

Talking Shape

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Dr. Bahram Ghaderi

Doc Talk: The TSUNAMI A Reality Check

Due to this disaster, the unfortunate victims in south Asia are living an unthinkable nightmare. It seems inappropriate to describe such devastation by just a single word. For me, the word has come to symbolize how just a single moment or an event can change our lives forever. On a personal level it reminds us to appreciate our families, friends, and our lives. Our daily problems seem inconsequential to the trials that people in the affected areas are facing. Hopefully, with the help of the entire international community, they can some day leave this event in the past and rebuild their lives.

YOUR WELL BEING



Your Well Being joins St. Charles Plastic Surgery to provide Endermologie® – designed to revolutionize the fight against cellulite. Cellulite is the unsightly dimpling appearance of the skin, otherwise known as the “orange-peel effect”. Endermologie® treats the connective tissue and its appearance. Each 35-minute session is custom-designed to your specific needs. Revitalize your body with improved circulation and celebrate your sleek smoother appearance.

Treatments to begin in February '05.

Contour Comments



How to Participate:

Log onto www.y-me.org, click on the logo.



Click on Chicago's race.y-me.org. Under **Participate**, click on **Register Online Now**. Under **Teams**, click on **Join a Team**. Search for **St. Charles Plastic Surgery**. Under the search results & beside our team name, click **Join**. Then follow the instructions to register. After you join, we will e-mail you with additional team details. (Remember, if you have raced before, then “Sign In” before you register for this year's race.)

the power of pink

Fears Conquered, Strength Gained, Lives Saved.

This is the Power of Pink.

Y-ME RACE Against Breast Cancer
Sunday, May 8, 2005 • 9:00 am
Chicago's Grant Park • 1 or 3 mile walk/5K run

The Y-Me Breast Cancer Organization is committed to ensuring that no one faces breast cancer alone. It is that commitment that motivates each of us to be a part of this year's Y-ME RACE Against Breast Cancer. As the staff of St. Charles Plastic Surgery, we witness first hand the struggles our patients encounter while fighting this disease. Our own lives are each touched by their courage, strength and determination. It is our hope that, together, we can make a difference in the fight against breast cancer!

Join our team before April 20th & receive a “power of pink” team t-shirt.

Don't have online access? Other Questions? Call 630-762-9697 or E-Mail: info@stcharlesplasticsurgery.com

Men & Plastic Surgery

Plastic surgery has traditionally been thought of something "women have". However, as we all live longer and quality of life becomes increasingly important, more men are seeking services that will make them look and feel younger. In recent years, cosmetic surgery has become more accepted and common among men of all ages and walks of life. Factors contributing to the rise of plastic surgery for men are increased awareness of cosmetic surgery, increased medical decision making (a noted shift from women making healthcare decisions), and the intense competition in the business world. Greater than 1.2 million men underwent plastic surgery in 2003.

Men have plastic surgery for many of the same reasons as women, to gain confidence, self-esteem, and a healthy sense of pride in their appearance. While men may be motivated by the same factors as women, their bodies, goals and temperaments are unique. Men have distinctive needs before and after surgery. And, while cosmetic surgery in men uses many of the same procedures as in women, there are special considerations for men. For example, the skin in men is thicker, and the facial area contains hair. It is such differences that require special consideration. In general, men are seeking procedures that will give them a balanced nose, a more youthful face, and a trimmer, more athletic waistline.

The trend for men to seek to plastic surgery is expected to continue as the desire to enhance their appearance and lifestyle increases.

Meet the Staff:

Dale Hayes, RN
Practice Manager



Somehow it has become possible to define who I am in just a few phrases... maybe some of you can relate!

- **Wife** - the other half of my better half
- **Mother**
- **Empty-Nester** - is it ok that this excites me?
- **Registered Nurse**
- **Practice Manager** - and potential client
- **Baby-Boomer**
- **Mid-Life Crisis Candidate**
- **Grandmother** - explains the mid-life crisis
- **Addict** - Starbucks vanilla latte and blueberry scones...mmmmmm
- **Would - Be "Island Girl"** - love those tropical vacations

"I am excited and thankful to be living the life I live. I celebrate the start of my fourth year and am grateful everyday to be a part of St. Charles Plastic Surgery."

Talking Shape in Our Community

Last October, Dr. Ghaderi was invited to speak at the Women's Business Council luncheon held at the Q Center in St. Charles. The attendees joined in discussion on the subject of surgical options for women. As an added attraction, the Women's Business Council presented a "behind the scene makeover" involving the work of area beauty & fashion designers. We thank the Women's Business Council for inviting us to participate in the fun.



Ladies, plan to attend the ChicagoLand Women's Expo on February 19 & 20 at the Arlington Heights Park Racecourse. The event will feature more than 200 exhibits of products & services for women & will include speakers, demos, celebrities & more. Be sure to stop by our

Shop • Laugh • Learn
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.

Physicians' choice for a natural look
**ST. CHARLES
plasticsurgery**
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