

Thanks for the Kind Words...

Recovery (from breast augmentation) was a breeze; there were no narcotics, bandages, or special bras. I had to do a few exercises, and I was on my way to a fast recovery. After I went home, I took the two hour nap, but not a minute longer. Afterwards I was instructed to take a very long hot shower, and then completed my exercises. Later that evening my husband and I went out to dinner. I was able to dress and fix my hair! The next day my girlfriend and I went to the mall for major shopping. That and throwing away all my old bras were the best part! To my surprise I was able to return to work on Monday with a five day post-op!

Thank you Dr. Desman, and also a big thank you to all of your staff!
—Donna Spaulding

A Bit of Laughter...

On Professional Advice

When I asked my accountant if anything could get me out of this mess I am in now he thought for a long time and said, 'Yes, death would help.'

—Robert Morley

The definition of a consultant: Someone who borrows your watch, tells you the time and then charges you for the privilege.

-Anonymous

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 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. Which nation consumes the most CocaCola per capita?

- a) Norway
- b) Mexico
- c) Iceland
- d) U.S.A.

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

Note: Limited to one gift per winner per year.



Congratulations to last month's winners -

Bonnie Johnson and **Gail Hernandez** each won a complete set of the Obagi Nu-Derm skin care system, consisting of a cleanser, toner, color correction hydroquinone, exfoliator, tretinoin, and sunblock.

The correct answer to which country was the first to introduce paper money is c) China (in 891)

Medical Question Corner...

Q: How long does it take to resume normal activities after undergoing plastic surgery?

A: The length of time it takes to recuperate after plastic surgery varies depending on the procedure performed and the individual having surgery. In general, patients will require assistance for the first two or three days. Thereafter, most patients are able to care for themselves. If you have young children, you may still require some assistance at home for a few more days.

Resuming regular exercise will also vary based on the type of surgery performed and on the individual person. Just as for any type of surgery, all patients are encouraged to start a slow walking routine on the second post-operative day. Regular aerobic and more vigorous activities are not recommended during the first two weeks in order to decrease the risks of bleeding, swelling, and bruising. It is best to discuss the issue of resuming exercise with your doctor prior to any type of 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...

If we all did the things we are capable of doing, we would literally astound ourselves.

-Thomas Edison

Looking Good Feeling Good

Virginia Center for Plastic Surgery
Newsletter

Breast Augmentation: Is it Right For You?

Have you ever wondered what it would be like to have larger, firmer and fuller breasts? Perhaps your breasts have always been a small size, or maybe they've become smaller following pregnancy. Or like many women, your breasts have lost their shape as the result of the aging process. You may also be one who has one breast that is larger than the other and wish to create a symmetrical look. With today's plastic surgical procedures, all these situations can be resolved through breast augmentation.

Breast augmentation – the surgical procedure that enlarges the breast - is a permanent solution for the woman who wishes to enhance or return her figure to more pleasing proportions for whatever her reasons might be. The decision to undergo breast augmentation may result in a more flattering, better proportioned figure, more clothing options, and may enhance your confidence and self-esteem. More than 250,000 women underwent breast augmentation in 2002 (latest statistics), which is attributable for the most part to the new types of implants that are now available.

Despite the negative press over the past several years regarding silicon-filled implants, breast augmentation is safer than ever. The new generation of implants has a safe outer shell of silicon that is filled with saline (salt water) and is available to breast augmentation patients without any restrictions by the Food and Drug Administration (FDA). If the saline implants should ever leak, the patient's body will harmlessly absorb the saline solution.

In addition, there are more implant options available today. Breast implants are made in many shapes and sizes to fit your body. You can choose from round or teardrop shapes, plus almost any size cup you desire, depending upon your physical structure. Your surgeon will evaluate your anatomy and breast tissue to assist you in making appropriate choices for both the size and shape of your breasts.

(continued on page 2)

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

The Anti-Cancer Lowdown on Herbs and Spices

Many spices and herbs are believed to be imbued with health-building properties and have anti-cancer effects. Herbs and spices are believed to be full of antioxidants, which prevent the damage that free radicals can do to cells.

The National Cancer Institute has identified the following herbs and spices

as having cancer-preventing properties: tarragon, cumin, coriander, anise, caraway, turmeric, fennel, rosemary, thyme, oregano and sage.



- ⊕ Caraway, tarragon, fennel and cumin may also prevent tumor growth, and they are believed to reduce cholesterol levels.
- ⊕ Coriander, it is believed, is effective in combating carcinogens.
- ⊕ Turmeric contains curcumin, which gives it a yellow color, and has been shown to protect mice against Alzheimer's.
- ⊕ Saffron and paprika are believed to stimulate immunity.
- ⊕ Cloves and nutmeg are believed to fight bacteria, and chili peppers and ginger might help prevent tumor formation.
- ⊕ Cinnamon could be a possible treatment for diabetes in the future. One to two teaspoons were found to lower blood sugar and prevent insulin spikes.

-adapted from the U.C. Berkeley Wellness Letter

Breast Augmentation (continued from page 1)

The implant procedure itself is quite simple. Implants can be inserted by making a small incision in the fold beneath the breast, an incision around the areola (this is the pigmented skin around the nipple) or by going through the armpit or belly button area. The choice of incision will be based upon your anatomy and the ability to properly place the implant. These issues as well as whether the implant will be placed above or under the muscle should be discussed thoroughly with your surgeon.

The surgery can last from one to several hours and can be performed in one of several types of facilities. Your surgeon may have the resources to perform surgery in his own office, at a surgical clinic, or in a hospital on either an inpatient or outpatient basis depending on factors involved in your particular case. These factors - such as your physical condition, implant choice and placement, incision site, the types of anesthesia and pain treatment, etc. - should be discussed with your surgeon before you make the decision to undergo breast augmentation.

Remember also that breast augmentation is considered elective surgery and is not normally covered by health insurance. In addition, patients must be at least 18 years of age to undergo this type of surgery.

Are you a good candidate? Before you decide to have this type of surgery, think carefully about your expectations and discuss them with your surgeon. Breast augmentation can enhance your appearance and your self-confidence, but it won't necessarily change your looks to match your ideal or cause other people to treat you differently. The best candidates for breast augmentation are women who are looking for improvement - not perfection - in the way they look. If you're physically healthy and realistic in your expectations, you may be a good candidate.

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

Improve Your Memory

Just about any healthy person can improve his or her memory. Take, for example, Scott Hagwood, who follows a regimen to improve his memory similar to those athletes use to train their bodies. Hagwood suffered from thyroid cancer, and one of the side effects of his radiation treatments was memory loss. Hagwood, who most would consider an average college student, entered a contest called the U.S.A. Memoriad - a sort of memory Olympics. Contestants memorize poetry, decks of cards, lists of numbers, words, etc. Hagwood won.

Most people can improve their memories, according to experts, by eating a healthy diet, exercising regularly and not smoking. It's best to keep your memory sharp by trying new activities as you grow older. Learning a foreign language or how to play an instrument are good ways to keep your mind keen.



-adapted from www.accenthealth.com

Will Eating at Night Make You Gain More Weight?

Is it true that eating at night, right before you go to sleep, will make you gain weight? The



story that most people tell is that if you eat before you go to sleep, your metabolism slows down while you slumber, and this causes your food to be processed either inefficiently or incorrectly and then it turns into fat.

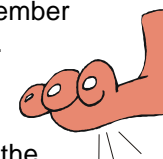
According to the Health Fitness Tips Web site, this is not true. Eating at a certain time of day or night does not cause you to gain any more or less weight - that has to do with how many calories you consume. While there is some credence to the idea that eating earlier in the day gives you more of a chance to burn off the calories during your more active hours, there's no scientific proof that eating late at night will make you gain more weight.

-adapted from the Health Fitness Tips Web site

Be Careful if Barefoot on the Beach

Walking barefoot on a beach can lead to hookworm. Dr. Robin Carder, a pediatric dermatologist at Children's Medical Center in Dallas, says that it is common to see families return from vacation and have a member suffer from hookworms.

Hookworms come from feces that dogs and other animals leave on the sand. Some of the fecal matter remains in the sand, and when a person walks barefoot, a hookworm can hook into the sole of the foot. Symptoms are itchy eruptions that can turn into pus-filled blisters. If you think you have hookworm, you should seek treatment from a dermatologist.



-adapted from the Children's Medical Center Web site

CLIENT OF THE MONTH

Sherry Thomas

Mrs. Thomas had a gastric bypass procedure in 2002. After losing weight, she had an abdominoplasty (tummy tuck). While very pleased with her results, she had other areas of concern as well.

She recently had a mastopexy (breast lift) to compliment her abdominoplasty.

As patient of the month, Sherry won an Obagi Eye Care Gift Set.

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*!

How to Deal with Your Boss Effectively

If you feel like you and your supervisor are not always on the same page, then you probably belong to the majority of workers. But how do you nurture a better relationship with your boss, even when you do have differences? Here are a few tips for dealing with just that:



- **Be respectful—even if you disagree with your boss.** Your supervisor is responsible for your work. Try to understand your boss from his or her perspective. Try to treat your boss the way you would want to be treated if you had the burden of his or her responsibilities.
- **Don't be afraid.** Don't let your boss intimidate you. After all, he or she needs you to do the work for the company. You are important, too.
- **Always try to do the best job possible—no matter what.** It's a matter of self-respect. If you don't get along with your boss, and you do poor quality work, inevitably you will feel bad about it.
- **Be honest.** Your boss needs to know the truth. But it is usually a good idea to use diplomacy when you are delivering the truth. Watch your tone of voice and choose what you say with care.
- **Be open about problems.** If you hide a problem, it will likely come back to haunt you. Don't let your supervisor find out about your problem from another source.
- **Let your boss know important news about you as soon as possible.** If you know you will need time off in the future, let him or her know far enough ahead of time to make arrangements for your work to be covered.
- **Stay within the bounds of your business relationship.** Your boss is your boss, not your friend.
- **Keep a positive attitude.** That means when things are going wrong at work, try to have a good outlook. Ask questions instead of complaining about things.
- **Learn to communicate your anger appropriately.** Don't blow up. Manage your emotions.
- **Face your weaknesses.** It's a path to growth and future job fulfillment.

-adapted from The Mayo Clinic Web site