

# Talking Shape

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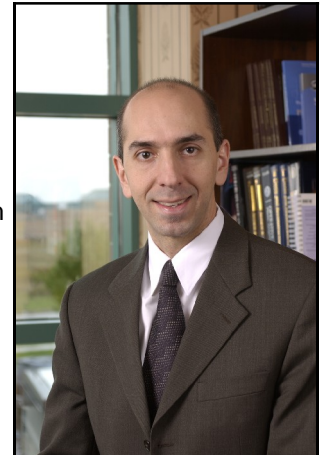
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## Doc Talk: Looking Forward...

In your hands is the first edition of our new quarterly newsletter. As interest in all aspects of plastic surgery continues to grow, St. Charles Plastic Surgery is excited about the opportunity to share experiences and provide educational information to our readers. The newsletter is intended to complement our website and will feature articles on procedures, services offered and recent events. The newsletter will be circulated among new and established patients as well as valued colleagues in the healthcare community.

The newsletter is designed for you and we would welcome and encourage your feedback. Your ideas and suggestions can be e-mailed to us at [info@stcharlesplasticsurgery.com](mailto:info@stcharlesplasticsurgery.com) or contact us by phone at 630-762-9697.

This quarter, in recognition of breast cancer awareness month, we have chosen breast reconstruction as our first educational article. We are *looking forward* to publishing the upcoming editions of "Talking Shape". We hope you enjoy them.



Bahram Ghaderi, MD, FACS  
Board Certified by the American Board of Plastic Surgery

## Contour Comments

*"Even beauties can be unattractive. If you catch a beauty in the wrong light at the right time, forget it. I believe in low lights and trick mirrors. I believe in plastic surgery."*

- Andy Warhol

## Talking Shape 2003 In Our Community: Women's Expo

St. Charles Plastic Surgery positioned itself proudly among the many exhibits displayed at the Women's Expo, held on September 20th at the Charlestowne Mall, and hosted by Delnor Community Hospital.

Engineered by fellow team member Jessica, our exhibit provided audio and visual presentations as well as written materials

that supplied information about our practice and the services we have to offer. Together, with other service providers of the community, the Women's Expo successfully provided women with

information about health, wellness, nutrition, and family

services. Because we feel strongly that involvement in community events is important, the staff of St. Charles Plastic Surgery is grateful for having had the opportunity to meet a portion of the community it serves and hopes that those who attended the event benefited from our exhibit.



Practice manager, Dale Hayes, & Jessica Gilbert enjoy a day at the mall (while working our booth)!

# Talking Breast Reconstruction

There has been a marked increase in the number of women having breast reconstruction surgery immediately following a mastectomy. One clear and immediate benefit is

psychological. The woman wakes up after surgery and has not lost her breast. This has a positive

effect on her recovery and improves the woman's ability to successfully complete the remaining breast cancer therapy.

There are major physical benefits as well. The surgeon who removes the breast can do a skin-sparing mastectomy, removing less skin than usual. This technique creates a more natural reconstruction. Also, immediate reconstruction does not interfere with chemotherapy and radiation therapy, if necessary.

The woman who chooses immediate reconstruction is spared the risk and inconvenience of being hospitalized a second

time. A federal law was passed in 1998, which requires insurance companies to cover breast reconstruction, including any procedures that are required on the opposite breast to obtain maximal symmetry.

The breast to be reconstructed can be made from a woman's own tissues, most often taken from the abdomen or back, or from an artificial implant. The decision for which procedure is best for you will be based on a combination of your desires and your plastic surgeon's recommendation. Usually six months after the initial

reconstruction, any procedure required on the opposite breast is performed as well as the nipple/areola reconstruction.

## Comments from our Breast Cancer Survivors

*"I decided that after the mastectomy I probably wouldn't want to go back and have more surgery so we decided to do all the surgeries at once. I am very happy with my decision."*

- L.W.

*"Being diagnosed with breast cancer and the possibility of losing a breast represented a significant threat to my self esteem and self image. And so, after careful consideration and much research, I chose breast reconstruction with the confidence and the knowledge that someday I would gaze upon a very real recreation of what I once called my own."*

- D.C.

*Whether it is performed immediately following mastectomy or at a later time, breast reconstruction can dramatically improve a woman's appearance, self-confidence and overall quality of life.*

## Reach TO Recovery

Every other year, the American Cancer Society sponsors the "Reach to Recovery Training Program", and this year Dr. Ghaderi was invited to present the latest advancements in breast reconstruction. Approximately twenty women, all of whom are breast cancer survivors,

participated in the training program. These women will partner with local community women diagnosed with breast cancer to provide encouragement, education and networking. Dr. Ghaderi expressed great pride in being asked to participate in this wonderful program. Breast reconstruction remains one of the most gratifying aspects of his practice.

*"Breast reconstruction remains one of the most gratifying aspects of Dr. Ghaderi's practice."*



*Dr. Ghaderi presents a slide show during the training program.*

## - Choosing Your Plastic Surgeon -

No matter what type of plastic surgery you are considering, one of the most important factors in its success is the surgeon you choose. Although it may seem hard to believe, some of the physicians who are performing cosmetic surgery today have had no formal surgical training. Plastic surgeons that are certified by the American Board of Plastic Surgery (ABPS) are uniquely qualified and specially trained. Certification by the ABPS ensures the highest educational and training standards. (Exceptions may be those plastic surgeons who have been "grand-fathered in", meaning they have not been required to recertify through examination of their current knowledge and skills.) Be sure to check your surgeon's qualifications and his/her recertification status.

Physicians' choice for a natural look  
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