

# Talking Shape

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## Doc Talk: The Big 4-0



Bahram Ghaderi, MD, FACS

A few years ago when I heard noises in the house the explanation would be that the house must be settling. Now, it is more that my joints are settling. The creaking and cracking is definitely not the house anymore. I will be turning 40 this year and have already noticed the differences. I can throw my neck out by just reading a sentence too fast on the computer. I really don't feel like working out to exhaustion anymore. I'd much rather get exhausted trying to find an episode of Seinfeld to watch on TV. Thankfully, they are easy to find, so it suits my exertion limits. I do enjoy running around with the kids and chasing after them because I can still win. Never mind that they are at least 30 years younger. I can tell that my winning streak only has about 4-5 years left. I am still the strongest person in the house, so that is a positive. As soon as I think of other positive things about getting older I will include them in the future editions of our newsletter. If you can think of any, email us and let us know at [info@stcharlesplasticsurgery.com](mailto:info@stcharlesplasticsurgery.com).

### Contour Comments



"I'm going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake."

### Y-ME Race Highlight

This year, Team St. Charles Plastic Surgery raised.....

**\$17,779.10**

for the fight against breast cancer. Thank you to everyone who joined us!

## Post-Olympic Recovery

Somewhere in the eighth grade my Olympic dreams died, as I realized that I could neither swim fast or jump high, and sometimes had balance problems walking on surfaces much greater than 4 inches. Thus, every four years I live vicariously through these amazing athletes. You would think that just because there were 3600 hours of coverage this year, that it didn't mean I needed to watch all of them. But addictions are hard to break. I think I set my own personal best record for fastest time to eat all snacks in the house, as time and again my "just 30 more minutes" turned into 5+ hours. With six extra pounds and severe sleep deprivation, does anyone else need to come in for Post-Olympic rejuvenation? I'm not sure that Olympic Fatigue is a diagnosis, but it should be. I love the Olympics. And I love Botox®. ~ JG

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## What happens when breast implants break?

Patients often ask, "Well, what happens if my breast implants break?" The answer depends on which type of implant you have. With a saline filled implant, you will notice a significant decrease in size. Your body reabsorbs the saline that is coming out of the implant and it deflates. You will see a difference immediately and no further testing is needed to make the diagnosis. With silicone gel-filled implants the signs are different. You may have no symptoms at all, or may feel a shape change or more firmness to the breast. There will be no deflation as your body does not reabsorb the silicone gel. However, this is not harmful to your body and the newer gel-filled implants are more cohesive and, therefore, less likely to travel beyond the implant pocket.

With both types of implants you will need to be examined by a board certified plastic surgeon to determine whether or not your implant has broken. With saline implants the diagnosis will be made with a physical exam alone. With a silicone gel-filled implant you will also need an MRI to confirm the leak. Once the diagnosis has been made, you can discuss the different options available with your surgeon regarding replacement surgery. Often times the implant replacement procedure is simple and less involved than the original augmentation surgery. The implant pocket is already there and, therefore, you will have much less pain and recovery time. Sometimes the pocket or capsule surrounding the implant may require revision or you may desire to change your implant type from saline-filled to silicone gel-filled. These are all questions that you can discuss during your consultation. As always, feel free to contact us at 630-762-9697 with any concerns or questions.

### Meet the Staff:

#### Monica Maris, Administrative Assistant



**We interrupt this newsletter for an important message:** Monica arrives in the wake of a storm.....

**Occupation:** Administrative Assistant

**Hometown:** Corpus Christi, TX

**Interests/Hobbies:** Movies, music and concerts; Spending time with family and friends; Lately, after having started working 7 days a week, my interest is SLEEP.

**Diamonds or Pearls:** Diamonds (non-conflict)

**Pets:** I love all animals, especially "Peanut", my Jack Russell Terrier. I also admit to bonding with the fish in our office—crabs, urchins and starfish included—of course, they play hard to get but I am wearing them down.

**Favorite Color:** Choosing to be girly with this one and going with Pink

**Favorite Movie:** Finding it difficult to be girly with this one..... Scarface

**White Sox or Cubs:** White Sox (sorry Doc)

**Laugh or make others laugh:** Make others laugh

**Something you would never know about me:** I went to school to be a "Weather Girl".....

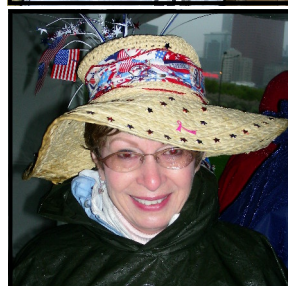
**Monica's forecast for St. Charles Plastic Surgery:** Bright & Sunny

Review of the 2008 Y-ME Race To Empower

# And the thunder roared....



The thunder roared with each lightening strike and the cold torrential rains soaked Grant Park, and still... the 90 members of St. Charles Plastic Surgery team arrived early on Mother's Day to participate in the annual Y-ME Race to Empower - dedicated to ensuring that no one faces breast cancer alone. The team t-shirt did not have a chance to shine under so much layering and rain gear, but was proudly worn by each team member. Those who arrived on race day displaying creatively decorated hats, adorned with patriotic snippets were entered into one of the several team prize drawings. Contest winners included Laura Backus (AMC movie tickets), Caroline Davis (gas gift card) and Katherine Higgins (pink throw blanket). Despite the rain, despite the cold, and despite the lukewarm coffee, the St. Charles Plastic Surgery team joined together on that day and raised \$17,779.10 in the fight against breast cancer. Our own lives touched by the courage, strength and determination of those who fight breast cancer on a daily basis, we can proudly say, we will be back again next year. Rain or Shine....please plan to join us!



**Helping Y-ME Carry Their Message Across our Nation.**



## Have you heard about Ken?

Ken Hedrich earned his masters degree in exercise physiology from Northern Illinois University. He has published several research articles in physiology journals and has over 15 years

experience in teaching clients the methodology of fat-loss. He joined with St. Charles Plastic Surgery to provide post-surgery exercise guidelines to our patients. Recommendations are specific to your cosmetic procedure and/or exercise history. If necessary, our physiologist will also demonstrate proper exercise technique pertinent to patient needs. Ken is also available for additional exercise management and offers a specific program only available to St. Charles Plastic Surgery patients.

## - *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 “grandfathered 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.

