

Thanks for the Kind Words...

Dr. Desman made me feel like a new woman and for that I am grateful and blessed.

—Frances Hilliard

A Bit of Laughter...

On Aging

Age is not important unless you are a cheese.

—Helen Hayes

Old Age isn't so bad when you consider the alternative.

—Maurice Chevalier

It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone.

—Andy Rooney

The secret of staying young is to live honestly, eat slowly, and lie about your age.

—Lucille Ball

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. What musical group began as The Warlocks?

- a) The Grateful Dead b) Poison c) Guns N' Roses d) Motley Crue

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 city that opened the first public library is c) Warsaw, Poland

Medical Question Corner...

Q: Can I have more than one cosmetic procedure at a time?

A: Usually the answer is yes. The factors that determine what procedures can be done in combination all relate to your safety. The issues that are always considered for a particular combination of procedures are as follows: Your overall health condition, the quantity of blood loss involved, the overall amount of anesthesia involved, the physiologic stress to your body, and the biochemical changes related to your surgery.

For example, common combinations that are safe for most patients include breast augmentation, abdominoplasty (tummy tuck), and liposuction of the flanks. However, adding liposuction of the back, hips, buttocks, medial thigh, and lateral thigh would likely be too much. Another group of procedures commonly performed together are blepharoplasty (eyelid lift), facelift, and neck lift.

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...

Adversity introduces a man to himself.

Anonymous

Looking Good Feeling Good

Virginia Center for Plastic Surgery
Newsletter

Abdominoplasty: The Tummy Tuck

Abdominoplasty, commonly known as a "tummy tuck," is a major surgical procedure to remove excess skin and fat from the middle and lower abdomen and to tighten the muscles of the abdominal wall. Following a large weight loss or pregnancy, the abdominal muscles can weaken and the skin can lose firmness. No matter how many sit-ups you do, you just can't tone up or firm up. A tummy tuck has helped hundreds of men and women to slim down and to regain their self-esteem and confidence.

The tummy tuck is performed by making an incision low on the abdomen stretching from hip to hip. Next, excess skin and fatty tissue is removed and the remaining skin is tightened. The next step is to surgically strengthen and tighten the weakened abdominal wall, resulting in a flatter tummy. In some cases, the belly button is relocated during the procedure.

Thousands of tummy tucks are performed successfully each year. The best candidates for abdominoplasty are men or women who are in relatively good shape but are bothered by a large fat deposit or loose abdominal skin that won't respond to diet or exercise. The surgery is particularly helpful to women who, through multiple pregnancies, have stretched their abdominal muscles and skin beyond the point where they can return to normal. Loss of skin elasticity in older patients, which frequently occurs with slight obesity, can also be improved.

You could be a candidate for a partial abdominoplasty (mini-tummy tuck) if, for example, your fat deposits are limited to the area below the navel. This is a less complex procedure which can often be performed on an outpatient basis. On the other hand, you may benefit more from partial or complete abdominoplasty done in conjunction with liposuction to remove fat deposits from the hips for a better body contour. Or maybe liposuction alone would create the best result. In any case, your surgeon should work with you to recommend the procedure that is right for you and will come closest to producing the desired body contour. In most cases, health insurance policies do not cover the cost of abdominoplasty, but you should check your policy to be sure.

(continued on page 2)

Get free health and medical tips at my Web site:

www.vcps.com

A Beautiful Baked Ham for Holiday Dinners

While turkey is the traditional centerpiece of a Thanksgiving dinner, the work of preparing it has resulted in some hostesses offering a turkey breast roast instead. Most people like



the white meat, but some adults and children do not. What's more, when guests attend more than one Thanksgiving dinner, they appreciate being offered something else.

A colorful ham can be the hit of any holiday dinner, either as the main course or in addition to turkey.

For more than 7,000 years, people have enjoyed fresh and smoked pork. It was first used extensively in China about 4,900 B.C. Later its popularity spread throughout Europe. Spanish explorer Hernando de Soto is credited with founding the pork industry in America. His 13 porkers became the breeding stock for the American industry. The long shelf life of salt pork and smoked bacon made them staples in early American kitchens.

Protein and fat levels in ham compare favorably with other types of lean meat. As with other meats, most of the fat should be trimmed before baking.

You'll like the convenience of this ham recipe, and your guests will rave about its flavor.

Baked Ham with Bourbon Brown-Sugar Glaze

Preheat the oven to 325. Trim fat and skin from a fully-cooked shank-portion of an 8 to 12 pound smoked ham. Score the remaining fat and stud with about 40 whole cloves.

Place the ham cut-side-down in a pan and cover with several layers of aluminum foil. Insert a meat thermometer in the center. Bake two hours or until it reaches 135 degrees.

In a small bowl, combine 1 cup light brown sugar with 1/4 cup bourbon or stock, and 1 1/2 teaspoons fresh pepper.

Remove ham. Brush on one-third of the mixture. Set the oven at 375.

Return ham to the oven. Apply one-third of glaze every 10 minutes until used. Heat to 140 degrees. Serves 16.

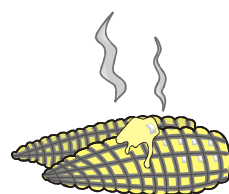
The Tummy Tuck *(continued from page 1)*

A tummy tuck should be the last resort for people who have exhausted all other measures, and the procedure should not be used as an alternative to weight loss. If you are planning to lose a lot of weight, then you do not want to consider a tummy tuck, at least for the time being. Also, women who plan future pregnancies should wait, as vertical muscles in the abdomen that are tightened during surgery can separate again during pregnancy. Also, if you have scarring from previous abdominal surgery, your doctor may recommend against abdominoplasty or may caution you that scars could be unusually prominent.

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

A Little Fat Makes Vegetables More Nutritious, Helps Prevent Cancer

Having corn on the cob with dinner? Adding a little butter will increase the level of nutrients your body will absorb. Having a salad for lunch? Adding full-fat salad dressing will have the same effect.



Many of the healthful compounds in vegetables are fat-soluble. That means your body can't absorb them very well unless fat is present at the same time.

Researchers at Ohio State University Comprehensive Cancer Center in Columbus checked for nutrients that were especially important for cancer prevention. Some affected nutrients:

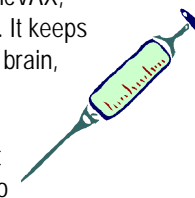
- Lutein and zeaxanthin found in spinach and kale are important for eye and heart health.
- Lycopene, the red carotenoid found in tomatoes and watermelon, is a potential cancer fighter.
- Alpha and beta carotene, the orange pigment in carrots and cantaloupe, help to reduce cancer rates.
- Vitamin E found in mango, broccoli, and spinach is a powerful antioxidant that neutralizes free radicals in the body that cause tissue and cellular damage.

When some avocado was added to salads, blood tests showed the absorption of lutein was 18 times greater than without the fatty avocado. Absorption of lycopene increased by 4.4 times, and the increase in beta carotene absorption was 2.6 times.

Fortunately, the amount of fat in the entire meal can aid nutrient absorption. Nutritionists say you should choose at least one food per meal with a high fat content. That means if you have a small steak or hamburger with dinner, you'll be fine.

Shot in the Arm Could End Nicotine Addiction

Researchers are testing NicVAX, given as a shot to the arm. It keeps nicotine from reaching the brain, making smoking less pleasurable and easier to give up. The small amount of nicotine that manages to reach the brain helps to ease withdrawal problems, the main reason quitters relapse.



The Food and Drug Administration has granted the vaccine fast-track status, and the National Institute on Drug Abuse has contributed a second \$4 million grant to finance the study.

Use Acetaminophen Wisely

A six-year study at the University of Washington and other sites shows that cases of acute liver failure caused by acetaminophen rose to 51 percent of all cases in 2003. Unintentional overdosing accounted for half of the liver failures.



The makers of Tylenol, the most popular acetaminophen medicine, have gone on television to urge people to follow their directions.

The normally safe pain medication is used by 36 percent of Americans at least once a month. They warn consumers not to exceed 4,000 mg within a 24-hour period. That would be eight 500-mg tablets, capsules, or gel caps.

Men who drank more than one-and-a-half ounces of alcohol per day and women who drank more than one ounce per day in addition to taking acetaminophen were more vulnerable to liver failure.

Why Trans Fats Are the Worst

Many experts say trans fats are worse than artery-clogging saturated fats. Trans fats are found particularly in baked goods such as doughnuts and cookies.



Scientists at Wake Forest University report that diets rich in trans fats can cause a redistribution of fat tissue in the abdomen, the worst place to store fat for both health and appearance. This can also lead to a higher body weight even when total calorie intake is the same.

CLIENT OF THE MONTH

Mrs. Tara Patterson

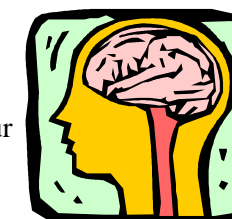
Our November patient of the month is Mrs. Tara Patterson, who is a wife and mother of two wonderful boys. She had an abdominoplasty (tummy tuck) in September 2006. She feels wonderful. She wanted this procedure to feel better about herself and look great in her clothes, even after having two children. Tara says that since the procedure she feels more confident and also has more energy to work out at the gym on a daily basis. She is extremely thankful and happy.

For being chosen as our November patient of the month, Mrs. Patterson has won a special gift from our office.

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*!

November is National Alzheimer's Disease Month

Don't Wait Until You're Older: Start Protecting Your Brain Now



If you're in your 40s or beyond, the specter of losing your memory to Alzheimer's disease can be frightening.

With a lot of medical information available, you may wonder what you as an individual can do to prevent it.

Researchers now have given us simple news about what to do throughout life to reduce risk: Take care of your heart, and you'll be taking care of your brain at the same time.

The link between heart disease and Alzheimer's is growing. The Alzheimer's Association predicts that it will continue to grow. The heart is the organ that supplies essential elements to every part of the body, and the brain is one of the most important parts.

Risk factors for the two diseases are essentially the same.

One study showed that people with high cholesterol in their 40s and 50s were three to five times more likely to become demented later in life. Blood vessels become stiff and lead to a decrease in nutrients to the brain.

Some things to do now:

- Stop smoking. Smoking just 10 to 20 cigarettes per day can double or triple the risk of dementia.
- Exercise regularly to send oxygen-rich blood flowing to the brain.
- Take steps to reduce stress throughout life. Meditate, walk, garden, or work on a hobby.
- Eat a rainbow of fruits and vegetables to get phytochemicals and antioxidants. Drink enough water to rid your body of toxins.
- Keep your blood pressure under control naturally or with medication.
- Avoid diabetes or use medications to keep blood sugar in the normal range.