular brews.

How to Make Tea

From Kevin Hickey of the English Tea Store

Hickey says loose tea brewed in a teapot makes the best-tasting tea. He recommends one teaspoon of loose tea per person plus one for the pot.

- Use freshly drawn water. Water loses oxygen when it stands and that keeps the full flavor of the tea from being released.
- Warm the pot first. It helps to maintain the brewing temperature long enough to extract more flavor from the tea.
- Use boiling water to make the tea. Water that is "off the boil" does not allow the tea to brew properly.
- Brew for 3 to 5 minutes. Shorter times will not reveal the full flavor and quality of the tea. Longer brewing will result in a bitter-tasting tea as tannin will be extracted from the tea leaves.
- Stir the tea in the pot once or twice while it is brewing.
- For tea bags, the same brewing directions apply. In a cup, brew 1 to 2 minutes.

Skin Cancer (continued from page 1)

- live closer to the equator, at a higher altitude, or in any place that gets intense, year-round sunshine.
- received therapeutic radiation treatments for adolescent acne.

Basal and squamous cell carcinomas can vary widely in appearance. It may begin as small, white or pink nodule or bumps; it can be smooth and shiny, waxy, or pitted on the surface. Or it might appear as a red spot that's rough, dry, or scaly...a firm, red lump that may form a crust...a crusted group of nodules...a sore that bleeds or doesn't heal after two to four weeks...or a white patch that looks like scar tissue.

Malignant melanoma is usually signaled by a change in the size, shape, or color of an existing mole, or as a new growth on normal skin. Watch for the "ABCD" warning signs of melanoma:

- Asymmetry - a growth with unmatched halves
- Border irregularity - ragged or blurred edges
- Color - a mottled appearance, with shades of tan, brown, and black, sometimes mixed with red, white, or blue
- Diameter - a growth more than 6 millimeters across (about the size of a pencil eraser), or any unusual increase in size.

Most small skin cancers are removed surgically by a plastic surgeon or a dermatologist in an outpatient facility or the physician's office, using local anesthesia. However, if the cancer is large or if it has spread to other areas of the body, major surgery may be required. Other possible treatments include cryosurgery (freezing the cancer cells), radiation therapy (using x-rays), topical chemotherapy (anti-cancer drugs applied to the skin), and Mohs surgery, a special procedure in which the cancer is shaved off one layer at a time. All of these treatments, when chosen carefully and appropriately, have good cure rates for most basal cell and squamous cell cancers, and even for malignant melanoma if it's caught very early.

Discuss these choices with your doctor before beginning treatment to determine your options: how effective they're likely to be, the possible risks and side effects, who can best perform them, and the results you can expect. If you have any doubts about the outcome, get a second opinion from a plastic surgeon before you begin treatment.

No matter who performs the initial treatment, the plastic surgeon can be an important part of the treatment team. Reconstructive techniques ranging from a simple scar revision to a complex transfer of tissue flaps from elsewhere on the body can often repair damaged tissue, rebuild body parts, and restore most patients to acceptable appearance and function.

The best treatment for skin cancer is prevention. Avoid prolonged exposure to the sun, especially between 10 a.m. and 2 p.m. and during the summer months. Remember, ultraviolet rays pass right through water and clouds, and reflect off sand and snow, so when you go out for an extended period of time, use a sunscreen with an SPF (sun protection factor) of at least 15, and wear wide brimmed hats and long sleeves.

Most importantly, examine your skin regularly. If you find anything suspicious, consult a plastic surgeon or a dermatologist as soon as possible.

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

SIDS Linked to Brain Defect

Building on two decades of work, scientists' new findings show the strongest evidence yet that infants at risk for sudden infant death



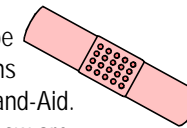
syndrome (SIDS) have abnormalities in the brainstem. The brainstem controls heart rate, blood pressure, and breathing.

The researchers also say problems with serotonin in the brain could be a cause. SIDS babies may not be able to properly use and recycle the brain chemical serotonin, which helps to relay messages between nerve cells. The findings could accelerate a push for simple tests to identify babies at high risk, according to the Journal of the American Medical Association.

Each year, about 2,000 seemingly healthy babies die of SIDS, or crib death. They go to sleep and don't wake up.

Stick-On Vaccinations

In the future, painful vaccination shots could be replaced by immunizations that just stick on like a Band-Aid. Those in human testing now are designed to protect against the flu and travelers' diarrhea. If they continue to make a good showing, your immunizations could come in the mail instead of in the doctor's office. The National Institutes of Health is helping to fund the patch research. They are looking for a more effective way to deliver vaccines.



In the event of a pandemic caused by some form of super flu, the patches could be shipped to entire populations. People wouldn't have to risk leaving their homes to be immunized. The technology would be especially useful in developing countries. Syringe-based vaccines require refrigeration and sterile needles. The patches can simply be handed out to clinics or individuals and they just stick them on.

Patch developer Iomai Corp. says studies show that the skin is the best route to the immune system.

Hysterectomy Alternative

Only half of women afflicted with painful fibroid tumors are being informed by their gynecologists of a minimally invasive alternative to hysterectomy, the most common treatment. In uterine artery embolization (UAE), blood-stopping particles are placed in the artery that feeds the tumors that cause excess bleeding.

CLIENT OF THE MONTH

Mrs. Kathy Smith

Our February patient of the month is Mrs. Kathy Smith. Kathy is a 43-year old wife and mother of 3 who had a mastopexy (breast lift) and breast augmentation in November 2006. She had wanted to have this procedure for over 20 years, but after having a Gastric Bypass 3 years ago and losing 120 pounds, she said that made it more of a necessity for her. Kathy said that she loves the compassion and professionalism of the staff and stated that it was comforting to know that Dr. Desman was concerned about her health and safety when discussing multiple procedures above everything else. She has won 10% off of her skincare 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*!

February is American Heart Month

Be a Hero: How to Save Your Own Life

Your family and co-workers may never know, but steps you take now could save a life, your life. That would definitely make you their hero.



Doctors at the Mayo Clinic say heart disease is often preventable. Their recommendations include:

- ✓ Don't smoke or use tobacco products. Smoking is the most powerful risk factor for heart disease. No amount of smoke is safe. Women who smoke and take birth control pills are at even greater risk, especially after age 35.
- ✓ Exercise. Regular exercise can reduce the risk of a fatal heart attack by nearly a quarter. And exercise reduces stress, another risk factor. Though federal guidelines call for up to 60 minutes of exercise a day, even small amounts of exercise can help.
- ✓ Control cholesterol and eat a heart-healthy diet. Saturated fat and trans fats increase heart risk by raising blood cholesterol levels. Cholesterol is particularly worrisome because foods containing this type of fat are common in the American diet. Major sources include beef, butter, cheese, milk, and coconut and palm oils.
- ✓ The American Heart Association can help you calculate your cholesterol intake and give important advice on how to control it. Visit cholesterolldown.org to see how to lower your cholesterol.
- ✓ Vegetables and fruits are an important part of a heart-healthy diet. They help prevent heart disease, cancer, and other diseases.
- ✓ Maintain a healthy weight. Weight gain as an adult is mostly fatty tissue, a risk factor for high blood pressure, high cholesterol, diabetes, and heart disease.
- ✓ Get regular health screenings. Healthy adults should have cholesterol levels and blood pressure checked every two years, more often if their numbers are high.

A heart-healthy lifestyle doesn't have to be complicated. Just find ways to put heart-healthy habits into your life.