

### 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.

### 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

### 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 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
- b) Canada
- c) New Zealand
- 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!



Eric Desman, MD

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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

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## Breakthrough Laser Treatment Erases Lines And Wrinkles

Actually, those lines you see around your lips (and eyes) are normally the first areas that you'll notice signs of aging on your face. But now with laser resurfacing you can say goodbye to those pesky fine lines and wrinkles.

### Why Your Skin Wrinkles and How Laser Resurfacing Can Reverse It

As your body ages, the effects of the sun, pollution, smoking, alcohol and stress take their toll. You'll begin to see fine lines around your eyes and lips appear.

Then with a decrease in collagen produced within the skin, you'll start seeing those lines turn into deeper wrinkles. At the same time, your skin loses its elasticity and firmness causing it to sag.

You see, most cosmetics or traditional moisturizers only treat the symptoms of aging skin. You may see a temporary fix but none of them can actually renew your skin's youthful glow. That's because the way to erase wrinkles and lines is to smooth the skin and tighten it at the same time... just what laser resurfacing can do for you.

### Here's How To Get Tighter, Younger Skin – NOW!

Using an advanced carbon dioxide (CO2) and Erbium-Yag laser, you'll get a precise exfoliation of the thin layer of damaged skin. As these older skin cells are gently removed, layer by layer, they're replaced by fresh, healthy skin.

This process also starts the production of natural collagen, which tightens and gives a 'lift' appearance to your face.

What's more, your entire procedure only takes 30 minutes to a few hours (depending on how large an area is being treated). And it's all done in the office so you can go home that very same day.

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

## Discover The All-Natural Vitamins That Actually Erase The Years!

The latest scientific evidence seems to prove that 3 simple nutrients actually work to make you look and feel younger. You see, our body's cells are constantly under attack from unstable oxygen molecules, known as free radicals. And many authorities believe they are responsible for everything from wrinkles to cancer.

Free radicals are formed when our bodies convert food into energy. And we're even exposed to them constantly by being in the sun or breathing polluted air. However, there is something you can do about these free radicals...it's simply a matter of adding "antioxidants" into your body. These simple "antidotes" to free radicals are available in almost any grocery store or health food store.

**Here are the miracle vitamins that seem to turn back your clock:**

1. **Vitamin E** - Vitamin E protects our bodies from the most common culprit responsible for our outward signs of aging...and that's sunlight. Ultraviolet radiation from the sun is responsible for wrinkles, age spots and even cancer. But by taking more Vitamin E (about 400 IU) you can dramatically reduce your sun damage.

Also, be sure to get natural vitamin E because studies have shown that natural vitamin E stays in the body twice as long as synthetic vitamin E. And you can tell by looking at the label; natural vitamin E begins with *d*- (i.e. d-alpha-tocopherol) while the synthetic type starts with *dl*-.

2. **Coenzyme Q10** – coenzyme Q10 is produced in our body to help regulate heart functions and convert fat into energy. But after age 40 our natural production drops significantly. This may be one reason that we become more susceptible to heart disease and weight gain in middle-age.

So by adding coenzyme Q10 into our diets we can see some amazing results. 94% of women in a research study reported that their energy levels increased by 90 mg of coenzyme Q10 daily. And additional studies even showed that adding 100 mg to a healthy diet helped women to drop up to 30 pounds in 2 months.

3. **Mixed Carotenoids** – If you've been spending your money on Vitamin A and beta carotene, then get ready for a shock. Because those same ingredients and more even more powerful antioxidants are found inside mixed carotenoids. Aside from helping your body strengthen white blood cells, carotenoids protect you from free radicals that strike eye tissue. Mixed carotenoids have been found to reduce your risk of macular degeneration (this is one of the leading causes of blindness) by an incredible 57%.

*Experts suggest 12,500 IU daily.*

A few other very simple ways to take off the years is by avoiding cigarette smoke, getting 7 or 8 hours of sleep each night and wearing sunscreen.



## Walking Facts

1. The average person takes 9,000 steps each day. In a lifetime that is 3.5 trips around the Earth.
2. Walking uphill gives you a cardiovascular workout, lowers triglycerides, and reduces LDL cholesterol.
3. Walking downhill lowers blood sugar, which may reduce the risk of Type II diabetes. It also reduces LDL cholesterol. For those who find it difficult to walk uphill in order to go back down, ride an elevator up and then take the stairs down.
4. Walking sideways burns 78% more calories than walking forward. Lateral motion takes extra effort by putting your body to work in unfamiliar ways.
5. Walking on a rough but level track requires 50% more energy than walking on a paved road.
6. About 67 million men and women are walking regularly.
7. Walking regularly for 30 minutes to an hour a day has been shown to:
  - Strengthen your heart and lungs, and improve circulation.
  - Prevent heart attacks and strokes.
  - Reduce obesity and high blood pressure.
  - Boost your metabolic rate.
  - Favorably alter your cholesterol.
  - Improve muscle tone in your legs and abdomen.
  - Reduce stress and tension.
  - Reduce arthritis pain; stop bone tissue decay.

## 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.

