

Talking Shape

Volume 2, Issue 3

Summer 2004

In This Issue:

<i>Doc Talk: Achieving Balance</i>	1
<i>Y-ME RACE Against Breast Cancer Review - Over \$5,000 Raised!</i>	1
<i>Contour Comments</i>	1
<i>Summer Break... 2nd Annual Appreciation Night</i>	1
<i>Capitol Hill Visit: Dr. Ghaderi Advocates for Children's Deformities Act</i>	2
<i>Breast Reduction Ranks Highest in Patient Satisfaction</i>	2
<i>Comments From Our Breast Reduction Patients</i>	2
<i>Talking Shape: Lectures in Our Community</i>	2
<i>Choosing Your Plastic Surgeon</i>	2

Doc Talk: ACHIEVING BALANCE

Everything we do has to start with the premise of achieving balance. Family life, work environment and even our meals need to be balanced for us to enjoy a healthy living. Achieving balance in plastic surgery is crucial to obtaining the desired outcome for our patients. First and foremost, there must be balance between what is desired and what is achievable with surgery. Without that, no surgical procedure can be successful. Spending

time with each patient to understand their wants and wishes is the most important part of being an excellent physician and surgeon. Just as essential, is to fully inform patients about the reality of surgery and to help them understand the process as well as the expected results. Above all, realistic expectations will prepare any surgical patient for success and enjoyment of their new look. At times, balance in plastic surgery



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

may mean recommending no surgery. Because, after all, as a physician I took the Hippocratic oath, which foremost states – "Do No Harm"!

Y-ME RACE Against Breast Cancer Review

The weather was fantastic and the air filled with excitement and hope as Chicago's Grant Park overflowed with a reported 25,000 people gathered for the Y-ME RACE against breast cancer. St. Charles Plastic Surgery was proudly

supported in their effort by a team of 36 participants, easily identified from the crowd by the team t-shirt. Our team extended beyond those in attendance to include numerous friends and family who supported our cause by donating money. We raised over \$5,000 to contribute to the fight against breast cancer. A special thanks to Jessica, our team captain, who not only organized our campaign but also designed the 3rd place award winning team t-shirt. Next year, we plan to raise even more money, race with even a larger group of team members and have set our sights on 1st place in the t-shirt competition! Join us for this annual event - it truly is a rewarding experience.

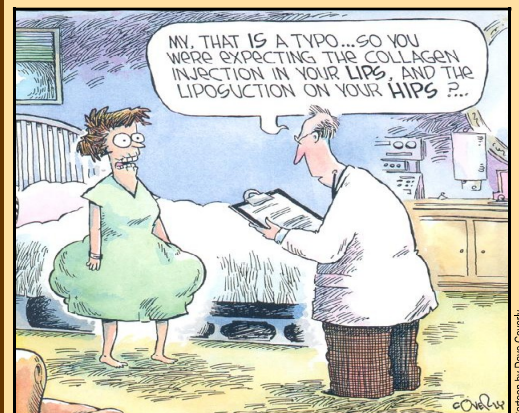


St. Charles Plastic Surgery • 630-762-9697

Summer Break...

summer break? Need a place to
? St. Charles Plastic Surgery is
planning the 2nd Annual Staff Appreciation
celebration. In recognition of all the work and
support you provide, we would like to say
thank you. Plans are in the making for August
9th—look for more details to come!

Contour Comments



www.stcharlesplasticsurgery.com

Capitol Hill Visit

"In April I had a chance to visit with some of our members of congress to discuss issues related to plastic surgery such



as mandatory coverage of children's deformities surgery by insurance companies. It was very interesting to see the daily grind of our government. I am happy to say that letting our elected officials know how important the Children's Deformities Act is to our patients worked, as they all expressed agreement in helping to pass it into law. On a personal note, at the beginning of the day I was very excited and intrigued by Washington. By the end of the day and after countless meetings, however, I was very happy to be a plastic surgeon and could not wait to return to my patients"

Breast Reduction: Highest Ranks in Patient Satisfaction

This is truly where plastic surgery is at its best, where function, form and aesthetics are all improved with one single procedure. Breast reduction typically makes a dramatic enhancement in the patients' body image. In fact, of all the procedures that plastic surgeons perform, breast reduction ranks among the highest in patient satisfaction. Women with very large, pendulous breasts may experience a variety of medical problems. Back and neck pain, skin

irritation, skeletal deformities and breathing problems can all be caused by the excessive breast weight. Unusually large breasts can make a woman, or a teenage girl, feel extremely self-conscious. Breast reduction, technically known as reduction mammoplasty, is designed for such women. The procedure removes fat, glandular tissue, and skin from the breasts, making them smaller, lighter, and

firmer. It can also reduce the size of the areola, the darker skin surrounding the nipple. The goal is to give the woman smaller, better-shaped breasts in proportion with the rest of her body. The best candidates are those who are mature enough to fully understand the procedure and have realistic expectations about the results. Without the excessive weight of large breasts, patients find that they enjoy life more.

Their bodies look better proportioned, clothes fit better and they have greater freedom to enjoy physical activities without feeling self-conscious.

Comments From Our Breast Reduction Patients

"For the first time in 24 years I was able to see my feet while standing up..."

- M.S.

"It has now been seven weeks and I have minimal scarring and most of the sensation is back. I am truly grateful to the doctor for giving me relief from my back pain and more confidence."

- T.W.

Talking Shape: Lectures in Our Community

Since our last newsletter we have been very busy providing lectures on a variety of plastic surgery topics to our community, on several different occasions! Our first lecture was to the Y-Me Breast Cancer Support Group Bosom Buddies on breast reconstruction. It is always gratifying to see how strong and resilient breast cancer survivors are. We were also honored to be a part of the first annual St. Charles Sister's Weekend where

we discussed different options available for looking and feeling younger. Our discussion with the Bariatric Support Group was especially timely as more patients are choosing bariatric surgery as a treatment for morbid obesity. Plastic surgery is an important part of the lifestyle and body shape change the patients are going through. We were able to share experiences of past patients to provide a better understanding of how plastic surgery can help them complete their journey to a healthier life. Last, but not least, we had a chance to present to our colleagues on two occasions. First through a case presentation night at a meeting for Continuing Medical Education and then to the operating room staff regarding perioperative methods to optimize surgical outcomes. Lectures and presentations are very important to us as we take informing our community to be part of our required service.



- 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.

