

## Thanks for the Kind Words...

Dr. Desman gave me the necessary information in a straightforward style, answered all of my questions, and alleviated the fears I had prior to surgery. I also liked the fact that I did not need to take narcotic medications and was not prescribed them for my recovery period. His "quick healing" techniques were a large part of why I chose him for my breast augmentation. I also liked the convenience of the office/surgical center being close to my home.

—Pat Potter

## A Bit of Laughter...

### Tombstone Humor...

On the 22nd of June  
Jonathan Fiddle went out of tune.

Here lies the body of Jonathan Blake.  
Stepped on the gas  
Instead of the brake.

Under the sod and under the trees,  
Lies the body of Jonathan Pease.  
He is not here, there's only the pod.  
Pease shelled out and went to God.

## 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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MEMBER:

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. What single country supplies the United States with the most oil?**

- a) Iraq b) Saudi Arabia c) Kuwait d) Canada

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 -

**Elaine Rutkin** won complete sets 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 creature produces the substance known as royal jelly is d) Honeybee

## Medical Question Corner...

**Q: Are there age limits for undergoing cosmetic surgery?**

**A:** There is no specific age at which one is too old for cosmetic surgery. According to statistics, approximately 6% of individuals who undergo cosmetic surgery are over 65.

The important factor is being in good health. It is up to the cosmetic surgeon to determine that a patient is emotionally and physically mature enough to have the surgery, understand the surgery's potential risks and possible complications, and have realistic expectations of what it can accomplish. The surgeon also considers the individual's unique body type and aging process that could affect certain outcomes.

Although about 3% are under the age of 18, having elective cosmetic surgery before that age is not recommended. Not only is the younger person less able to make a decision that affects their future, their bodies may not be fully developed and growth patterns could be disrupted.

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

Volume I, Issue 7  
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## Thought for the Month...

Speak when you're angry, and  
you'll make the best speech you'll  
ever regret.

Lawrence J. Peter

# Looking Good Feeling Good

Virginia Center for Plastic Surgery  
Newsletter

## Reducing Physical Pain Through Breast Reduction

There is a lot of attention paid to the world of breast enhancement, where women want to enlarge their breasts for a more appealing look and obtain a sense of self-esteem. Just as important, or more so, is the need for the opposite result...breast reduction. While both groups may feel embarrassment based on breast size - one from being too small and the other for being too large - the overwhelming reason for breast reduction is for relief of physical pain. Breast reduction surgery also has the highest patient satisfaction.

Women of all ages who have large, pendulous breasts do not feel "blessed" by their natural overabundance of breast tissue. The weight of excess breast tissue causes physical discomfort in the form of neck and back pain, which in turn can interfere with everything from normal daily routine to participation in what should be pleasurable physical or social activities. In addition, the weight created on bra straps - even those designed for the added weight - cause visible indentations in women's shoulders as well as pain. Some women also endure uncomfortable rashes under their breasts and poor posture. It is for all these reasons and more that many women decide to have breast reduction surgery.

Before deciding to undergo breast reduction, technically known as reduction mammoplasty, there are a few factors that need to be addressed. It is highly recommended that this surgery not be performed on women under the age of 18, preferably age 20, to be certain the breasts are fully developed. Also, if a woman plans to breast feed, she should wait until after her children are past this stage before having the surgery because many of the milk ducts are removed during the process. Also, pregnancy may change the size and shape of the breasts, so surgery should be delayed until after child bearing.

The effects of the surgery also need to be carefully considered if a woman is overly concerned about the resulting scars. Although the scars are hidden by a bra or swimsuit, they are extensive and permanent. The incision most commonly used starts around the areola, then goes straight down the underside

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Get free health and medical tips at my Web site:

[www.vcps.com](http://www.vcps.com)

## Eat Fish for a Healthy Heart, But Bake or Broil It

By now almost everyone knows that the omega-3 fatty acids in fish protect the heart by lowering cholesterol.



There's more to it than that. Several studies show that fish that are fried, or coated with batter and French fried, do not protect the heart. Instead, they tend to decrease heart health by increasing cholesterol levels.

Part of the problem with fish sticks and french fried fish could be the type of fish that is usually used. They are predominantly made from white fish or cod, which have very low levels of omega-3s.

Researchers at Harvard Medical School studied ultrasound images of the hearts of 5,000 men and women. Subjects also filled out a questionnaire about their diets. After allowing for other factors that are known to affect the heart, researchers found that those who regularly ate fried fish and fish sandwiches showed greater signs of heart and blood vessel disease.

Study participants who frequently ate broiled or baked fish had lower heart rates, lower blood pressure, and better blood flow to the heart.

Broiled or baked fish tends to be varieties such as salmon or tuna, which are high in omega-3s.

Another study showed that people age 65 or older who ate baked or broiled fish one to four times a week had a 27 percent lower rate of ischemic stroke. Those who ate fried fish had a 44 percent greater risk of ischemic stroke, according to the Tufts University Health & Nutrition Letter.

### Baked Fish with Mushrooms

If frozen, thaw 1 pound of fish fillets or steaks, cut 1/2 to 3/4 inch thick.

Cook 1 cup of sliced fresh mushrooms, 1/2 cup sliced green onion, and 1/4 teaspoon crushed dried tarragon in 2 tablespoons margarine or butter until tender.

Spoon over fish and sprinkle with paprika.

Cover and bake in at 450 degrees for 6 to 10 minutes or until fish flakes easily with a fork. Serves 4.

## Breast Reduction *(continued from page 1)*

of the breast and along the crease under the breast, resulting in an anchor-shaped scar. Scaring is minimized when the amount of reduction is not extensive and only fat needs to be removed, in which case liposuction replaces the full surgical procedure.

Other factors to consider before undergoing this surgery are whether a woman is overweight, has diabetes or is a heavy smoker. Being overweight could result in the incorrect amount of reduction, especially if the woman loses weight in the future. Having diabetes is a risk factor in any type of surgery because of impaired healing, and being a smoker reduces the blood flow during the healing process. The reduced blood flow also creates wider scars. These conditions as well as other physical and general concerns should be thoroughly discussed with a surgeon before breast reduction is considered.

The surgeon may require a mammogram prior to surgery as well as take measurements along with photographs for reference. The photographs may also be needed for insurance purposes if medical necessity is determined. It is important to note that some insurance companies may require a certain amount of breast tissue be removed in the case of medical necessity.

Once reduction is decided upon, then other aspects of the surgery need to be discussed so that the patient knows exactly what she should expect. The surgery can be done on an outpatient or inpatient basis depending on the woman's specific circumstances, and may or may not be covered by insurance based on medical necessity. The procedure is performed under general anesthesia and normally takes two to four hours. The resulting bandages are removed a couple of days after surgery. Immediately following bandage removal, a surgical bra needs to be worn 24 hours a day for about a month and physical activity is restricted.

There will be discomfort for a week or more and medication will be prescribed to lessen the pain. The first menstrual cycle following surgery may cause swelling and discomfort. It is also normal to experience some loss of feeling in nipples and breast skin following surgery. In most cases, this usually returns after a few weeks; however, it is occasionally permanent.

There will be a period of adjustment as a result of the body image change for both the patient and her family and friends. This may involve some patience, but the absence of physical discomfort caused by large breasts makes the end result gratifying for nearly all patients.

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

### Zero In

Aim for success, not perfection. Remember that fear always lurks behind perfectionism. Confronting fears and allowing yourself the right to be human can, paradoxically, make you a far happier and more productive person.

—Dr. David Burns

## Yogurt Steps in for Dairy

Dairy foods are often a diet ingredient, but what if you are lactose intolerant?



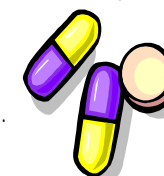
People who are lactose intolerant can almost always eat flavored or plain yogurt without any bad effects. The good news for them is that yogurt works in the same way that milk and cheese do in weight loss plans.

In one study, women who reduced calories by 500 a day, and ate yogurt three times a day, lost 3.6 pounds in 12 weeks and trimmed their waistlines by 1.5 inches.

## Antidepressant Withdrawal

About one in 10 adult Americans take antidepressants for a wide variety of reasons. Also known as SSRIs, they include Prozac, Paxil, Lexapro, and Zoloft.

Though some people take them for many years, others decide to stop because their lives have improved or because they wanted a different treatment. Some stop because of side effects such as sexual dysfunction, weight gain, and insomnia.



But quitting isn't easy. Withdrawal symptoms can include dreaming, dizziness, diarrhea, and suicidal thoughts.

People taking antidepressants should always discuss quitting with their doctors. Most doctors prescribe weaker and weaker doses in order to avoid or reduce the withdrawal symptoms.

## Eliminate HDL/LDL Confusion

If you're like a lot of other people, you have to stop and think whether HDL or LDL is the good cholesterol.

Doctors writing in The New England Journal of Medicine's HealthNews say you will be confused no longer if you make this association:

HDL, think "Healthy DL."

LDL, think "Lousy DL"

HDL moves excess cholesterol back to the liver for processing. It's thought of as the blood's cleanup crew.

LDL, the lousy kind, deposits excesses of itself on the walls of arteries, which increases your risk of heart disease.



## CLIENT OF THE MONTH

### Sylvia Kirchner

Sylvia Kirchner had a breast augmentation through a transaxillary incision in October. She was delighted with her results and resumed normal activity two days after her surgery, and even went out of town for a mini-vacation a week after her surgery since she felt so well. She has won a \$500 credit towards another surgical procedure in the future. As Client of the Month, Sylvia 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*!

## VCPS News

After working at the Virginia Center for Plastic Surgery for over 5 years, Marci has decided to move on - literally. She is relocating to Illinois early in 2006. She will remain with us through January to help Tiffany transition into her position. We welcome Tiffany to the practice.

A note from Dr. Desman: *I personally want to thank Marci for all that she has put into the practice and know that her personality has helped to make the Virginia Center for Plastic Surgery a warm and caring place for you. She will be missed.*

## Giving Wisely to Disaster Victims

People all over the world are opening their hearts and wallets to help the Gulf Coast communities affected by the devastation of Hurricane Katrina. If you are giving, be sure to donate money to established national relief organizations. The Federal Trade Commission offers these tips for giving wisely:



- ✓ Donate to a charity you know is established or that you have given to before. Do not give to a charity that is unknown and recently established as they may be well-meaning but not have the means to provide assistance. Watch for organizations that mimic the name of a major charity.
- ✓ Give to the charity directly, not to the solicitor. Solicitor's may take a portion to cover their expenses leaving less money for the victim.
- ✓ Never give out personal or financial information to anyone wanting to obtain a contribution from you. Scam artists use social security numbers, bank account numbers and credit card numbers to commit fraud or identity theft against you.
- ✓ Check out a charity with the following Web sites: The Better Business Bureau's Wise Giving Alliance at [give.org](http://give.org) and [charitynavigator.org](http://charitynavigator.org)
- ✓ Contributing online to national charities like [redcross.org](http://redcross.org) is safe. Never give cash. For tax purposes and security reasons, you can contribute by check or credit card. Be sure to write the official name of the charity on your check.
- ✓ If you are approached in person, ask for identification verifying their organization.
- ✓ Don't give more than you can afford. Remember that Congress is approving billions in aid to victims and businesses affected by Hurricane Katrina.
- ✓ Review written information about the charity. Also ask for proof that your contribution is tax deductible.