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**Thought for the Month...**

*Choose a job you love, and you will never have to work a day in your life.*

—Confucius

# Looking Good Feeling Good

## How to Smooth Away Wrinkles in Just 20 Minutes

For some of you, taking your vitamins and getting plenty of sleep is just not enough to eliminate wrinkles, lines and sun damage. Well, don't despair because our office is offering a procedure that only takes a few minutes and takes a few years off your face.

This revolutionary skin resurfacing procedure is called microdermabrasion.

And it's designed to help erase fine lines, fade age spots and acne scars, even out skin tones and leave your face more youthful and vibrant...almost instantly. In fact, the entire session usually lasts about 20 minutes. That's why it's been called the "lunch-time power peel".

Let me explain how microdermabrasion works. You see, tiny crystals or beads of silicon are sprayed onto your skin and then quickly vacuumed up. Basically, your face is blasted with these 'microparticles' to peel away the top layer of sun-damaged skin, leaving younger looking skin underneath. And the results have been very encouraging.

One of the best parts of this procedure is the fact that there is nearly no recovery time. Other more extensive procedures require a week or 2 weeks for your face to look presentable. Not with microdermabrasion. You come in for the procedure and walk right out and go back to work (nobody will know). The only thing you'll notice is a slight redness on your face for about an hour or two...that's it!

Another benefit is almost no discomfort as the crystals are being vacuumed off your face. One patient described it as "feeling like someone tugging on your skin". But, that's not all; microdermabrasion is also gentler and more effective than many chemical peels or laser resurfacing.

To find out more about this breakthrough procedure give our office a call at 703-924-3144 or e-mail us at [info@virginiacenterforplasticsurgery.com](mailto:info@virginiacenterforplasticsurgery.com).

Get free health and medical tips at my Web site:  
**[www.vcps.com](http://www.vcps.com)**

## Some Weight-Gain Culprits

If you are trying to lose weight or are plagued by weight loss attempts that fail, you should consider some of the following information:

- Low-carb or carb-free liquor labeling can be misleading. Beer and wine contain sugar and that means calories. Watch calories in regard to the liquor you drink.
- Alcohol consumption can affect weight and liver health. The liver secretes bile and bile breaks down fat molecules. That's why alcohol consumption can add up to abdominal weight gain.
- Some forms of birth control can cause weight gain. Depo-Provera includes a high dose of progesterone, and that can increase appetite.
- Low-fat food labeling can cause problems. Again, labels can be deceiving, so make sure you check the calorie content. Another problem with low-fat foods is they tend to be less filling and so people eat more—and even then they are not satisfied.
- Drinking a smoothie with your meal. Smoothies can contain a high number of calories. It might be best to think of a smoothie as a healthy meal itself rather than a drink to go with your meal or a snack.
- Eating out/pigging out. Portions in restaurants can be out of control. Eat at restaurants that serve smaller portions or put half your order in a to-go container before you start eating.



- Settling in for a meal or snack in front of the tube. Research has found that television distracts a person from feeling full, which can lead to overeating.

—adapted from *O, the Oprah Magazine*

## ULTRASOUND-ASSISTED LIPOSUCTION: A simple and creative solution that erases the embarrassment associated with Gynecomastia

Gynecomastia is the clinical name for enlarged male breasts, characterized by dense or fibrous tissue in one or both breasts. Gynecomastia during puberty is not uncommon and normally begins as a small lump beneath the nipple, which may be tender. The breasts often enlarge unevenly. Although it is not unusual to see some breast enlargement for up to three years, the milder cases usually disappear in 3 months to a year. Because young boys are reluctant to discuss their concerns they are likely to use clothing to disguise their appearance. They may also avoid swimming, beach or other athletic activities.

Gynecomastia does not always disappear with the passing of puberty and, although it is normally a benign condition which does not pose a threat to a man's health, it can cause a lifetime of embarrassment. For men who feel self-conscious about their appearance, breast-reduction surgery can help. According to the American Society of Plastic Surgeons (ASPS), more than 18,500 men had breast reduction surgery in 2001, of which 65 percent were under age 35. Despite this high percentage of young males, corrective surgery can be performed on healthy, emotionally stable men of any age. The best candidates for surgery have firm, elastic skin that will reshape to the body's new contours. The traditional procedure removes fat and or glandular tissue from the breast, and may or may not include liposuction. In extreme cases, excess skin may be removed, resulting in a chest that is flatter, firmer, and better contoured. As with any surgery, this method may leave patients with large, visible scars, and long recovery times.

Due to technological advances, men can now safely and effectively have this condition corrected with minimal or no scarring through ultrasound-assisted liposuction, according to an article published in the February 2003 issue of *Plastic and Reconstructive Surgery*®, the official medical journal of the ASPS. According to the article, the University of Texas Southwestern Department of Plastic Surgery has developed a classification and management system for gynecomastia that suggests ultrasound-assisted liposuction is safe and effective to treat most cases of the condition and allows men to regain their confidence and feel free to participate in activities they used to shy away from. The authors of the study base their conclusions on the treatment of 61 gynecomastia patients. The team experienced an 87 percent success rate using a combination of traditional and ultrasound-assisted liposuction. Eight patients with advanced cases of gynecomastia later required the surgical removal of excess breast tissue and skin to better contour the chest. The ultrasound technique melts fibrous breast tissue, allowing plastic surgeons to remove it through small incisions, with minimal scarring and recovery time. The authors note that in some cases, only traditional liposuction is required to remove tissue.

Before any patient has ultrasound-assisted or traditional liposuction to treat gynecomastia, a clinical evaluation of the patient by a board-certified plastic

(continued on page 3)

## Gynecomastia (continued from page 2)

surgeon is paramount. This includes an in-depth review of the patient's medical history and a physical examination of the breasts. While there is no known cause for gynecomastia in the vast majority of cases, certain drugs and medical problems have been linked with male breast overdevelopment. Thus, additional diagnostic testing may be needed to rule out other underlying causes.

Gynecomastia surgery can enhance your appearance and self-confidence. Before you decide to have surgery, think carefully about your expectations and discuss them frankly with your plastic surgeon. The results of the procedure are significant and permanent. If your expectations are realistic, chances are good that you'll be very satisfied with your new look.



## Celebrating Saint Patrick's Day

Although Saint Patrick's Day is not an official holiday in the United States, it is still celebrated with much enthusiasm. The day commemorates Saint Patrick, who introduced Christianity into Ireland in the fifth century.

- The number of Americans who claim Irish ancestry: 34.3 million.
- Massachusetts has 24 percent of the population claiming Irish ancestry—that's about twice the national average.
- Irish Americans are better educated and better off financially than the population as a whole. Thirty percent of those over the age of 25 have a bachelor's degree or higher, and their median annual household income is \$48,900 versus \$42,000 for the general population.
- The number of gallons of beer consumed per capita annually by Americans: 22.

—adapted from the U.S. Census Bureau Web site

## Are You My *CLIENT OF THE MONTH*?

Every month I 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.

This month's *Client of the Month* is <<name of client>>. <<Then tell how you know them, tell something special about them, how you met them, and say "Congratulations." Then give them something like two movie tickets or free dinner at a local restaurant. Be generous with your reward.>>

You might be my next *Client of the Month* too! Watch for your name here in an upcoming month.

## Tips for Raising Your Healthy Lifestyle Quotient

For improving overall health—try the following tips from Ann Kearney-Cooke, author of *Change Your Mind, Change Your Body*.

- **Follow a good diet.** Eating a diet that promotes emotional health may help reduce the possibility of back pain and other problems.
- **Exercise.** Short exercise sessions boost brain chemicals that make you feel good. It can help release your anger.
- **Appreciate your accomplishments.** Don't forget to take stock of your achievements. Sometimes the world and the people closest to us forget to do this. Doing it for yourself ensures a healthy self-image.
- **Allow yourself your emotions,** but don't get stuck in them. If you have a disappointing or frustrating experience, let yourself feel it, but put a time limit on it so you don't tread water in the land of frustration. It is usually helpful to write about your negative emotions and then try to learn something from them.
- **Let the small annoyances in life go.** Don't let things like traffic and minor insults control how you feel during your day.
- **Reduce your stress.** When you are feeling stressed, connect with a friend and do something distracting.
- **Recognize your reactions.** Recognize how your life experiences have colored how you now see the world. If you react inappropriately because of some emotional baggage, recognizing it is the first step to being free of it eventually.
- **Don't overcommit.** When you overschedule yourself, you deplete your inner resources, and it will be more difficult to deal with the everyday stresses that life is sure to throw your way.
- **Get enough sleep.** A good night's sleep helps us cope with stressors. If you find yourself going over the edge quickly, you might be sleep deprived.



## Thanks for the Kind Words...

*"Many people have asked me, since the surgery, if I have had any second thoughts about the surgery ... I have to answer that there are no regrets. Only total satisfaction." - T.F.*

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## A Bit of Laughter... *On Being Somebody*

I always wanted to be somebody, but now I realize I should have been more specific.

—Lily Tomlin

I don't want to achieve immortality through my work. I want to achieve it through not dying.

—Woody Allen

Eagles may soar in the clouds, but weasels never get sucked into jet engines.

—Attributed to both Jason Hutchison and John Benfield

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## 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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## Who Else 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 was the first country in the world to grant women the right to vote?**

a) Australia

c) New Zealand

b) Canada

d) United States

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

## Medical Question Corner...

**Q:** *Am I a good candidate for cosmetic surgery?*

**A:** The ideal candidate for cosmetic surgery is an individual who recognizes a specific area in which his or her appearance could be enhanced or improved and has a strong personal desire to make a change. In today's society, many people choose cosmetic surgery to counter the effects of aging. This can be achieved for subtle changes or more dramatic results. The choice is always left up to you. Cosmetic surgery can help you look as young as you feel, build confidence after a lifestyle change, or to retain an edge against younger competitors in today's increasingly competitive work environment.

Whatever your reasons for choosing cosmetic surgery, it is important to have realistic expectations for the final outcome. Improving a feature of the face or body can give you greater self-confidence and add to your sense of well-being and self-esteem. Cosmetic surgery will not stop the aging process, but it will provide many opportunities to reset the clock. The ultimate decision should be based on your personal desire.

The best way to determine if you are a good candidate for cosmetic surgery is to meet with me privately for a complimentary cosmetic consultation to discuss your specific concerns.

## 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!