

### Thanks for the Kind Words...

The thing I liked most about surgery was the results! And how the first few days of recovery were so planned for me by Dr. D. I wouldn't change anything changeable. The staff is kind, knowledgeable, and very easy going. And I loved the music in the OR as I went under.

—Avis Cook

### A Bit of Laughter...

#### English Signs in Other Places

In a Bucharest hotel lobby: The lift is being fixed for the next day. During that time we regret that you will be unbearable.

In a Paris hotel elevator: Please leave your values at the front desk.

On the menu of a Swiss restaurant: Our wines leave you nothing for you to hope for.

Advertisement by a Hong Kong dentist: Teeth extracted by the latest methodists.

In an Austrian hotel catering to skiers: Not to perambulate the corridors in the hours of repose in the boots of ascension.

### 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 European city is nicknamed "The Bride of the Sea"?**

- a) Stockholm
- b) Gdansk
- c) Venice
- d) Edinburgh

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

**Note: Limited to one gift per winner per year.**

### Medical Question Corner...

**Q:** *I've lost 150 pounds over the past 2 years and have a considerable amount of loose skin that isn't responding to exercise. What can be done to reduce this excess skin?*

**A:** When someone has been overweight and the skin has been stretched for a long period of time, exercise will not tighten the skin because it has lost its elasticity. At this point, the person must make the decision to use good undergarments and clothing to disguise the excess skin or to undergo surgical procedures known as body contouring.

Body contouring involves cutting away the loose skin on any of the offending areas: the face, thighs, breasts, upper arms, neck, buttocks, stomach, or lower-body. There are even whole-body "lifts", where all areas of the body are done at one time. All surgeries leave scars, and scars resulting from skin removal can be particularly large. Every effort is made by the surgeon to place the incisions in areas that are least visible whenever possible.

Persons who have lost a significant amount of weight should wait for at least a year for their weight to stabilize and for skin to adjust before evaluating surgical options. If hanging skin causes severe rashes, ulcers or infections, insurance companies sometimes pay for part of the cost.

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 II, Issue 6  
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### Thought for the Month...

*Everything that is worthwhile in life is scary. Choosing a school, choosing a career, getting married, having kids - all those things are scary. If it is not fearful, it is not worthwhile.*

Paul Tornier

# Looking Good Feeling Good

Virginia Center for Plastic Surgery  
Newsletter

## Removing Breast Implants: When and Why

Breast implants do not last a lifetime. If your plan is to always have breast implants, know that you will have more than one surgical procedure in your life span to fulfill your goal. The simple fact is that the implant itself will eventually become unstable due to its age and will need to be replaced.

Beyond the impermanence of the physical properties of implants, there are many other reasons that implants need to be removed. Some of these reasons may be breast pain, inflammation, infection, shifting of implant's position, asymmetry, sagging, implant wrinkling, hemotoma or other health concerns. If there is a diagnosis of breast cancer, the implants must be removed.

According to the American Society of Plastic Surgeons, about 75% of implant removal surgeries are performed for three reasons: 1) change in size or shape, 2) implant leakage or rupture, and 3) capsular contracture.

Removing breast implants based on size or shape of the implant is normally due to a woman's dissatisfaction with how she looks as the result of the original implant. Some women may choose to remove the implants entirely whereas other women will have the original implants replaced with a different size or shape. As stated earlier, these replacement implants will eventually need replacing again based on the normal aging qualities of the implant.

Implant leakage or rupture creates a medical necessity for removal, particularly if they are silicone implants because the silicone gel can create other problems such as infection. If leakage from silicone gel is suspected, magnetic resonance imaging (MRI) equipment designed specifically for breast imaging can be used for evaluation.

On the other hand, even though the solution in saline implants is readily absorbed by the body, the leakage and subsequent collapse of the implant creates a sudden change in the contours of the breast. At this point, the collapsed implant

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Get free health and medical tips at my Web site:

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

## June is National Soul Food Month: Try Something Different

Historically, soul food has been the province of African Americans, Louisiana Cajuns, and Southerners who worked the land. But many others are discovering soul food dishes and claiming them for their own.



Certain staples of soul food have pronounced health benefits. Collard greens, for example, are an excellent source of vitamins A, B-6, and C, manganese, iron, omega 3 fatty acids, calcium, folic acid, and fiber. They also contain several phytonutrients.

While the ingredients of soul food are healthful, if they are cooked and seasoned with pork products and fried with lard or hydrogenated vegetable oil, the high fat content can lead to health problems. Wise cooks use liquid vegetable oil, canola oil, or olive oil for frying. Many flavor their dishes with smoked turkey instead of pork.

Food writer and fresh water fishing hall of famer Bill Scifres, claims soul food is anything he can harvest in the great outdoors, "When May fades into June, I start thinking of creamed wild asparagus a la Bayou Bill (that's me)."

### Creamed Wild Asparagus

Place 10 to 12 asparagus spears in a pan large enough for spears to lay flat. Cover with 1/2 cup chopped sweet onion, 1 cup sliced mushrooms, and 2 strips of bacon. Cover with water and cook until asparagus shows signs of tenderness. Carefully remove asparagus. Drain and save the stock, bacon, onions, and mushrooms.

Put four tablespoons of stock in the pan and add 2 tablespoons flour. Stir over low heat to thicken. Stir in more stock, turn heat to medium, add 1 cup half-and-half, and stir until thickened.

Place asparagus in sauce, sprinkle the mushrooms and onions on it, and put 2 hard boiled eggs, sliced, on top. Cut sliced cheese into 1/4 inch strips and make a lattice over the egg slices. Heat until cheese is melted, then serve.

Bayou Bill says you won't use the bacon slices a second time, so you can just eat them if you want to.

## Removing Breast Implants *(continued from page 1)*

needs to be removed. Leakage and ruptures occur with approximately the same frequency for both types of implants and can occur anytime from the first months to many years after the implant surgery.

Ruptures can occur for many reasons, including the age of the implant, damage from instruments during surgery, too much handling during surgery, procedures such as biopsies, compression from a mammogram, physical trauma, and capsular contracture, among others.

Capsular contracture is the result of scar tissue that forms around the implant, which tightens and squeezes the implant. The condition creates a breast that becomes successively firm, painful and looks abnormal. In such cases, the surgeon can reoperate and replace the implant or you may elect to remove the implants without replacement. It should be remembered that capsular contraction might occur again if the implant is replaced.

The actual amount of time required to remove implants is fairly short. If removal of scar tissue is not involved, the surgery may take only 30 minutes; if it needs to be excised, then surgery may take an hour or more. Scar tissue is normally removed if an implant is going to be replaced or if silicone leakage or infection is present, or if there is concern that the scar tissue will interfere with the accuracy of a mammogram.

As with the original implant surgery, removal is performed under general anesthesia. The incision will be made either under the fold of the breast or around the areola. If the implant is filled with saline, it is possible that the surgeon will deflate the implant, which makes it easier to remove. A silicone gel implant is not deflated prior to removal, but is checked carefully for damage prior to removal.

Recovery is fairly quick, with most patients getting back to normal activities within a few days and full activity in about two to three weeks. As with all surgery, there can be complications such as loss of nipple sensation, swelling, bleeding or infection.

If the implant has been removed without being replaced, there will most likely be dimpling, puckering or sagging of the breasts, loose skin, and possible emotional depression in some (but not all) women. This is a natural reaction to any change in body contour, but may be more so for women who have gone from a larger breast size to one that is much smaller. The distress is similar to that experienced by women who have had a mastectomy. It can occur even if you chose to undergo breast implant removal.

It is important to give yourself time to adjust to your new look. Remember that your reason for breast implant removal is valid, whether for personal or medical concerns.

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).

## Recognize Stroke Early

Only 10 percent of stroke victims receive important clot-busting drugs, which are most effective in the first few hours after a stroke. Mainly, it's because people don't recognize stroke in themselves and others.



While other symptoms can indicate a stroke, such as difficulty seeing out of one or both eyes, the Cincinnati prehospital stroke scale offers these tests.

1. Crooked smile. If one side of the smile doesn't move or seems to droop, it could be a sign of stroke.
2. Arm drift. With eyes closed, have the person hold arms straight out in front for 10 seconds. If one arm doesn't move or drifts down more than the other, it could be a sign of stroke.
3. Slurred speech. Have the person say, "You can't teach an old dog new tricks," or some other familiar saying. If the speech is slurred, or words are wrong, it could be a sign of stroke. Get emergency treatment.

## Scar Prevention

Recently, scientists have revamped their thinking on how skin repairs itself, according to the University of North Texas Health Science Center. Do this as quickly as possible after you get a wound:



- Close the wound as soon as possible, before skin cells become dry and misshapen or infection sets in.
- Immediately wash the area with warm water and a gentle soap. Use sterile gauze to brush away dirt. Do not disinfect with hydrogen peroxide, which interferes with healing.
- Apply an over-the-counter antibiotic ointment. Keep the wound moist to encourage collagen growth.
- Prevent scars by keeping the wound bandaged to prevent a scab from forming. Skin cells grow to the center from the edges, and a scab gets in the way.

## Natural Tooth Whitener

To whiten teeth faster and cheaper, crush one strawberry (has malic acid) to a pulp, mix with 1/2 teaspoon baking powder, spread on teeth and leave for 5 minutes, then brush with toothpaste.



## CLIENT OF THE MONTH

### Beth Hansen

Beth is an active 32-year-old woman who exercises routinely, yet had concerns with the contours of her hips and thighs. She had liposuction performed to her inner and outer thighs along with her hips. After recovering, including a one-month moratorium on exercise, she is back in the gym and is delighted with her new look. She has won a gift certificate to a local restaurant.

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*!

## Advances in Technology Offer Ways to Improve Eye Health

About 119 million Americans are past age 40, the point at which eye diseases start to become a problem. More than a third already have age-related macular degeneration (AMD), glaucoma, cataracts, or diabetic retinopathy.

The good news is that pharmaceutical companies are developing products that target eye diseases. Macugen, for example is effective in treating "wet" AMD by blocking signals in the body that cause abnormal blood vessels in the eye to grow and leak.

For regular AMD, ophthalmologists have found that a diet rich in beta carotene, vitamins C and E, zinc, and lutein can help to prevent this gradual clouding of the macula.

Glaucoma patients must take eye drops to lower the pressure inside the eye. But new studies show that only 75 percent take them as directed, which can double their rate of vision loss.

For all eye diseases, early diagnosis is important. That's one reason for the "Check Yearly. See Clearly" campaign by the Vision Council of America. It's important for people of all ages.

New advances in eyeglass design are allowing wearers to see things more sharply than ever before. And breakthroughs in contact lens design have produced products that can be worn comfortably for up to 30 days.

Laser vision correction is an effective procedure for reducing nearsightedness. It reshapes the surface of the eye and takes about 10 minutes to do. As with any surgery, there are risks involved.

Cataract surgery is very successful in restoring vision. It is the most frequently performed surgery in the U.S. Nine out of 10 people who have it regain very good vision.

