

Talking Shape

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Doc Talk: Sex & Plastic Surgery?

No, this is not about Christian Troy on the show "Nip/Tuck". Recently, there was an article published in a respected peer reviewed publication, the *Aesthetic Surgery Journal*¹ that reported the results of a study focusing on the effects of cosmetic surgery on intimacy and sexual relationships. I have always known that the basic reason my patients undergo plastic surgery is to improve a certain part of their body and feel better about themselves. This article goes on to say that this newfound sense of well-being can lead to a higher level of comfort in intimate settings and greater satisfaction in sexual relationships. The results are interesting to read and have available in your memory bank for your next cocktail party. According to the report, more than 95% of respondents reported improvement in their body image. The patients who underwent breast and body contouring surgery declared improvement in sexual satisfaction, and made changes toward a decidedly more provocative style in clothing. To top it off, 70% of that group testified that their partner's sex life had been enhanced – particularly if the surgery was on the breasts, abdomen and thighs. The study concluded that cosmetic surgery patients overwhelmingly feel better about their body after surgery. It is clear that the effect of cosmetic surgery extends well beyond the arena of just physical changes—and reaches into the bedroom.



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¹Guy M. Sofman, et al, "Better Sex From the Knife? An Intimate Look at the Effects of Cosmetic Surgery on Sexual Practices," *Aesthetic Surgery Journal* Vol 26:1 (2006): 12.

Contour Comments



In Our Community

The LivingWell Cancer Resource Center, located in Geneva, is dedicated to providing resources and support to individuals with cancer and their families, all services are provided free of charge. As a guest speaker, Dr. Ghaderi will present the topic of breast reconstruction options on June 6th. Educational events are presented weekly. For more information, contact The LivingWell Cancer Resource Center at 630-262-1111.

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facial rejuvenation: cosmetic eyelid surgery

The eyes are at times referred to as the windows to the soul. They draw attention and convey much of our expressions. Through them, we not only see the world, but the world sees us as well. Our eyes reflect much of what we feel physically and emotionally. Signs of aging and hereditary factors can greatly affect the appearance of our eyes. So, what they may reflect is not really how we feel.

If the excess, drooping skin of your upper eyelids make you appear sad or angry, or puffiness or bags make you look tired, then cosmetic eyelid surgery may be a solution for you. In general, eyelid surgery will give you a more youthful and energetic appearance. Specifically, eyelid surgery removes excess skin, eliminates bags and restores firmness to the area surrounding the eye, making you look more rested and alert. Here are some signs that you may be a candidate for cosmetic eyelid surgery:

- Loose or sagging skin on the upper eyelid, sometimes impairing vision
- Excess fatty deposits that appear as puffiness in the upper eyelids
- Bags under the eyes
- Excess skin and fine wrinkles of the lower eyelid

This surgery is most commonly performed on adult men and women in good health who have realistic goals for improvement of the upper and/or lower eyelids. A consultation is the first step to learn how eyelid surgery can improve the appearance of your eyelids and the surrounding region.



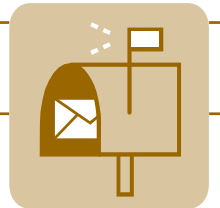
"It's amazing what a minor facial change can do for you inside and out."

- Diana, 40, Professional

- Five Essential Steps Before Surgery -

1. **Do your homework:** Research the procedure, the benefits and the risks. Refer to www.plasticsurgery.org for the latest information on plastic surgery procedures.
2. **Have Realistic Expectations:** Ask your plastic surgeon about the benefits and risks of your surgery; discuss your expectations and understand side effects and recovery time.
3. **Be Informed:** Talk to patients who have had your procedure so you know what to expect.
4. **Ask Tough Questions:** Consult your plastic surgeon and discuss your full medical history to determine the most appropriate treatment.
5. **Choose an ASPS Member Surgeon:** Why? ASPS Member Surgeons are qualified, trained and properly certified. They adhere to a strict code of ethics, receive continuous education and operate only in accredited facilities. An ASPS Member Surgeon is your partner in cosmetic and reconstructive plastic surgery.

Letters From Our Patients



It's been six weeks since my tummy tuck. I am thrilled with the results and would like to share with you my "top ten" reasons why I feel like a new person.

10. I can look straight down and see my toes for the first time in years
9. Easily bend over to tie my shoes
8. My flatter tummy won't interfere with my exercise program
7. All "industrial strength" underwear has been thrown out
6. I can now wear pretty panties
5. Crossing my legs is simple now
4. I'm thoroughly enjoying shopping for new clothes, which is new for me since I dislike clothes shopping
3. The big tummy is gone and I love my flatter tummy
2. I feel much better about myself
1. I can tuck shirts in and wear a belt for the first time in 20 years!

..... thank you very much. I love my new look!

Sincerely, J.K.

2006 Y-ME RACE Against Breast Cancer

iRace, do you?

The Y-ME Mother's Day Race has become a tradition at St. Charles Plastic Surgery. We would love to have you join us in our 3rd year! Our team theme this year is "iRace". All team members raising over \$100 will be entered to win an iPod Shuffle on Race Day.

Here are our Race Day iTunes:

I Will Survive, Gloria Gaynor
I Run For Life, Melissa Etheridge
Walk This Way, Aerosmith
Breakaway, Kelly Clarkson
Ain't No Mountain High Enough, Diana Ross
Eye of the Tiger, Survivor
Right Now, Van Halen
Lean On Me, Bill Withers
I'll Stand By You, The Pretenders
Time After Time, Cyndi Lauper
Hangin' Tough, New Kids on the Block
With a Little Help from My Friends, The Beatles
True Colors, Phil Collins
I Am Woman, Helen Reddy



What's your race day play list?

The Y-ME organization is committed to helping ensure that no one faces breast cancer alone. It is this commitment that motivates each of us to be a part of this year's race. It is our hope that, together, we can make a difference in the fight against breast cancer.

How You Can Join Us:

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



Click on **Chicago**. Under **Participate**, click on **Register Online Now****. Under **Teams**, click on **Join a Team** Search for **St. Charles Plastic Surgery**. Under 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.)

Don't Have Online Access? Other Questions? Call 630.762.9697

We will provide a team t-shirt to anyone who registers by April 24th.

Patient Satisfaction Survey Results Are In

As an ongoing mission to continually improve the quality of service and the quality of the experience with our office, we created and mailed a confidential questionnaire to 155 randomly selected patients requesting an honest and constructive evaluation of our performance. We asked...and our patients responded by returning 40% of the surveys mailed. Each survey statement presented opportunity for the patient to reply by choosing a range of agreement options. We have listed a sampling summary of the findings:

- The doctor devotes sufficient time to answering my questions and provides answers in terms that are easily understood.
97% agreed
- The nurse coordinator is professional and well informed.
100% agreed
- The patient account representative is professional and knowledgeable regarding billing and insurance matters.
96% agreed
- I would recommend the doctor to family and friends.
97% agreed

Many of our patients provided helpful suggestions in areas they felt we could improve upon, as well as generous comments about the things we do well. We considered the information to be extremely valuable in our pursuit of excellence. Thank you very much to all those who participated. The complete survey results will be posted on our website soon.

Thank You! We appreciate your responses.

