

Talking Shape

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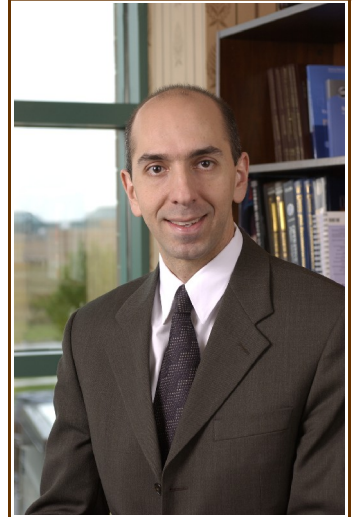
In This Issue:

<i>Doc Talk: 2003 In Review</i>	1
<i>Look As Good As You Feel!: Reclaiming the Health of Your Skin</i>	1
<i>Contour Comments</i>	1
<i>Transformation Through Plastic Surgery: Body Contouring After Massive Weight Loss</i>	2
<i>Comments From Our Body Contour Patients</i>	2
<i>Talking Shape in Our Community: Join Us at the Chicagoland Women's</i>	2
<i>Choosing Your Plastic Surgeon</i>	2

Doc Talk: 2003 *In Review*

2003 proved to be an exciting and rewarding year. We appreciate the opportunity to have met many new patients each month as well as the chance to revisit old friends. Each patient brought his or her own unique experience to our office. All of them, however, shared a similar strength and patience during their surgery and subsequent

recovery. As we strived to "shape their lives" we learned that more and more we were being "shaped" and guided as well with each patient contact. This helped to reaffirm our commitment to excellence in all aspects of the care we provide to our community each day. For 2004, our hope is that the best is yet to come...



Dr. Bahram Ghaderi, Board Certified by the American Board of Plastic Surgery

"...we learned more & more we were being "shaped" with each patient contact."

Look as Good as You Feel!

Young healthy skin is soft, supple, firm and resilient, and appears to glow from within. Unfortunately, as your skin matures with age, elasticity diminishes, cell turnover slows down and the flow of circulation that nurtures the skin diminishes. The resulting damage is intensified by unprotected sun exposure, smoking and environmental assaults. Thankfully, despite all the rigors we put our skin through, there are trained professionals that can offer you guidance in the proper conditioning of the skin that is vital to reclaiming the health of your skin. At St. Charles Plastic Surgery, we take a team

approach to advanced skin care and facial rejuvenation. As a member of our team, Marji Soofi, a licensed aesthetician, is an integral part of our skin health program. Evaluation of your skin and identifying problem areas is the first step to developing a comprehensive program uniquely designed for you. Professional guidance and refining your program periodically as changes take place will ensure you always maintain the optimal health and vitality of your skin. Some say that the skin is the mirror of the body, reflecting an image of not only your chronological age, but an image of your

physiological health. A good skin health program can help you to *look as good as you feel!*

Also, for your skin care program at home, we offer GlyMed Plus® skin care products to complement your in-office treatment. Call us to schedule an evaluation to begin your skin health program today!



Marji Soofi, our Licensed Aesthetician



"Unfortunately, Sue, your body has rejected your face-lift"

Look...
for our ad in West Suburban Living magazine - Be the first to call us with the page number and
Win!

Transformation through Plastic Surgery: Body Contouring After Massive Weight Loss

We have had the pleasure of seeing this transformation first hand and are humbled by each patient who has changed his or her life for the better.

It is estimated that as many as nine million

people in the United States suffer from morbid obesity. The associated medical conditions such as heart disease, high blood pressure, and diabetes can be compounded by psychosocial incapacity. Improvements in the surgical correction of morbid obesity via gastric bypass procedures and non-surgical diet regimens have allowed increasing numbers of morbidly obese patients to undergo successful and sustained massive weight loss. While the medical/health benefits are obvious, different problems may arise as a result.

Massive weight loss can

lead to extensive redundancy of skin and fat folds in different areas of the body causing functional problems such as skin infection and chronic irritation from constant rubbing together. These areas include upper arms, breasts (male and female), and abdomen and medial thighs. Patients also complain of difficulty fitting into clothing, interference with personal hygiene and daily activities as well as the potential for psychosocial concerns of a disfigured appearance.

Many plastic surgery procedures are available to correct such problems after massive weight loss.

They include arm lift or brachioplasty, breast lift or mastopexy, panniculectomy or removal of excess abdominal skin and fat, as well as thigh lift. These procedures not only help patients achieve a more normal appearance after massive weight loss, but also allow them to complete their journey to a healthier lifestyle and accomplish the extreme makeover that will change their lives forever. To learn more please visit our website at www.stcharlesplasticsurgery.com or contact our office for information regarding a specific procedure or concern.

Waiting to see the Doctor?



Take a minute to indulge in our latest concept...an alternative to the usual doctor's waiting room. A cozy atmosphere, soothing beverages and tempting treats offer a brief retreat from the hustle and bustle of a busy schedule. It is our way of saying, "Welcome to our office."

Comments from our Body Contour Patients

"I find that my decision to have weight loss surgery and then a tummy tuck was a risk well worth taking. The surgery has given me so much more than an outer shell, it has given me a new perspective on life and living! Living might mean taking chances, and they're worth taking!"

- K.L.

"After losing weight, I felt good but was disappointed that despite exercising and looking good in clothes, I still had sagging skin. After careful consideration, I found Dr Ghaderi. He not only had the professional qualification, but had the experience to ease my fears and reassure me that this was the time to finish the work I started in weight loss. Today, I feel wonderful, renewed. This is only the beginning to a healthy life."

- J.C.

Talking Shape... in Our Community:

Ladies, don't miss the opportunity to experience an event that is "all about you"... a one stop venue for women's products and services. Plan to attend the Chicagoland Women's Expo 2004 February 21 & 22 at the Arlington Heights Park

Join Us at the
CHICAGOLAND

WOMEN'S EXPO!

- 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.

Racecourse. The event will feature an exciting mix of entertainment, special attractions, and informative product and service demonstrations. Be sure to stop by our booth (112) and mention this newsletter for a free gift.

Hope to see you there!

