

Thanks for the Kind Words...

The thing I liked most about the procedure was the results! I wouldn't change anything. I got the results I wanted and knew what to expect.

—Laura Lee Lovell

A Bit of Laughter...

Actual answers given by 16-year-olds on science tests:

Name the four seasons:
Salt, pepper, mustard, and vinegar.

How is water made fit to drink?
Flirtation makes it safe because it removes pollutants like grit, sand, dead sheep, and canoeists.

What is a fibula?
A small lie.

What is a seizure?
A Roman Emperor.

What is a terminal illness?
It's when you get sick at the airport.

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

Looking Good Feeling Good newsletter is published 12 times per year for valued patients and guests of Virginia Center for Plastic Surgery. For subscription information please contact us by phone, fax or e-mail per the above. Any portion of this newsletter may be reproduced or cited if full contact information is listed.
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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 U.S. President is credited as the inventor of the swivel chair?

- a) Franklin D. Roosevelt c) Harry Truman
b) John Adams d) Thomas Jefferson

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

Note: Limited to one gift per winner per year.

The correct answer to last month's Trivia Challenge:
What McDonald's burgers are made of in New Delhi is c) Mutton.

Medical Question Corner...

Q: What is the difference between a cosmetic or plastic surgeon and a board-certified plastic surgeon?

A: Although a doctor may offer cosmetic, plastic, or aesthetic surgery, he or she may not be board-certified to perform that surgery. Board-certified means the doctor has gone through very specific and extensive training in a specialized field and passed a difficult examination by a board of experts in that field. A non-board-certified cosmetic or plastic surgeon may be self-taught and may lack formal training in that field.

One distinction with board-certified plastic surgeons is that they will have privileges to perform plastic surgery at an accredited hospital. Though most cosmetic surgery procedures are done in a doctor's office, you want to be assured that your surgeon has the level of skill accepted by an accredited hospital. It is completely fair to ask any doctor you see for cosmetic surgery whether he or she is board-certified and which hospitals he or she is affiliated with. Then check to be sure the hospital is accredited and the doctor's certification is current and recognized by the American Board of Plastic Surgery (ABPS).

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 8
August 2006

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Thought for the Month...

Our attitudes control our lives. They are a secret power working 24 hours a day for good or bad. It is of paramount importance that we know how to harness and control this great force.

Tom Bain

Looking Good Feeling Good

Virginia Center for Plastic Surgery
Newsletter

Forehead/Brow Lift Can Remove Sad, Tired, Angry Appearance

If you see a frowning face whenever you look into a mirror, or if people frequently mention that you look sad, tired or maybe even angry - especially when that's not how you feel - you may be helped by a "forehead lift". Also known as an "eyebrow lift", or simply "brow lift", it is a surgical procedure to give a more youthful and refreshed look by eliminating the lines and furrows in the forehead. The forehead lift removes or alters the muscles and skin that cause these furrows and lines as well as drooping eyebrows and "hooded" eyelids.

The procedure is most common in the 40-60 age range to minimize the visible effects of aging, but it can also help people of any age who have developed furrows or frown lines due to stress or muscle activity. It is not uncommon for patients who believe they need upper-eyelid surgery to find out that a forehead lift better meets their goals. However, if you have had previous surgery to lift the upper eyelids, lifting the forehead could limit closing the eyelids, in which case your surgeon would not recommend this surgery.

There are two methods used to lift forehead and eyebrow areas: 1) the classic lift, and 2) the endoscopic lift. Both techniques yield similar results--smoother forehead skin and a more animated appearance.

The classic forehead lift involves an incision that follows a headphone-like pattern, starting at about ear level and running across the top of the forehead and down the other side of the head. The incision is normally placed well behind the hairline so that the scar won't be visible. Your head will not be shaved, but hair that is growing directly in front of the incision line may be trimmed. If your hair is very short, you may wish to let it grow out before surgery, so that it's long enough to hide the scars while they heal. For male patients, special planning may be necessary because their hairstyles are less likely to cover scars.

After making the incision, the skin of the forehead is carefully lifted. Underlying tissue is then removed and the muscles of the forehead are altered or released. The eyebrows may also be elevated at this time. Excess skin at the incision point

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

Jams and Jellies Boast Noble Lineage

Ever since Roman chef Marcus Gavius Apicius recorded his recipe for fruit preserves in the first century, people have been enjoying jams and jellies on baked goods and morning toast.



And why not? Jams and jellies are not only a quick source of energy (and one that goes great with peanut butter), but also a relatively low-calorie spread for bread. According to the International Jelly and Preserve Association, a tablespoon of butter has 102 calories and 12 grams of fat. But a tablespoon of jelly has only 48 calories and zero fat.

In the U.S., Jerome Smucker in 1897 began the company that would eventually come to be associated with sweet jams and jellies. In that year, he founded an Ohio cider mill to press apples and make apple butter. Early Ohio settlers thought apple trees essential to survival since they provided a nutritious snack and could be used for drinks like cider, and apple butter which was easy to store.

In 1917, the founder of another famous name in jams and jellies got the first patent on grape jam. Paul Welch sold his recipe for "grapelade" to the U.S. Army and it was a hit among soldiers. Today, 28 flavors of jams and jellies lead the market in North America.

Crabapple Jelly Without Pectin

8 cups fresh crabapples
Sufficient water to cover crabapples
3 cups white sugar
1 cinnamon stick

Crabapple has natural pectin so you don't really need anything to help it set up although some recipes call for it.

Remove stems and blossoms from the crabapples and cut apples into quarters. Put them in large pan with water sufficient to cover apples, but not make them float. Bring to boil then simmer with cinnamon stick for 15 minutes until the apples are soft.

Strain the apples and juice through 2 or 3 layers of cheesecloth until you have 4 cups of clear juice. Discard pulp. Pour the juice back into the pan. Cook at simmer for 10 minutes. Skim off foam. Stir in sugar until dissolved. Cook on low boil to 220 to 222 degrees F.

Pour into small jars, leaving 1/4 inch headspace. Process in hot water bath to seal. The jelly will take more than a day or so to set up. So be patient!

More recipes: allrecipes.com

Forehead/Brow Lift *(continued from page 1)*

will be trimmed away as needed to help create a smoother appearance. The incision is then closed with stitches or clips. Some plastic surgeons do not use any dressings, but your doctor may choose to cover the incision with gauze padding and wrap your head in an elastic bandage.

The endoscopic forehead lift requires the same preparation steps as the traditional procedure, but instead of making one long incision, your surgeon will make three, four or five short scalp incisions, each less than an inch in length. An endoscope, which is a pencil-like camera device connected to a television monitor, is inserted through one of the incisions, giving the surgeon a clear view of the muscles and tissues beneath the skin. Inserting another instrument through a different incision, the surgeon lifts the forehead skin and the muscles and underlying tissues are removed or altered just as they are in the classic lift.

A forehead lift is usually performed in a surgeon's office or an outpatient surgery center, but is occasionally done in a hospital. A local anesthesia combined with a sedative to make you drowsy is normally all that is needed. You'll be awake but relaxed, and although you may feel some tugging and mild discomfort, your forehead will be insensitive to pain.

Complications are rare and usually minor. A temporary loss of sensation along the incision line is common, especially with the classic lift, but may be permanent in some patients. As the nerves heal, numbness on the top of your scalp may be replaced by itching. These sensations may last as long as six months. Some of your hair around the incision may fall out and may temporarily be a bit thinner, but normal growth will resume within a few weeks or months. Permanent hair loss is rare.

Following surgery, you may be told to keep your head elevated for two to three days to keep temporary swelling down, which may also affect the cheeks and eyes. Most stitches or clips will be removed in a week or two and most of the visible signs of surgery should fade completely within three weeks. Special camouflage makeup can conceal minor swelling and bruising.

Although you should be up and about in a day or two, plan on taking it easy for at least the first week after surgery. You should be able to shower and shampoo your hair within two days, or as soon as the bandage is removed. Most patients are back to work or school in a week to 10 days. Vigorous physical activity should be limited for several weeks, including jogging, bending, heavy housework, sex, or any activity that increases your blood pressure. Avoid prolonged exposure to heat or sun for several months.

Most patients are pleased with the results of a forehead lift, no matter which surgical method was used. Although a forehead lift does not stop the clock, it can minimize the appearance of aging for years. As time passes, you may want to repeat the procedure.

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

Guard Blood Pressure: Sleep

Columbia University researchers give a new reason why it's important to get enough sleep. They find that adults who sleep less than five hours a night are twice as likely to develop high blood pressure compared with those who get seven to eight hours.

To sleep better, they recommend getting some exercise (at least three hours before bedtime), drink herbal tea instead of drinks that contain alcohol or caffeine, and try to go to bed at the same time each night.

First Aid for Bee Stings

According to Bottom Line Health, this is a good way to treat bee stings:



- Remove the stinger by scraping it out with a dull knife or a credit card.
- Moisten an Alka-Seltzer tablet so it starts fizzing when you apply it to the sting.

Alka-Seltzer contains baking soda, which reduces inflammation, and it contains aspirin, which relieves pain. The fizzing allows both to get under the skin, providing immediate relief.

Nasal Flu Vaccine for Tots

A new study shows that the nasal flu vaccine FluMist is 55 percent more effective than traditional flu shots for children younger than age 5. Medimmune, Inc., the manufacturer, is seeking government approval to sell FluMist for younger children. Right now, it is approved only for children age 5 and older. Most deaths from the flu are among elderly people. But children are influenza's prime spreaders, fueling infection in older people.

This makes approval of the treatment for kids under age 5 a public health issue according to vaccine specialists at St. Louis University, who led the study.

Stroke? Call an Ambulance

If you suspect that someone is having a stroke, don't go to the emergency room by car. Dial 911 for an ambulance. You'll get emergency room service.



Ask to see a staff doctor immediately (rather than a nurse or resident) and ask to undergo computed tomography or a magnetic resonance imaging scan.

CLIENT OF THE MONTH

Mrs. Michelle Martin

Our August patient of the month is Mrs. Michelle Martin, who is a stay-at-home wife and mother of two children. She had an abdominoplasty (tummy tuck) in May of 2006. She looks and feels great. She said that she has been considering the procedure for over five years and was relieved after she had it performed. She stated that she had consultations with other plastic surgeons, but her reason for choosing the Virginia Center for Plastic Surgery is because Dr. Desman and his professional office staff made her feel at ease. She felt no pressure and she did not feel that she was being vain. After her procedure she was amazed at how quickly she recovered, and she expected to be out of commission a lot longer than she was. Her advice to anyone considering plastic surgery is "Timing is everything. You need to feel comfortable with the physician and his staff." Mrs. Martin has won a 50% discount on the purchase of an Obagi or Citrix skin care line.

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*!

August is National Immunization Awareness Month



Recent outbreaks of mumps among adults are bringing adult immunization into the spotlight. Beginning with 800 cases in Iowa, mumps spread quickly to seven other states and could reach several more states before the outbreak is contained.

Immunization was one of the most significant public health achievements of the 20th century. Vaccines eradicated smallpox, eliminated poliovirus in the U.S., and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis, and chicken pox.

Getting immunized is a lifelong, life-protecting project. August is a good time to consider whether you are up-to-date and protected. Children returning to school could bring home diseases you think you are immune to and flu season is just around the corner.

What immunization updates should adults consider? The National Partnership for Immunization recommends it for these diseases:

- Tetanus, diphtheria, pertussis (whooping cough) (DTaP): One dose every 10 years.
- Measles, mumps, rubella (MMR): Two doses for adults up to 49 years old, one dose for those ages 50 to 64.
- Varicella (chicken pox): Two doses for adults of all ages.
- Influenza: One dose annually.
- Pneumonia: One to two doses for all adults.
- Hepatitis A: Two doses for health care workers, drug users, and others as recommended by a doctor.
- Hepatitis B: Three doses for health care workers and others as recommended by a doctor.
- Meningitis: One dose for adults of all ages.