

Thanks for the Kind Words...

My experience with you was excellent and I have raved to my friends and family about the service.

—Tracy Padilla

This was an amazing experience.

Dr. Desman, Marcy, and the entire staff made breast augmentation a simple procedure. Thank you.

—Anonymous

The results are even better than we could imagine.

—L.S.

A Bit of Laughter...

On Being a Dog...

No one appreciates the special genius of your conversation as the dog does.

—Christopher Morley

When a man's best friend is his dog, that dog has a problem.

—Edward Abbey

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 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 term "druid" comes from the Celtic for an expert on what tree?

- a) Oak b) Birch c) Cherry d) Apple

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 -

Donna Mears who 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 nation consumes the most CocaCola per capita? is c) Iceland

Medical Question Corner...

Q: Am I a good candidate for liposuction?

A: Generally, liposuction is used for spot reducing areas that do not respond to diet and exercise. Liposuction is not a weight loss procedure. There are two basic principles behind liposuction. The first is fairly obvious: When fat is sucked out, this will change the volume of the area worked on, and thus the contour will change and improve. However, equally important, is the fact that the skin in the area that was treated with liposuction must tighten up after the fat has been removed. This tightening process can continue for up to six to nine months after surgery. Thus, your skin tone and ability to tighten up is an important factor in evaluating you for liposuction. Fat deposits under skin that has poor tone and elasticity are not good areas to perform liposuction.

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...

To dream anything that you want to dream, that is the beauty of the human mind.

To do anything that you want to do, that is the strength of the human will.

To trust yourself to test your limits, that is the courage to succeed.

Bernard Edmonds

Looking Good Feeling Good

Virginia Center for Plastic Surgery
Newsletter

Are You Looking for the "Fountain of Youth"? BOTOX® May Be Your Answer

Today, BOTOX® represents the ultimate "fountain of youth" for many people. Wrinkles and frown lines that were once thought to stay with you for the rest of your life can be eliminated and replaced with a youthful vibrant look that improves your appearance and boosts your self-confidence. BOTOX® injections are the fastest-growing cosmetic procedure in the industry, according to the American Society for Aesthetic Plastic Surgery (ASAPS). In 2002, more than 1.1 million people received injections. Much of its popularity is due to its non-invasive nature with practically no recovery time.

FDA-approved BOTOX® is a purified form of botulinum toxin type A, which is derived from the bacteria that causes botulism. While this may sound risky, BOTOX® is very safe because it is used in a very dilute form. It was first approved in 1989 to treat two eye muscle disorders—uncontrollable blinking and misaligned eyes. In 2000, the toxin was approved to treat a neurological movement disorder that causes severe neck and shoulder contractions, known as cervical dystonia. As an unusual side effect of the eye disorder treatment, doctors observed that BOTOX® softened the vertical frown lines between the eyebrows that tend to make people look tired, angry or displeased. In April 2002, the FDA approved the use of BOTOX® for the reduction of frown lines.

In addition to treating the vertical lines between the eyebrows, BOTOX® is used to treat lines on the bridge of the nose, squint lines or crows feet at the corners of the eyes, the forehead's horizontal lines, and the muscle bands visible on the neck, commonly known as "turkey neck." It is less useful for the smile lines around the mouth because the muscle action is needed for eating and talking.

BOTOX® injections are customized for every patient. The procedure is quick and normally does not require a sedative or local anesthetic, although some patients prefer to apply a mild analgesic cream 30 minutes before their treatment. Using tiny needles in a routine office procedure, BOTOX® is gently injected into the target muscle. Treatments generally take about 10 minutes and you can return home immediately after your procedure.

(continued on page 2)

Get free health and medical tips at my Web site:

www.vcps.com

Colorful Beets Offer Protection from Cancer, Heart Disease

You've heard those stories about Russian country people who live more than 100 years. Some claim to be 120 years old.

It could be the lowly beet that's responsible for this longevity. Borscht, the traditional Russian soup made mainly of beets, contains powerful compounds that help protect against heart disease, birth defects and certain cancers, especially colon cancer.



Ancient Romans were the first to cultivate beets and use their roots as food. Tribes that invaded Rome were responsible for spreading beet consumption throughout northern Europe. In the 19th century, it was discovered that beets were a concentrated source of sugar, and the first beet sugar factory was built in Poland.

Scientists say the pigment that gives beets their rich color, betacyanin, is a powerful cancer-fighting agent. The antioxidant glutathione peroxidase in beets is a strong bodyguard for the liver. As the liver breaks up toxic substances, it generates a lot of free radicals, which this antioxidant can destroy.

Antioxidants help to protect against heart disease, but beets also aid the heart health by lowering levels of bad cholesterol (LDL) and raising levels of beneficial cholesterol (HDL).

Beets are rich sources of important minerals such as manganese, potassium, and magnesium. Their high levels of folate help expectant mothers avoid birth defects in newborns. A cup of beets contains only 74 calories and has high levels of vitamin C.

If you always wanted to know how to make Harvard Beets here's a good recipe. Serve warm or cold.

Harvard Beets

Mix 3 tablespoons cornstarch
1/3 cup sugar, 3/4 teaspoon salt,
1-1/2 cups beet liquid with 2 tablespoons vinegar and 1 1/2 tablespoons butter or margarine. Heat, stirring constantly until thickened. Add 3 cups sliced cooked beets. Heat; let stand 10 minutes.

BOTOX® (continued from page 1)

Your physician will advise you not to touch the treated area for at least four hours to avoid spreading BOTOX® to other nearby muscles. In addition, you are to avoid lying down for four to five hours after your procedure and avoid exercise or strenuous activities for 24 hours after your treatment.

Within 5 to 7 days, the muscle is relaxed and no longer able to contract. As a result, the lines gradually smooth out from disuse, and new creases are prevented from forming. Other muscles like those needed to raise the eyebrows are not affected, so a natural expression is maintained.

There have been no reports of any permanent side effects from BOTOX® treatments. Some patients experience slight, short-term bruising at the injection site which can easily be covered with make-up. A temporary headache is not uncommon after injections in the forehead area, especially after the first treatment. In rare instances, patients may develop temporary weakness of the neighboring muscles. Discontinuing BOTOX® treatments will reverse any side effect that may occur from the treatment.

The results you achieve from your initial treatment should last approximately 3 to 4 months before the effect gradually fades and muscle action returns. Research shows that after each BOTOX® treatment the results tend to last a little longer. Eventually, most patients require treatments only once or twice a year to maintain their desired appearance. Consult with your doctor, who can determine how to achieve the best possible results.

Before undergoing your first BOTOX® treatment, your physician will conduct a complete facial examination and take a complete medical history to determine if you are a good candidate for such treatment. Because BOTOX® can only treat wrinkles caused by muscle contractions, some facial lines and wrinkles can only be eliminated by chemical peel or laser resurfacing. The initial consultation with your physician will determine if your specific condition can benefit from BOTOX® or if you will be better served by another type of treatment.

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

Avoid Carbonated Drinks to Prevent Reflux

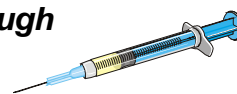
The Sleep Heart Health Study by the University of Arizona shows that avoiding nocturnal gastroesophageal reflux (nighttime heartburn) could be as simple as avoiding carbonated beverages. It is estimated that 44 percent of Americans experience nighttime heartburn at least once a month. It's more serious than daytime heartburn. It causes more damage to the esophagus and is more likely to lead to esophageal cancer.

The study showed that sufferers were more likely to consume one or more carbonated drinks daily. Heartburn was also associated with being overweight, snoring, hypertension, and asthma. According to *The Tufts University Health & Nutrition Letter*, the study did not link smoking or alcohol to a greater incidence of nighttime heartburn.

Other causes may include coffee, chocolate, whole milk, peppermint, spearmint, citrus fruits, and tomatoes. It is recommended that people who have the problem eat a smaller evening meal and avoid a prone position for several hours after eating.



Whooping Cough Shots



The FDA has approved a second booster shot for immunization against whooping cough. Cases among adolescents and adults have increased dramatically.

Babies and young children are protected by early vaccination, but the immunization wears off. Approved boosters are GlaxoSmithKline's Boostrix for 10- to 18-year-olds and Sanofi-Adventis Adadel for ages 11 to 64.

Doctors wait to administer new inoculations until they are FDA approved so shots will be covered by health insurance.

Drivers' Riskiest Distraction

Though safety concerns have caused several states and local jurisdictions to ban drivers from using hand-held cellphones, about 40 percent of cellphone use still takes place while driving.

In a year-long study by the Virginia Tech Transportation Institute and the National Highway Traffic Safety Administration, drivers were videotaped for 43,000 hours.

Researchers concluded that drivers involved in crashes, near crashes, and incidents were far more likely to be using their wireless device as any other single distracting activity.

The next biggest distraction came from passenger-related issues including talking to a fellow passenger and placating children in rear seats.



Per USDA: Don't Wash Meat, Poultry

New guidelines by the U.S. Department of Agriculture discourage washing of meats and poultry before cooking.

The risk of cross-contamination from handling the food as it's washed outweighs any benefits. Bacteria in raw meat and poultry juices can be spread to other foods, utensils, and surfaces.

Your hands could become just as bacteria-laden as the surface of the food. Bacteria on the food is destroyed by cooking to a temperature of 160 degrees Fahrenheit.

CLIENT OF THE MONTH

Valerie Scott

Valerie had breast augmentation surgery performed in early August of 2005. She is delighted with her results and was pleased with her recovery. She was back to normal activity shortly after surgery.

As Client of the Month, Valerie 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*!

Living Loudly Brings Early Hearing Loss

More than 28 million Americans have some degree of hearing loss ranging from mild to severe. In the coming 25 years, that number could triple. It's partly because of the aging of baby boomers, but the threat of hearing loss isn't limited to any age group. As many as 5.2 million American kids ages 6 to 19 have hearing problems caused by amplified music and other loud sounds.

In the past 20 years, business has made great headway against the problem, but compliance can be an individual problem. Workers may avoid wearing hearing-protection devices. In some occupations such as construction, workers remove hearing protection because they need to hear what's going on around them.

The National Institutes of Health runs a campaign against noise-induced hearing loss called Wise Ears. It emphasizes wearing earplugs when operating power tools and moderating the volume on personal listening devices.

Music headphones send sound directly down the ear canal and are a potential problem for people of all ages. New digital audio players allow listeners to turn up the volume without the signal distortion that occurs with traditional analog audio. Without distortion, listeners may be exposing themselves to unsafe sound levels without realizing how loud it is.



One study shows that music at the eardrum topped 115 decibels. Exposure to noise that loud for more than 28 seconds per day, over time, will cause permanent damage.

Doctors at Yale School of Medicine say it's important to appreciate your hearing. People are getting medical checkups, exercising, and watching their diets. Along with these steps, they should be making hearing preservation a part of their lifestyle.

At home or at work, when noise is significant, use hearing protection. Enjoy your music at a lower volume.