

Thanks for the Kind Words...

The entire process, from beginning to end was a breeze. Dr. Desman was friendly and knowledgeable, and the results are everything I hoped for. Thank you!

—Jennifer Philbert

A Bit of Laughter...

Communicating
(or at least trying to)

In an East African Newspaper:
A new swimming pool is rapidly taking shape since the contractors have thrown in the bulk of their workers.

In a Rome laundry:
Ladies, leave your clothes here and spend the afternoon having a good time.

In the window of a Swedish furrier:
Fur coats made from your own skin.

In the office of a Roman doctor:
Specialist in men and other diseases.

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. New Amsterdam was the name of which American colony in the early 16th Century?

- a) Pennsylvania c) Massachusetts
b) Connecticut d) New York

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:
The correct answer to which U.S. President is credited as the inventor of the swivel chair is c) Thomas Jefferson.

Medical Question Corner...

Q: What are the differences between Botox® injections, collagen fillers and fat injections? Are they used for the same purpose and how do I know which one to use?

A: All three procedures are used to temporarily reduce signs of aging by minimizing wrinkles, mostly in the face. The location and appearance of the wrinkles will determine which injection is the most effective.

Botox® is a mild form of botulinum toxin that temporarily paralyzes the muscles that cause wrinkles. If your main concern is frown lines, crows feet or forehead creases, Botox® will effectively paralyze the muscles that are causing the lines and give a smoother look to the skin.

Collagen is a naturally occurring protein in the body, found in joints, bones and ligaments. Injected collagen fillers will eventually metabolize into your system. Fat injections consist of fat cells extracted from the patient's own abdomen, thighs, buttocks or elsewhere and are then reinjected beneath the facial skin. Both injections are normally used to fill out deep facial wrinkles, creases and furrows, sunken cheeks, skin depressions and to create fuller lips.

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...

Undertake something that is difficult. Unless you try to do something beyond what you have already mastered, you will never grow.

Ronald E. Osborn

Looking Good Feeling Good

Virginia Center for Plastic Surgery
Newsletter

Rhinoplasty: Reshaping Your Nose

It should not be surprising that rhinoplasty - nose surgery - is one of the most popular cosmetic surgery procedures. About a half-million people consult with a plastic surgeon each year in an effort to improve their looks or, in many cases, to improve their health. Most people accept the nose they were born with, but there are many reasons for not accepting this most noticeable of facial features if it doesn't "fit" your face. Rhinoplasty can bring harmony where the nose is out of balance with the rest of the face. Obviously there are other reasons for seeking nose surgery, such as birth defects, breathing difficulties, and injuries, but for the majority of patients the goal is self-esteem.

Before nose surgery is undertaken, surgeons make certain that you are physically and emotionally stable and that your expectations are realistic. Changing the size and shape of your nose can greatly enhance your appearance as well as increase your self-confidence, but the results will not necessarily match your ideal nor make people treat you differently. The structure of your face will remain unchanged unless you are undergoing other plastic surgeries, and the primary focus of rhinoplasty is to create a nose that fits within that structure. However, it is not uncommon for chin surgery to be performed in conjunction with nose surgery if further facial balance is needed.

It's not always necessary to undergo an entire restructuring of the nose in order to get the balance you're looking for. It may be that only the tip needs to be resized or reshaped, or perhaps just the nostrils need narrowing. Or, a change in the angle between your nose and upper lip may be all that is required. Through discussion and a thorough examination of the structure of your nose, you and your surgeon will be able to determine the best surgical procedure for your specific goals.

Age is a consideration if the potential patient is a youth. Most surgeons prefer not to perform rhinoplasty on teenagers until they've completed their growth. This normally means somewhere around 15 for girls and older for boys. It is

(continued on page 2)

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

Gourmet Delight: World-Class Oregon Truffles

Truffles rank with caviar and champagne as icons of gourmet decadence.

They have the same allure: part Epicurean enjoyment, and part difficulty in acquisition. Truffles are actually a type of fungus that grows underground.

European truffles grow on the roots of oak trees. Oregon truffles grow at the base of Douglas firs. In Europe, specially trained dogs help target the oak trees where truffles will be found. The truffle flavor is directly related to its aroma. Once discovered, truffles can be collected next year at the same site.

To enjoy the wonderfulness of dining on truffles, they must be fresh, uncooked specimens eaten shortly after harvest. Truffle lovers often order before harvest from food specialty stores. Some supermarket produce departments may also take an order.

Though white Oregon truffles cost about \$150 per pound, they are also available at about \$15 an ounce. Call toll free: (888) 465-3247. In many recipes, just a shaving of truffle is required.

Flavorful Italian white truffle oil for recipes is available at \$29.95 for 8.5 oz. at culinaryneed.com. Scraping or grating fresh truffles into sauces or soups just before eating creates a distinctive flavor. Veal, chicken, fish, souffles, omelettes, pasta, and rice can be glorified with thinly sliced truffles. Cream and cheese sauces are enhanced by their flavor.

When stored with containered rice or eggs, the flavor and aroma penetrate the eggshells and rice. Eat the truffle, then make omelettes and rice pilaf.

The truffle season begins in September, so order early.

Truffle Butter

The aroma and flavor of truffles are heat sensitive. Truffle butter is a good way to get the most from your aromatic gem, since it is not heated.

Finely grate a fresh truffle and add it to softened, unsalted butter to suit your taste. Use enough butter so the mixture is spreadable, not crumbly.

Let stand at room temperature for an hour. Spread on crackers, French bread, or baked potatoes.

Truffle butter freezes well.



Rhinoplasty (continued from page 1)

also important that the surgery is determined to be of benefit to the teenager rather than something encouraged by a parent. If there are medical reasons such as birth defects or breathing problems, surgery may be performed at a younger age.

Rhinoplasty consists of the reshaping of the bone and cartilage in your nose. This means that the skin of the nose is separated from its supporting framework during surgery. The surgeon then removes, adds or rearranges the bone and cartilage to create the desired formation before replacing the skin. Many surgeons perform most of the surgery inside the nostrils, in which case there are no scars, unless an incision is made in the skin that separates the nostrils.

Soft, absorbent material is placed inside the nose and a small splint is placed on the outside to give the nose stability during the healing process. Absorbable stitches are normally used so that they do not have to be removed. The dressings and splints are removed within a week following surgery.

You may experience discomfort the first couple of days, for which your surgeon can prescribe medication. There will also be some minor swelling of your face and around your eyes. Using cold compresses can help reduce the discomfort. During the week following nose surgery, your surgeon will advise you to keep your head elevated for a specific amount of time and not to blow your nose for at least a week. You will also be cautioned about engaging in any activity that will raise your blood pressure.

If you wear contact lenses, you can usually begin wearing them as soon as you feel comfortable doing so. However, extra measures must be taken if you wear glasses because you will be unable to put any pressure on your nose for six or more weeks. During that time, you will need to tape your glasses to your forehead or prop them on your cheeks.

Complications are infrequent and usually minor, but, as with all surgery, there is always the possibility of problems associated with infection, reaction to anesthesia or bleeding. Thus, it is imperative that you follow your surgeon's instructions for care both before and after the surgery. This will include guidelines regarding smoking and medications to be avoided as well as food and liquid intake and cleansing procedures. Be certain to discuss any allergies or breathing difficulties you experience before undergoing any surgery. Last, but not least, tell your surgeon about any prior nose surgeries or injuries, no matter how long ago they occurred.

If your nose surgery is for purely cosmetic reasons, your insurance may not cover any of your costs. However, if there are other circumstances such as deformity or injury, your costs may be reimbursable. Be sure to check with your insurance company for coverage information.

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

Coffee May Protect the Liver

According to Kaiser Permanente Medical Center in Oakland, Calif., drinking up to four cups of coffee a day may protect against alcoholic liver disease. People who consumed four cups a day had an 80 percent lower risk.



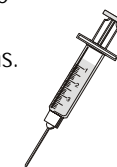
To come to this conclusion, they studied the medical and death records of 125,580 health-plan members. The new data extends a 1992 report that also came to the conclusion that drinking coffee offers liver protection. The researchers, however, did not distinguish between regular and decaffeinated coffee. In other studies, coffee was linked to preventing type 2 diabetes, suicide, and liver cancer. The doctors say many people drink too much coffee and should cut back. But for those concerned about their liver, drinking up to four cups a day is not an unhealthy habit.

HPV Vaccine Approved

The Food and Drug Administration recently approved Gardasil, manufactured by Merck. It protects against two strains of the human papillomavirus (HPV), that lead to cervical cancer, the second most common cancer in women. In clinical trials, nearly 100 percent of those vaccinated were protected. Gardasil also immunizes against genital warts. Some doctors say this is the biggest breakthrough since the invention of the Pap test.

In the U.S., about 80 percent of sexually active women will be exposed to HPV. Often it is harmless, but some strains are not and can lead to cervical cancer.

Immunization requires three injections over a 6-month period at \$120 each. The vaccine is most effective when given before sexual activity begins.



Shingles Vaccine Approved

A potent new version of the chicken pox vaccine has won federal approval to prevent shingles recurrence.

The vaccine, Zostavax reduces the risk of shingles, but it is only for adults who previously have had chicken pox. Zostavax does not prevent the initial infection by the virus, and it cannot treat active cases of shingles; it helps to prevent re-emergence of the virus by boosting a patient's immunity to it. Shingles results in significant and chronic pain that can last for months.

CLIENT OF THE MONTH

Mrs. Dawn Cajigas

Our September patient of the month is Mrs. Dawn Cajigas, a 47-year-old Home Economics Teacher and newlywed. In April of 2006, she had liposuction of her inner and outer thighs, which she has always hated, as well as her abdomen. She exercises and eats healthy to maintain a good example for her students.

She has wanted to have liposuction since the early 90's, but always felt that she could not afford it on a teacher's salary until she was referred by a patient of Dr. Desman's who stated that the Virginia Center for Plastic Surgery had "Great Prices". After that she stated that she couldn't make her consultation fast enough, which was her first and only consult. Her only regret is that she wished that she would have done it sooner, but now that she has had it done she loves putting her clothes on because of the way they fit and the way they look on her.

Her words of wisdom to future patients are "Don't be afraid to share if you have had plastic surgery, because you may encourage someone else who may be unhappy with some part of their body to make a change."

Mrs. Cajigas 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*!

New Discoveries About Healing Foods

Scientists are continually adding to what we know about the health benefits of various foods. For example:

Whole Grains: Don't like broccoli? Eat whole grains instead. University of Minnesota researchers have discovered that whole grains deliver an army of phytonutrients that do almost as much as fruits and vegetables.



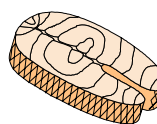
Cherries: They're an all-natural pain reliever that may even relieve the intense pain of gout (if you can eat a couple of dozen of them). Scientifically, cherries reduce C-reactive protein in the blood, which the body produces in response to acute inflammation, according to the Western Human Nutrition Research Center at Davis, Calif.



Yogurt: Those that contain "live" or "active" cultures help fight illness and disease. It is the most popular food containing probiotics. New studies found that yogurt greatly improves a person's ability to fight off pneumonia.



Salmon: Eating salmon reduces blood pressure and cholesterol. Salmon helps prevent heart disease because of its healthy content of omega-3 fatty acids. Now researchers at the University of California report that a higher intake of omega-3s preserves bone density, keeping bones stronger. If you don't like salmon, eat more tuna or sardines.



Cabbage: Cruciferous vegetables such as cabbage and broccoli have anti-cancer properties. But new studies show cabbage is in a class by itself. In addition to its tendency to protect against breast cancer, the sulforaphane in cabbage protects against lung, stomach, and colon cancers. Sulforaphane stimulates cells to eliminate cancerous substances. Eat cabbage by itself or add it to soups and salads.

