

# Talking Shape

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## Doc Talk: The Latest & Greatest

It seems that everyone these days wants to have the most advanced this or the latest that – NOW! Most of us cannot live without the latest cell phone feature, or TiVo. Even the smallest of conveniences, such as our TV remote has changed humanity forever. Can you imagine actually getting up from the couch and putting down your sandwich just to change the channel. Only cave men did that!

In medicine, however, the latest and greatest has a different threshold for acceptability and applicability. Although the newest procedure may sound great, as confirmed by your second cousin's neighbor's friend or the TV reporter, there may be risks involved that no one knows about and cannot predict until the medicine or procedure has been put to the test of time. While there are certain advances that have no doubt become indispensable, not everything, should be rushed into without some thought and sound scientific research. For wide application of any medicine or procedure, there should be thorough research detailing the benefits, expected outcome and the risks involved, published by independent researchers. In summary, be wary of anything that sounds too good to be true, except for the remote control and TiVo. You can take them back if they don't work!

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## did you know...

*Americans spent just under \$12.5 billion on cosmetic procedures in 2004. The top five procedures were liposuction, breast augmentation, eyelid surgery, rhinoplasty and facelift. People age 35-50 had the most procedures.*



## body-contouring procedures: tummy tuck

A flat, well-toned abdomen is something that most of us strive for at the gym. Sometimes, regardless of appropriate diet and exercise, we cannot reach our goals. Even people that are close to their ideal body weight can develop a protruding abdomen with loose and sagging skin. The most common causes are heredity, pregnancy, prior surgery, significant weight fluctuations or even congenital spine abnormalities that affect posture.

There are many techniques available for abdominal contouring. Liposuction, for example, is used when localized fat is the cause. A tummy tuck, or abdominoplasty, may be the answer to a tighter, flatter abdomen when excess fat is combined with loose, sagging skin. Also, abdominal muscles that have weakened or separated, called diastasis, can also be corrected at the time of a tummy tuck. In addition, women who have undergone a c-section may often have their scar revised at the same time. This will give the abdomen a profile that is smoother and firmer, which can often enhance body image and confidence.

A tummy tuck is not a substitute for appropriate diet and exercise. A great outcome can be diminished by significant weight fluctuations. If you are planning substantial weight loss or considering pregnancy, it may be advisable to postpone your surgery. Abdominoplasty is ideal for adults of any age who are in good health, stable in their weight, moderately fit and have realistic expectations for the outcome.

*"I am very pleased with my results; I haven't had a flat tummy since high school. Dr. Ghaderi has not only given me a flat stomach but has given me a whole new perspective about myself."*

- Kim, 46

*"For years I refused to put on a swimsuit. Now I have five!"*

- S.W., Wisconsin

### - 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 re-certify through examination of their current knowledge and skills.) Be sure to check your surgeon's qualifications and his/her re-certification status.

### West Suburban Women's Expo

#### Talking Shape in Our Community

We have discovered two things: 1. We very much enjoy talking about our practice, and 2. We have become very efficient in booth set-ups! Each year, St. Charles Plastic Surgery

participates in a number of lectures and community events. This past quarter proved no different, as once again, St. Charles Plastic Surgery positioned itself among the many exhibits displayed at the West Suburban Women's Expo, held at Benedictine University in Lisle. The event featured a host of products and services for women - many of which Dale and Jessica enjoyed sampling. Also this quarter, Dr. Ghaderi was invited to speak at both the Medical Aesthetics Conference 2005 and the Wheaton Park District. Topics included facial rejuvenation and body sculpting. Dr. Ghaderi expresses his gratitude for being asked to participate in these events.



*From all of us at St. Charles Plastic Surgery,*



*Happy Holidays!*

## Spiced Shortbread & Hot Buttered Cider

### Shortbread Ingredients:

1-1/4 cups all-purpose flour  
3 tablespoons granulated sugar  
1/2 cup butter

Source: *Better Homes & Gardens*

### Directions (for spiced shortbread, see notes):

**1.** In a medium bowl combine flour and sugar. Using a pastry blender, cut in butter until mixture resembles fine crumbs and starts to cling. Form the mixture into a ball and knead until smooth. **2.** To make shortbread rounds, on a lightly floured surface roll dough until 1/2 inch thick. Using a 1-1/2-inch cookie cutter, cut into 24 rounds. Place 1 inch apart on an ungreased cookie sheet. Bake for 20 to 25 minutes at 325°.

**For Spiced Shortbread:** Prepare as above, except substitute brown sugar for the granulated sugar and stir 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground ginger, and 1/8 teaspoon ground cloves into the flour mixture.

### Hot Buttered Cider Ingredients:

8 cups apple cider or apple juice	1 teaspoon whole cloves
2 tablespoons packed brown sugar	1 lemon peel, cut into strips
4 inches stick cinnamon	2 tablespoons butter
1 teaspoon whole allspice	Cinnamon sticks (optional)

**1.** Combine cider and brown sugar in a large saucepan. For a spice bag, tie cinnamon, allspice, cloves, and lemon peel in a 6-inch square of 100 percent cotton cheesecloth. Add spice bag to cider mixture. Bring to boiling over medium-high heat; reduce heat. Cover and simmer for 15 minutes. Remove and discard spice bag. **2.** Top each serving with 1/2 teaspoon butter and serve with a cinnamon stick stirrer, if desired. Makes 10 to 12 servings. **Make-Ahead Tip:** After discarding spice bag, chill cider and reheat to serve. Or, keep prepared cider warm in a crockery cooker on low-heat setting.



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