

Thanks for the Kind Words...

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

~ LaTasha Berger

A Bit of Laughter...

Guy says to his doctor, "When I got up today, I put on a pair of white gloves and started calling my wife Minnie. On the way to work I couldn't help singing 'Hi Ho, Hi Ho, It's off to work I go,' and when I got there I started calling everyone Happy, Grumpy, and Dopey. What's the matter with me, Doc?"

"That's easy," replies the doctor, "You're having Disney spells."

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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Chocolate Has Benefits

If you want to indulge yourself and help your heart at the same time, choose a piece of dark chocolate. It contains three times as many flavonoids as milk chocolate. Flavonoids keep blood platelets from sticking together and forming clots, one cause of heart attacks. And dark chocolate has twice as many antioxidant points.

Do You Want To Win A 40% Discount on Skin Care?



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 to call my office with the correct answer will win 40% discount on any single skin care purchase.

Take your best guess, then call me at 703-924-3144.

Here's this month's trivia challenge:

Q. What actress followed up an Oscar-winning performance in "Kitty Foyle" with the title role in "Roxie Hart"?

A) Carole Lombard B) Ginger Rogers C) Dolores Del Rio D) Ava Gardner

Call me right now with your answer!
Note: Limit one gift per winner per year

Congratulations to last month's winner!
Betty Davis

Medical Question Corner...

Q. What exactly is Botox and what does it do?

A. More than just the latest cosmetic fad, Botox is a quick and relatively painless way to look instantly younger.

Botox is a purified and diluted form of botulism, a toxin that has a long history of use for problems such as facial ticks and asymmetry of eye movement. In the last few years, doctors have discovered that Botox also relaxes the facial muscles, reducing the appearance of wrinkles almost immediately.

Botox is injected directly into the facial muscles using a tiny needle, often in the area between the eyebrows (causing wrinkles when you frown) and around the mouth area (smile lines). No anesthesia is required, however some physicians use a topical anesthetic cream or ice pack to temporarily numb the area. Irritation and discomfort is minimal and the procedure takes an average of 10 to 15 minutes and can be performed in your doctor's office.

You can expect to see noticeable improvement in smile and brow lines within just a few days and the results can last several months. Botox is not permanent however, and subsequent treatments will be necessary to maintain your new youthful appearance.

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!



Dr. Eric Desman

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"I decided to give up my demand for a TV in my bedroom. How about an ATM instead?"

Looking Good Feeling Good™

Monthly Newsletter from Your Friends at Virginia Center for Plastic Surgery

Rhytidectomy: A Good Look at Facelifts

As people age, the effects of gravity, sun exposure, and the stresses of daily life can be seen in their faces. Deep creases form between the nose and mouth; the jawline grows slack and jowly; deep wrinkles appear in the cheeks and a sagging of the cheekbones; there are noticeable areas of loose skin and wrinkles; folds and fat deposits appear around the neck. Technically known as rhytidectomy, a facelift can "set back the clock" by repairing and improving the most visible signs of aging in the face and neck.

A facelift can make you look younger and fresher, and it may enhance your self-confidence in the process. But it can't give you a totally different look, nor can it restore the health and vitality of your youth. Before you decide to have surgery, think carefully about your expectations and discuss them with your surgeon.

Typically, people are between the ages of forty and sixty, but facelifts can be performed on patients much older - into their 70s and 80s - with very successful results. The ideal candidates for facelifts are men and women who have some excess and sagging skin on their face and neck but whose skin still has some elasticity and whose bone structure is strong and well defined.

Facelifts do not correct conditions such as sagging eyebrows, excess skin and fatty deposits in the upper and lower eyelids, or wrinkles around the mouth. These conditions are corrected by other surgical procedures such as a forehead lift, eyelid surgery, or nose reshaping, which can be done in conjunction with a facelift. Your plastic surgeon can assess your specific needs in a private consultation. For a successful outcome, you need to be very clear about what you don't like about your appearance and your expectations. He/she can then determine whether your expectations can realistically be achieved.

Your plastic surgeon will assess the thickness, texture and elasticity of your skin, and the severity of wrinkles and folds. Your hairline will be examined to determine where incisions can be discreetly placed. If your hair is very short, you may want to let it grow enough to cover your incisions while they heal. In addition, your bone structure and underlying tissues need to be considered in developing an individual surgical plan.

In preparing for surgery, your surgeon will check for medical conditions such as uncontrolled high blood pressure, blood clotting problems, or the tendency to form excessive scars. Be sure to tell your surgeon if you smoke or are taking any drugs or medications, especially aspirin or other drugs that affect clotting. If you are a smoker, you will be asked to stop smoking well in advance of surgery because it interferes with the supply of blood and oxygen to the skin, which inhibits healing. If you are overweight and you have a realistic desire to lose more than 15 pounds, you should discuss this with your surgeon.

Depending upon their complexity, facelifts usually take several hours. They can be performed under local anesthesia, combined with a sedative to make you drowsy and relaxed. In this case, you'll be awake but insensitive to pain. However, you may feel some tugging or occasional discomfort. Some surgeons prefer a general anesthesia, in which case, you'll sleep through the operation. Some doctors offer what are referred to as "mini" or "weekend" facelifts where the procedure is not as extensive and the healing period is much shorter.

(continued on page 2)

Get free health and medical tips at my Web site:

www.vcps.com

Preventing Cataracts

Tufts University researchers have found evidence suggesting that vitamin supplements, particularly long-term use of vitamin E may slow the development of cataracts.



The studies done for the Nutritional Epidemiology Program and the USDA show that people who supplement their diets with vitamin E for at least 10 years showed significantly less progression of cataract development. Those who reported higher intakes of riboflavin and thiamin had a similar decrease.

In 2001, Tufts researchers also saw a similar role for vitamin C, all indicating that taking a multivitamin is recommended.

Lutein is also important for eye health.

Keep That Old 401(k)

If you have a 401(k) from a previous employer, should you cash it out? A Hewitt Associates study shows that almost half of departing employees took a cash distribution with 27 percent cashing out completely.

Young people do it most often with about 66 percent of those under age 30 cashing out. Consider this. A 22-year-old saves \$500 in the first year of work, than ups that figure \$500 each year for the rest of his working years and keeps the money in the 401(k) in spite of changing jobs.

Considering a return of 8 percent, the steadfast saver at age 65 would have \$2.3 million, according to T. Rowe Price.

Quotes to Live By...

Everything works out in the end. If it hasn't worked out, it's not the end.

~Anonymous

More than anything else, I believe it's our decisions, not the conditions of our lives, that determine our destiny.

~Anthony Robbins

When you are through changing, you are through.

~Bruce Barton

Your future is created by what you do today, not tomorrow.

~ Robert Kiyosaki

(continued from Page 1)

Incisions usually begin above the hairline at the temples, extend in a natural line in front of the ear (or just inside the cartilage at the front of the ear), and continue behind the earlobe to the lower scalp. If the neck needs work, a small incision may be made under the chin. Through the incisions, the surgeon is able to free the skin from the underlying tissues and fat deposits are removed as needed. After the skin has been pulled up and back, the excess is removed. Stitches secure the layers of tissue and close the incisions; metal clips may be used on the scalp. A small, thin tube may be temporarily placed under the skin behind your ear to drain any blood that might collect there and your head may be wrapped loosely in bandages to minimize bruising and swelling. All of these items will be removed over a period of 5 days.

There isn't usually significant discomfort after surgery; if there is, it can be lessened with pain medication. Some numbness of the skin is quite normal; it will disappear in a few weeks or months. It is recommended that you keep your head elevated and as still as possible for a couple of days after surgery to keep the swelling down. You may appear pale, bruised and puffy in the beginning, but this will diminish over a few weeks. Remember that complications can occur with any surgery. There is always the risk of infection plus reactions to anesthesia. Since the healing process is gradual and varies among individuals, you should expect to wait at least several weeks for an accurate picture of your "new look." You'll have some scars from your facelift, but they're usually hidden by your hair or in the natural creases of your face and ears and will fade in time.

Having a facelift doesn't stop the clock. Your face will continue to age with time, and you may want to repeat the procedure one or more times - perhaps five or ten years down the line. But in another sense, the effects of even one facelift are lasting because years later you'll continue to look better than if you'd never had a facelift at all.

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

How To Stay Safe During A Tornado

Spring is tornado season in the Midwest but did you know that tornadoes have been reported in every state and they can occur at any time of the year?

When you hear that a National Weather Service WATCH is in effect, it means conditions are right for a tornado. Changing weather such as thunderstorms should put you on guard. A WARNING means a tornado has been spotted.

Check your portable radio and replace batteries if necessary so you can get information if the lights go out. If you are inside, go to a safe place to protect yourself from flying glass. Stay away from windows and don't open them. If you hear a tornado approaching, get under a workbench or sturdy table. Protect your head and neck.

If you are in a car or a mobile home, go to the basement of a sturdy building. If there is none nearby, lie flat in a low spot where wind and debris will blow above you. Tornadoes come from severe thunderstorms, which can produce a lot of rain. If you see water rising and coming toward you while you are in a low spot, move to another spot.

Avoid places with wide-span roofs, such as auditoriums, cafeterias, and shopping malls. Wide roofs provide less protection than roofs over smaller rooms.

Sick Child? Here's Some Advice...

When your child is sick and you wonder what to do, check the Children's Hospital of Boston's Web site. It has a new "My Child Has ..." feature. You can list the child's symptoms (coughing, sneezing, stomach ache, etc.) and get information on common illnesses, tips on preventive care, and explanations of treatments and tests. Visit www.childrenshospital.org and see "My Child Has . . .".



10 Rules For Building Wealth



1. Start early. By saving \$1,000 a year at age 25, you could end up with five times what you'd have if you started at age 45.
2. Use your 401(k). You put in pretax dollars so it's a great savings plan. Passing up employer contributions is giving up free money.
3. Keep it simple. Choosing three or four index funds and a small-cap stock fund will give you broad exposure.
4. Don't try to beat the market. Even the best fund managers have trouble beating the S&P 500.
5. Don't chase trends. If you hear about a "hot" stock, investigate it. Go to investopedia.com.
6. Make saving automatic. If you are maxing out your 401(k), get payroll deductions transferred to a Roth IRA or a high-interest savings account.
7. Go heavy on stocks. The simplest formula: subtract your age from 120. That's the percentage you should have in stocks, the rest should be in bonds.
8. Hold down fees. Be wary of any mutual fund charging a management fee higher than 1 percent. Or stick with an index fund.
9. Get rid of credit card debt. Rank them by their interest rate and pay off those with the highest rates first. For low-interest student loans, consider making minimum payments and investing in your 401(k) instead.
10. Defer taxes. In a taxable account, you'll pay 15 percent in capital gains taxes every time you sell a winner you've owned for more than a year. At tax time, sell losers to take advantage of the annual \$3,000 capital loss deduction.

Congratulations To Our Patient Of The Month!

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

This month's 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.

Thank You! Thank You! Thank You!

Thanks to YOU our practice is growing! There's no better compliment we can receive than a positive referral from a valued patient. We are truly grateful for the trust and confidence that so many of you have expressed.

If you know a friend, neighbor, or family member who may be considering a cosmetic procedure - it would be the highest compliment to refer them to us. I'll make sure they get extra special attention and care. Or, if there're any additional services that we may provide for you, please let us know. Instead of growing our practice from the outside, we prefer to pay closer attention to our existing patients and their referrals.

Stay Sharp: Rest Your Brain



Resting the brain more important than resting the body

More than 70 percent of American adults and 85 percent of teens don't get enough sleep to be sharp the next day, according to scientists at Harvard Medical School.

They say part of the problem is we are so used to being sleep deprived that we have become adept at coping with the condition. We don't realize that the purpose of sleep may be more to rest the mind than to rest the body.

Sleep helps consolidate memory, improve judgment, promote learning and concentration, boost mood, speed reaction time, and sharpen problem solving and accuracy.

To get more sleep, researchers suggest getting to bed half an hour earlier. If you can arrange a brief nap in the afternoon, it can help. They advise against sleeping late on weekends because it could disrupt your circadian rhythm, making it harder later to get a full night's rest.

The American Time Use survey shows that the main reason for lost sleep is work. But when you lose sleep, you could be 12 percent less productive the next day.

If mental sharpness is important to you, get a good night's sleep.