

Talking Shape

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Doc Talk: FDA Approval, Silicone Breast Implants

Well, all of our articles were done and we were ready to print our newsletter when the Food and Drug Administration made us hold the presses. The FDA on November 17 announced that it has issued approval for the return of silicone gel breast implants in the U.S. Allergan Corp., and Mentor Corp. can market the implants. The decision comes 14 years after the FDA restricted access to the devices. It is a new day for aesthetic breast surgery. The American Society of Plastic Surgery and the Aesthetic Society for Plastic Surgery applauded the action which has been highly anticipated since the second half of 2005. We actually wrote about it in our Spring 2005 newsletter – for those of you who archive our newsletters.

This is the most studied medical device in history and science has validated its place in breast enhancement surgery. Patients now have a choice of using gel-filled or saline implant. This choice has been available around the world for many years and is now available to patients in the U.S. Approximately 300,000 women chose breast augmentation and nearly 58,000 had breast reconstruction in 2005, according to our society's statistics.

The choice of implant is an important decision; one that should be discussed in detail with your surgeon. You can also visit www.breastimplantsafety.org which offers objective information about the differences between saline and silicone breast implants. Please refer to the next page for a brief overview of saline and gel-filled implants.

Now I know how newspapers feel when a news story breaks after the front page has been completed. This is great news and worth the extra effort. Happy Holidays and see you in 2007.



Bahram Ghaderi, MD, FACS

Contour Comments

Top ^{Five} ~~Ten~~ Signs

You Bought a Bad Christmas Tree
from the Late Show

5. Two feet tall, forty feet wide
4. Keeps heckling your lame list
3. It looks suspiciously like a broom handle with a lot of coat hangers.
2. Each branch has "Duraflame" printed on it.
1. It's very small and says "air freshener" on it.

on the web

In our continued effort to lead the field in patient education, we have once again updated our website. Helping patients achieve the results they desire is only part of our passion; we also aim to help them understand their options, so they can make informed decisions about their treatment. Our redesigned website provides detailed information about available services, as well as an extensive photo gallery. We hope that you find our website to be an invaluable resource as you seek the latest information on plastic surgery.

You can visit our newly redesigned website at www.stcharlesplasticsurgery.com.

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breast augmentation with silicone & saline implants

Breast augmentation enhances the size and shape of a woman's breast. Due to its safety and effectiveness, it has enjoyed ever growing popularity and a high rate of patient satisfaction. Women who choose breast enhancement surgery do so to improve their self-image. Some feel dissatisfied because their breasts never developed to a size that meets their expectations. Others want to bring balance to a breast that is somewhat smaller than the other. Often, women want the procedure to restore their natural breast volume, which may have decreased as a result of pregnancy, weight loss or aging.

The best candidates are women who are looking for improvement in the way they look, who are physically healthy, realistic in their expectations, and fully understand their own motivations for wanting the procedure. The average recovery time for breast augmentation is minimal. Often times, patients undergo the surgery on Friday and are back at work by Monday. Many women find that their new figure gives them a greater sense of self-confidence whether they're on the beach or in the boardroom.

The search for the perfect implant has been going on for many decades. Silicone gel-filled breast implants were first introduced to the market in the 1960s. They did not, however, come under the regulation of the FDA until 1976. In January of 1992 the FDA asked for a voluntary moratorium on the sale of the silicone gel-filled breast implants due to public concern. Since 1992, numerous studies have been conducted to evaluate the safety of breast implants. Those studies have revealed no scientific evidence to support a connection between breast implants and systemic health problems including connective tissue disease or breast cancer. As you read on the front page, science has prevailed and silicone gel implants have been once again approved for general use by the FDA for the following indications— breast augmentation for women at least 22 years of age and for breast reconstruction in cases of cancer, trauma or deformity. Since 1989 silicone breast implants have been made with a cohesive gel formulation that acts as a unit rather than a liquid, and holds together uniformly in the unlikely event of a rupture. The unique qualities of today's silicone gel-filled implants make it the filler of choice throughout many parts of the world. Women in the U.S. are no longer limited to using saline implants, and with the help of their surgeon, they can now make an informed choice.

Talk with your surgeon. Learn the risks and benefits for each type of implant before making a decision about using a saline-filled or silicone gel-filled breast implant. Understand that many of the "pros and cons" discussed with your surgeon will vary in importance from person to person. Silicone gel-filled implants are favored for a natural look and feel, but the scar will be of a greater length, proportionate with placing implants that are pre-filled. Saline-filled implants are filled to size after placement into the breast resulting in a smaller incision but are of greater risk for visible rippling and palpability. For many, the significant cost difference between the two types of implants can also be a deciding factor. Fortunately, today there are more breast implant options to help you get the result you deserve.



PICNIC at the Ballpark

It is the middle of August, the sun is shining and it is game day. The Kane County Cougars are taking on the visiting West Michigan team... and gathering under the picnic tent is Dr. Ghaderi and the staff of St. Charles Plastic Surgery as they host the 4th Annual Staff Appreciation celebration. The evening started with an All-U-Can-Eat menu suitable for a day at the ballpark, and finished with a cheer from the box seats to celebrate the home team win. We, at St. Charles Plastic Surgery are grateful to those that support us in the care of our patients and look forward to sharing time with you again next year.



4th Annual Staff Appreciation Night

From all of us at St. Charles Plastic Surgery,



Happy Holidays!

Mini Holiday Cheesecakes



Ingredients:

- 1 (12 ounce) package vanilla wafers
- 2 (8 ounce) packages cream cheese
- 3/4 cup white sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 (21 ounce) can cherry pie filling

Source: AllRecipes.com

Prep Time: 30 min

Cook Time: 15 min

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Line miniature muffin tins (tassie pans) with miniature paper liners.
2. Crush the vanilla wafers, and place 1/2 teaspoon of the crushed vanilla wafers into each paper cup.
3. In a mixing bowl, beat cream cheese, sugar, eggs and vanilla until light and fluffy. Fill each miniature muffin liner with this mixture, almost to the top.
4. Bake for 15 minutes. Cool. Top with a teaspoonful of cherry pie filling.

