

# Talking Shape

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summer 2007

## Doc Talk: Summer Vacation

I have noticed how in the past few weeks, as the weather has warmed and the days have become longer, how much my kids truly enjoy just playing. I suppose that is why we all plan some sort of summer vacation just to play.

It used to be that we got three months while we were in school. Now it would be great to even get ten days in a row. I don't know why we all give up that right to have three months off every summer – even if you love what you do. I suppose without working there would be no summer vacation and no playing.

I look forward to those vacation days so I can spend some quality time with my family. However, quantity is just as important. So, I have realized that even an hour a day or a few hours on the weekend are just as crucial as that three month summer break between junior and senior year of high school.

Although responsibilities never fade, summer days will. So, I gotta go outside and enjoy this rare, sunny and low humidity day. Have a great summer and see you in the fall.



Dr. Ghaderi, Y-ME Race 2007

### - Five Essential Steps Before Surgery -

1. **Do your homework:** Research the procedure, the benefits and the risks. Refer to [www.plasticsurgery.org](http://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.

## Contour Comments

The secret to staying young is to live honestly, eat slowly, and lie about your age.

- Lucille Ball

Source:  
[www.famous-quotes-and-quotations.com](http://www.famous-quotes-and-quotations.com)

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# mommy makeovers

Having a career, raising children, being a wife and mom - women do it all. However, these achievements can take a toll on your body, especially pregnancy. As a result, "Mommy Makeovers" have become more popular. Women already account for 87 percent of plastic surgery patients based on statistics reported by the American Society of Plastic Surgeons. Increasingly they are saying, "I just want my pre-baby body back". Below I will discuss the most common areas that our patients are concerned about.

Remember those long restless nights with your newborn? Well, they can accelerate the aging of your eyes. Other people may say, "You look tired." - even though you just had one of those rare uninterrupted nights of sleep. Something as simple as **Botox** for your frown lines or crow's feet can make you look well rested and refreshed. It only takes a few minutes and lasts for 4-5 months on average. **Eyelift surgery** can permanently remove the sagging skin of your upper eyelids or the bags under your lower eyelids and give you a more youthful look.

Can't forget the effects of breast feeding. Some women like the size and fullness of their breasts while breast feeding. Afterwards, however, they complain of sagging and loss of fullness. A **breast augmentation** with saline or silicone gel filled breast implants, a **breast lift**, or a combination of the two can help you regain the shape, fullness and size of your breasts. On the other hand, some women require a **breast reduction** after breast feeding due to the heaviness of their breasts, which can cause back and neck pain.

And of course, the tummy where it all started. A very common complaint of mothers is related to the post-baby "pooch". Weight gained during pregnancy can be resolved through diet and exercise, but the stretched abdominal muscle and skin is most commonly corrected by an **abdominoplasty** or **tummy tuck**. The surgery removes the excess skin and fatty tissue while tightening the rectus abdominus muscle (your six-pack muscle). This will give your abdomen a flatter appearance and make many women feel more comfortable and confident in their clothing & bathing suits.

Sometimes after having children fat redistributes to unwanted areas such as the flanks, hips and thighs. These localized areas of fatty collection are often resistant to diet and exercise and persist even after your weight has returned to pre-baby levels. **Liposuction** is the ideal tool for contouring the areas of unwanted fat. It has minimal scarring and minimal recovery with most patients returning to work and driving the kids around within 48 hours.

Having a family is wonderful and the trade-offs are absolutely worth it (easy for me to say as I did not bear the children). As we are all living longer and with better quality of life, women are frequently saying "I would just like this area to look like it did before children". Most of our patients are moms and we hear these concerns on a daily basis. As always, please let us know your thoughts.

## Meet the Staff:

### Catie Wallace, Patient Coordinator



## SUMMER FUN!!!

**Boating** - Tubing on a boat is a great way to spend the weekends up in Lake Geneva. I get a little beat up out there. So, if you see my elbows covered in bandages just ask me when I was out boating last.

**Shopping** - Having the mall just steps away from St. Charles Plastic Surgery is a nice thing. But when you end up there on most of your lunch breaks it poses a little bit of a problem. It's a good thing I love working for such a great office.

**Baseball** - I'm from Iowa and there are no professional sports teams. Most people grow up Chicago Cubs or St. Louis Cardinals fans. I moved out here four years ago and became a huge WHITE SOX fan.

**Summer Barbeques** - I love summer barbeques. It's a great reason to hang out with family and friends. It's even better when the guys are doing the cooking for the day. It gives us women a chance to catch up on each others lives or as some would say GOSSIP!!!

Have a fun filled summer, I know I will!!!

## 2007 Y-ME Race To Empower



# Soles United



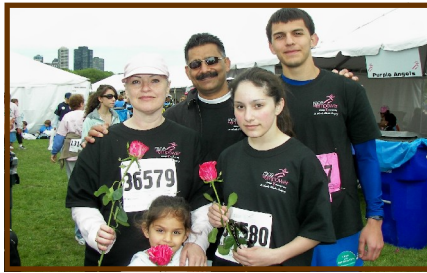
This past Mother's Day, St. Charles Plastic Surgery was among the 30,000 gathered at the start line of the Y-ME National Breast Cancer's 16th annual Race to Empower™, an inspiring event that raises funds, not for research, but to ensure that no one faces breast cancer alone.

Supported by a team of 41 members, St Charles Plastic Surgery raised \$7,362 toward the national goal of \$7 million. This year's team logo, "Soles United" inspired the many creative and wacky shoes displayed by team members as they raced to the finish line. A team sponsored prize was given to the most creative display.

Next year, don't miss out on the experience—join the team of St. Charles Plastic Surgery and plan to make a difference in the lives of those touched by breast cancer.

*Soles United make a difference in the fight against breast cancer.*

more race day photos...



"Whether people are honoring the survivors in their lives, commemorating their own survivorship or remembering those who are no longer with us, the Mother's Day events are deeply meaningful and truly empowering."

- Y-ME CEO, Margaret C. Kirk

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