

Talking Shape

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Winter 2007

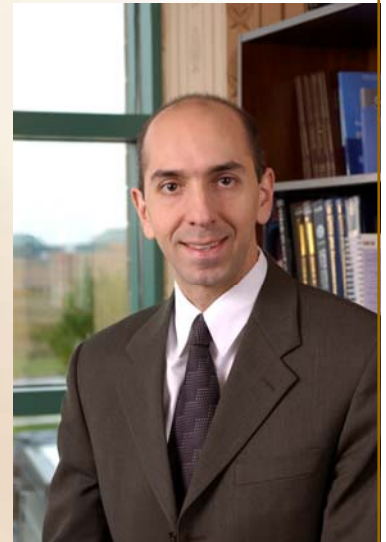
Doc Talk: something to Think About

As everyone is busy with the new year and still paying off their purchases from the last holiday season, everyone is keenly aware of where their credit cards are. However, do you know where your health insurance card is? And, what do the two have in common? To cut to the chase – identity theft is the answer.

I read something in reader's digest that made me look for my insurance card. In the article it mentions how a gentleman got a bill from a hospital for a surgery he never had. He couldn't have had it because he never set foot in the hospital. Someone using his name and social security number had been admitted for surgery. He was a victim of medical identity theft. It involves using your name to get drugs and medical treatment. The article refers to your insurance card as "a Visa card with a \$1 million spending limit". It is estimated that anywhere from 250,000 to 500,000 Americans have already been victims.

The other half of the story is that when someone steals your name to receive health care, his medical history becomes part of your record. That information is dispersed among dozens of doctors, pharmacies, labs and insurance companies. Trying to correct that is no easy task. What if your blood type is changed because someone stole your family insurance card? That could lead to disaster in an emergency. To protect yourself, treat your insurance card like a credit card. If you lose it report it immediately to your insurance company and don't show it to anyone except a trusted health care provider. Enjoy the new year and remember to put your insurance card next to your credit card. Spring is here!

- Reader's Digest: November 2006 "Your Medical Records Stolen! How to Protect Yourself" by Max Alexander pg 87



Bahram Ghaderi, MD, FACS

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Contour Comments

Did You Know?

Hippocrates, the Father of Medicine, suggested that a woman could enlarge her bust line by singing loudly and often.

Source: <http://www.didyouknow.cd/>

Frequently Asked Questions:

What kind of music do you listen to in the OR?

Well, typically it does not matter as I tune everything out when concentrating. For the most part, however, there is some music in the background – usually Jack FM 104.3. It has a variety of music and since the 80's were my heyday, I like the type of music they play. There have been times when patients request a certain type of music to be played and we accommodate their choice as much as possible – so fill up your iPod!

Let us know what questions you would like to have answered in our upcoming editions. Our policy is any question is a good question. You can email us at info@stcharlesplasticsurgery.com.

making sense of mesotherapy:

The US Centers for Disease Control statistics show that one third of Americans are obese and one third are overweight. Many of the remaining third have localized fat deposits that are resistant to diet and exercise. Currently, the most reliable technique for reduction of fatty deposits is liposuction or lipoplasty. While surgery could effectively reduce fatty areas in all three groups, only a small percentage of people choose to undergo surgical correction. There is, however, a growing global interest in noninvasive aesthetic procedures. Touted as a non-surgical alternative to liposuction, Mesotherapy or injection lipolysis involves injecting medications and plant extracts into layers of fat and connective tissue under the skin for reducing small, localized fat deposits.

It was pioneered by the French physician Dr. Michel Pistor in 1952 but not specifically for fat reduction. Indications for traditional Mesotherapy vary from chronic pain to scalp rejuvenation. The injected ingredients may include agents that are used to open blood vessels, non-steroidal anti-inflammatory medications, enzymes, nutrients, antibiotics and hormones. Mesotherapy may be used in conjunction with dietary modification, hormone replacement therapy, exercise and nutritional supplements. No drug is approved by the U.S. Food and Drug Administration for use in mesotherapy.

Although the practice of mesotherapy has been around for decades in Europe, it has only recently been introduced in the United States. There are no published scientific studies demonstrating if the effects are permanent, why or if certain ingredients work, or how safe mesotherapy is for patients. In addition, there is no standardization in mesotherapy. The types of drugs used vary from physician to physician as does the quantity and frequency of injections. Mesotherapy may cost \$1,000 to \$1,500 per treatment with three to six treatments required. This can prove costly for patients who may not receive the desired results.

There is no formal scientific study on what happens to fatty acids once they leave the targeted area or how the various ingredients affect the body's organs and other tissues. Studies on side effects and complications are just beginning to be published in respected peer-reviewed journals. There is still much that is not known about Mesotherapy or injection lipolysis to say that it is unquestionably safe for patients. We will keep you updated as soon as there is any positive progress on this exciting and promising technique.

- 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.

Meet the Staff:

Michelle Lanciotti Office Assistant

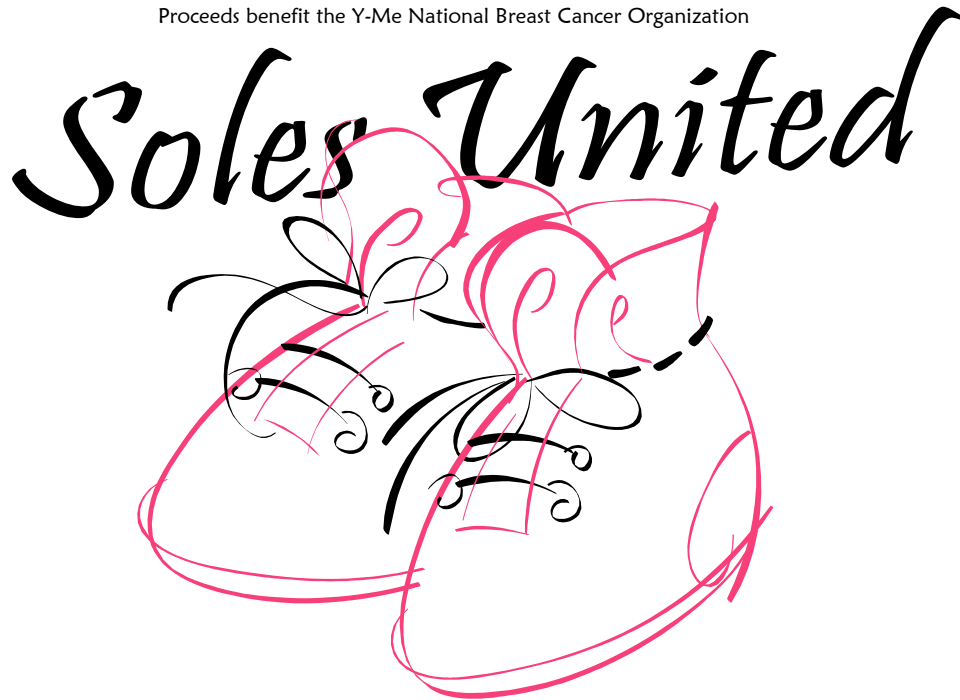


When I am not at work, I spend my free time at the gym, decorating my house or working on the latest home improvement project, baking up a storm in my kitchen, or just hanging out with family and friends.

I have worked in several different industries during the past 20 years, but find the medical field by far the most interesting and exciting. I love meeting new people every day. I feel very blessed to represent St. Charles Plastic Surgery. I couldn't ask for a finer group of people to work with or a more rewarding work environment.

Join Team St. Charles Plastic Surgery for the
2007 Y-ME Race To Empower.

Proceeds benefit the Y-Me National Breast Cancer Organization



Let's unite our soles together to walk in the 2007 Y-ME Race To Empower!
We would love to have you join us, heart and sole to walk for those
who cannot wait for tomorrow's cure.

Team St. Charles Plastic Surgery is sponsoring a wacky shoe contest. So wear your
most creative/decorated soles on Race Day to have a chance to win.

As always, all team members who raise over \$100 will be entered to win the team
giveaway - this year, it will be a \$100 gift certificate to DSW Shoes.

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

How You can Join Us:

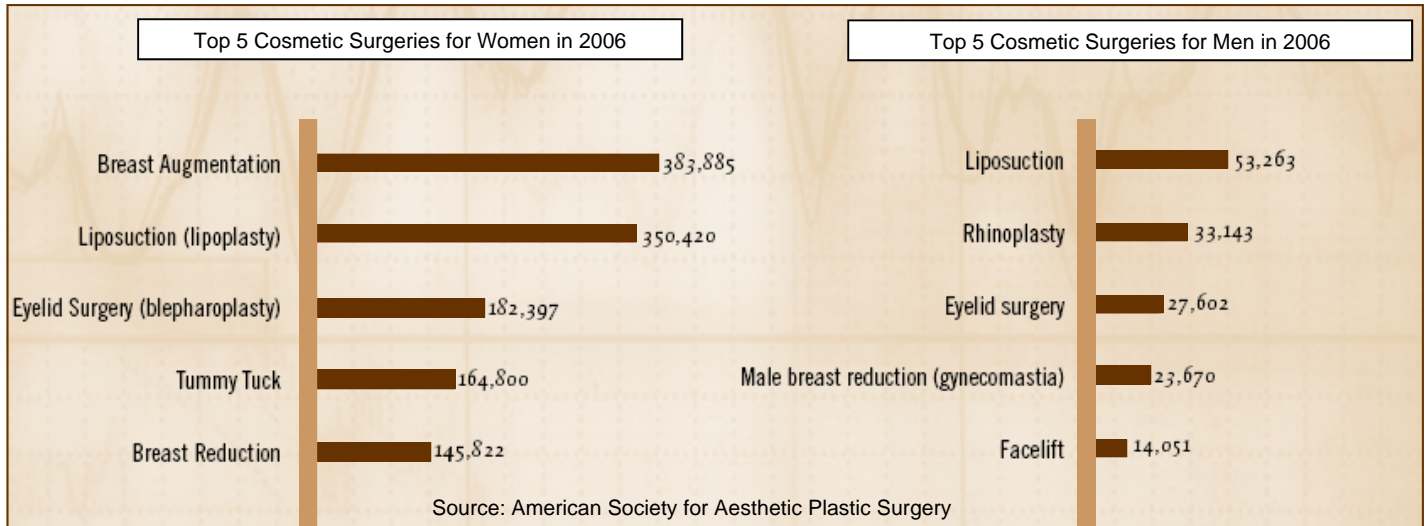
Sunday, May 13, 2007 • 9:00 am
Chicago's Grant Park • 1 or 3 mile walk/5K run

- 1 - Log on to <http://race.y-me.org/scps>.
- 2 - Click on **Join St. Charles Plastic Surgery**.
- 3 - 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.)

A team t-shirt will be provided to all who join us by April 22nd.

cosmetic surgery statistics

Nearly 11.5 million cosmetic surgical and non-surgical procedures were performed in the United States in 2006, according to statistics released by the American Society for Aesthetic Plastic surgery (ASAPS). The Aesthetic Society, which has been collecting multi-specialty procedural statistics since 1997 says the overall number of cosmetic procedures has increased 446% since the collection of statistics first began. Below are findings reported by the ASAPS. For a detailed look at the current US statistics, visit www.surgery.org.



Quick Facts: Would consider cosmetic surgery for self, now or in the future: 34% of women 18% of men
Would not be embarrassed about having cosmetic surgery: 83% of women 78% of men

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