

Thanks for the Kind Words...

The entire process was perfect. Dr. D, Kelley and Marci were super nice. My follow-up exams were a big plus as well as seeing my final results. Thanks Dr. Desman for a great job.

—Erik Weingardt

A Bit of Laughter...

Cowboy Wisdom

Never miss a good chance to shut up.

Always drink upstream from the herd.

Never kick a cow chip on a hot day.

If you're riding ahead of the herd, take a look back every now and then to make sure it's still there.

Letting the cat out of the bag is a whole lot easier than putting it back.

The best way to double your money is to fold it up and put it back in your pocket.

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 first public library opened in which city?

- a) Seville, Spain c) Warsaw, Poland
b) Stuttgart, Germany d) Naples, Italy

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

Note: Limited to one gift per winner per year.



Congratulations to Sara Tezera!

Sara was the winner of last month's Trivia Challenge.

The correct answer to New Amsterdam was the name of which American colony in the early 16th Century is d) New York.

Medical Question Corner...

Q: *As a young female, I'd like to have surgery that will result in a delicate nose. However, I am being told that I may not be able to choose how it will look. Is there a reason?*

A: Most female patients considering rhinoplasty want a fine and delicate nose. While plastic surgery can reduce the size to create a nose that is in balance with the other facial features, patients need to understand that this will not automatically result in a delicate nose.

Patients have different characteristics and they may be unaware that the skin texture of the nose plays a part in the final outcome. If the patient has delicate structures of the cartilage and these contours can be seen through fine skin, the surgeon can create a delicate nose. However, if the patient's skin is thicker, it is almost impossible to create a delicate nose. The skin itself will not convey delicacy even when the size of the nose is reduced.

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...

Everyone who achieved financial independence will tell you that, in the early days, you have to work harder and smarter. The price of success must be paid in full and paid in advance.

John Cummuta

Looking Good Feeling Good

Virginia Center for Plastic Surgery
Newsletter

Improving the Contours of Your Facial Structure with Implants

Facial implants are used to improve and enhance facial contours so that you feel better about the way you look and bolster your self esteem. You are a candidate for this procedure if you are in good physical and mental health. If you are looking for improvement, not perfection, in your appearance and are realistic in your expectations, you may find that a facial implant is the right choice for you. They may help strengthen a jawline or bring the chin or cheekbones into balance with the rest of the face, or they may be used to fill out a face that appears "sunken" or tired.

Implant surgery may be elective, or needed as the result of prior surgery or injury to the face. Some patients may choose to have an implant placed in conjunction with another cosmetic procedure. For example, during a facelift, a patient may wish to have implants placed over the cheekbones to help restore a more youthful appearance. Facial implants will not make you look like someone else.

Facial implants are designed for augmentative, reconstructive or rejuvenative purposes and are available in a wide range of sizes and styles. Implants are manufactured from a variety of materials, including solid silicone. Currently, there is no scientific evidence that this is a harmful substance. Your plastic surgeon will be happy to discuss any current scientific findings concerning the type of implant you're considering.

The procedure follows a similar pattern for all facial areas. The surgeon makes a small incision near where the implant will be placed, either in a crease or inside the mouth at the gum/lip junction. Then a pocket is made in the facial tissue, the implant inserted, and the incision is stitched. The process generally takes 1-2 hours, usually with general anesthesia. The incision is bandaged or taped, and stitches are removed in 5-10 days; sutures placed inside the mouth will dissolve in a similar period of time. Sometimes facial implants are inserted at the same time as a facelift, nose or eyelid procedure is performed. In most cases, facial implant surgery is completed on an outpatient basis in a hospital, your surgeon's office or a surgical center.

(continued on page 2)

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

Pumpkin Pie: Winner for Holiday Taste and Good Health



When it comes to dessert for Thanksgiving dinner, the example of American colonists shines bright. Pumpkin pie and pumpkin pudding were the order of the day.

Today we know that pumpkin does more than satisfy the taste buds. It wins big time for its nutritional values. A slice of pumpkin pie has up to three times the recommended daily value of beta-carotene plus the phytonutrients lutein and zeaxanthin.

The carotenoids in pumpkin neutralize harmful free radical molecules, while lutein and zeaxanthin are potent free radical scavengers, according to Rutgers University in Brunswick, N.J. A diet that includes these antioxidants can help prevent many of the diseases associated with aging, including heart disease and cancer.

Lutein and zeaxanthin are naturally found in the lenses of the eyes. Studies suggest that eating foods high in these compounds help block formation of cataracts and decrease the risk of macular degeneration.

The good news is that canned pumpkin has virtually the same nutritional value as fresh, and it's far less work to prepare.

You can make a nutritious pumpkin pie from a can of pumpkin pie mix or two pies from a 16-ounce can (just add your own eggs, sugar, and spices. The recipe is on the can of pumpkin.)

Some tips about pie made from canned pumpkin:

If you find your pie cracks in the center or doesn't hold together well enough, your eggs are probably too small. Use three eggs instead of two.

To reduce fat content of your pie, (pumpkin itself has no fat) use fat-free canned milk.

If you will use whipped cream as a topping, select fat-free whipped cream at the supermarket for a flavor that's still very good.

For more intense flavor from pumpkin pie mix, add a bit of extra spice and a tablespoon of brown sugar.

Facial Implants *(continued from page 1)*

Chin implant surgery may take anywhere from 30 minutes to an hour. During the procedure, the surgeon selects the proper size and shape implant to enhance your appearance and inserts it into a pocket over the front of the jawbone. A small incision is placed inside the mouth (along the lower lip) or in the skin just under the chin area. This creates the pocket in which to insert the implant. Usually, the chin is taped after surgery to minimize swelling and discomfort. Sutures in the skin will be removed in five to seven days. If an internal incision is used, the sutures will dissolve.

Cheek implant surgery usually takes about an hour. When cheek implants are being placed in conjunction with another cosmetic procedure, such as a facelift, forehead lift or eyelid surgery, the implants may be inserted through the incisions made for those procedures. Otherwise, an incision will be made either inside your upper lip or your lower eyelid. A pocket is then formed and an implant is inserted. Sutures will vary depending on whether they're internal or external.

Jaw implant surgery usually takes about one to two hours. Internal incisions are made on either side of the lower lip to provide access for creating a pocket into which the lower-jaw implant is inserted. Sutures that dissolve in about a week are used to close the incisions.

Recovery from facial implants is quick. You may only need to take a week off from work, at most. Of course, your recovery will depend on your own personal habits and whether or not you're having other surgery performed. Make sure to wear a loose blouse or shirt that does not have to be pulled over your face.

Because you are having an implant inserted into your body, there is a risk of the implant shifting. In this event, a follow-up operation may be necessary. Your surgeon will discuss these possibilities with you prior to surgery. You also run the risk of infection, for which your surgeon will prescribe antibiotics.

It's important to know what is covered by your insurance policy. If the surgery is being performed for cosmetic purposes only, your insurance will probably not provide coverage. If your implants are being inserted as part of reconstruction surgery, you may be covered. Your surgeon can write a letter detailing your case and provide photos that will be taken in your pre-operative consultation. It is best to check with your insurance company prior to undergoing the surgery so there are no surprises.

Give yourself plenty of time to get used to your new look. It could take several weeks or months before you can evaluate the results. You may also be surprised that most people won't recognize you've had facial implant surgery--only that you look better.

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

Time to Get Flu Shot

Health officials have worked to predict which strains of flu virus are most likely to cause widespread illness in 2006. These strains are contained in the vaccine for this year, the strains you will build immunity to after getting the shot.

The immunization usually works to prevent the flu, but its effectiveness in part depends on your general health. Illness and age can influence its effectiveness. People over 50 may have less of an immune response to the vaccine.



Even so, if you do get the flu, the vaccine will provide important protection and prevent a severe case. The shot will prevent prolonged illness, hospitalizations, pneumonia, and death.

It's impossible for the flu shot to give you influenza. Some people experience a mild fever, and fatigue soon after receiving the vaccine. The symptoms are caused by the body's immune system, which is producing antibodies.

Boosting Good Cholesterol

HDL, the good cholesterol, helps to protect you from heart attack and stroke. New research shows it also helps to prevent Alzheimer's disease. If your HDL is below 40 for a man or 50 for a woman:

- Quit smoking.
- Increase physical activity.
- Lose weight. HDL rises for every 7 pounds you drop, according to Johns Hopkins Medical Centers.
- Avoid trans fatty acids found in many baked goods and margarines.
- Consuming 2 to 6 ounces of wine per day can raise HDL levels.

Generic Zoloft, Zocor

On June 30, Pfizer, Inc.'s patent protection on Zoloft ran out. Zoloft is the best-selling antidepressant in the U.S. Pfizer now plans to make a generic version of the drug in order to compete with generic drug makers.



Pfizer's move follows Merck & Co.'s plan to undercut generic drug makers by creating its own generic drug name to replace Zocor, its blockbuster cholesterol fighter.

CLIENT OF THE MONTH

Ms. Cathy Morgan

Our October patient of the month is Ms. Cathy Morgan, who is a high school special education teacher for emotionally disturbed children. After losing a lot of weight, Ms. Morgan came to our practice for Body Contouring. Since becoming a patient in August 2005, Ms. Morgan has had two procedures with Dr. Desman. Her first procedure was an abdominoplasty (tummy tuck), which she loves and stated that she owes Dr. Desman for giving back her "before babies" stomach. She has also had Botox injections, which she states has boosted her confidence even more and she will continue her Botox therapy. Ms. Morgan says that she has complete faith and trust in Dr. Desman and his staff and plans to have future procedures with the Virginia Center for Plastic Surgery.

Ms. Morgan has won \$500.00 towards the scheduling of her next procedure.

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 Study: Lack of Sleep Increases the Risk of High Blood Pressure

The National Health and Nutrition Survey published in Hypertension identifies sleeplessness as a significant risk factor for high blood pressure.

Researchers at Columbia University Medical Center say this is the first study that shows a relationship between short sleep duration and high blood pressure.

Included in the survey were people ages 32 to 59 who got five hours of sleep or less a night. They were more than twice as likely to develop hypertension than those who got the recommended norm of seven to eight hours. The difference remained even after controlling for known hypertension risk factors.

On the other hand, people who got nine hours of sleep were no less likely to develop high blood pressure than those who got seven or eight hours.

Many conditions contribute to high blood pressure, such as obesity, but lack of sleep appears to be an independent cause. Normally during sleep the heart rate and blood pressure are lower. In people deprived of sleep over a long period of time, however, the work done by the heart increases. This can lead to irreversible changes in the heart and blood vessels.

The study shows that 50 to 70 million Americans suffer from sleep disorders that are often not treated. The disorders include obstructive sleep apnea, chronic insomnia, and restless leg syndrome, according to Tufts University.

Sleep disorders and deprivation are estimated to cost \$150 billion in business productivity, \$48 billion in vehicle accidents involving tired drivers, and \$16 billion in medical care for sleep disorders.

