

Talking Shape

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Doc Talk: Case of the Month



Dr. Bahram Ghaderi

On our website we have a section called “Case of the Month” where we showcase different types of procedures through before and after photos followed by a story about the patient. At times the patients write their own stories and share their thoughts and emotions about the surgery that transformed them. Many times the surgeries are complex or extensive. I want to tell you about one patient whose surgery lasted only minutes but the effects were just as dramatic. Her photos will be presented in the next couple of months in our “Case of the Month” section. I will tell you her story first, however.

She is 31 now, but when she was born forceps had to be used for the delivery. The consequence was an indentation on the right side of her face near her cheek bone. It created a deformity and facial asymmetry that had always bothered her. In photographs or when in larger gatherings, she would always wonder who was noticing the imperfection on her face. After thinking about corrective surgery for many years she made an appointment to discuss her options. After a full evaluation, I recommended a short surgery to release the scar that was causing the concavity and to fill the area with a skin substitute to prevent recurrence of her deformity. The surgery was short and sweet and the results were very pleasing. But that is not the best part. The day she came in to have her stitches removed, she smiled and said “I am going to see my dad today. He has not seen me since I had the surgery.” Now that is the part I

will remember. I can just imagine how happy her dad felt to see his daughter not be bothered by something that happened so many years ago during her birth. That made my day as well – big time. If you would like to see her photos, please check our “Case of the Month” section over the next two months and you will not miss her. Your comments are always welcome at drghaderi@stcharlesplasticsurgery.com. Have a great holiday season and I will see you next year.

Holiday Comments

Five

Top Ten Signs

You had a Lame Thanksgiving
from the Late Show

5. The thing you were most thankful for? Everyone leaving.
4. You deliberately tried to choke on a turkey bone.
3. Turkeys were sold out so you ended up with a butterball frozen monkey.
2. Local shop ran out of pilgrim costumes so people came dressed as astronauts.
1. Thanksgiving Day parade was rescheduled to June 14th.

Meet the Staff:

Michelle Buettner, Medical Esthetician

Michelle Buettner is a licensed esthetician, a certified medical esthetician and a licensed massage therapist. By combining her knowledge in advanced medical skin care and massage therapy, she can deliver a host of skin care treatments, all the while, helping to relax both the mind and body. She has training in pre-operative and post-operative skin care treatments and is looking forward to assisting Dr. Ghaderi in optimizing patient surgical outcomes. Her philosophy includes pampering her clients, a philosophy everyone can benefit from.

Welcome Michelle.

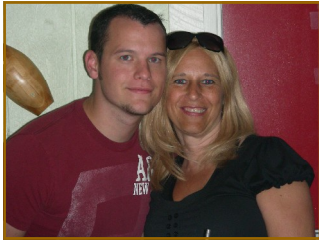
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Sixth Annual Staff Appreciation Night



Each year, Dr Ghaderi and the staff of St. Charles Plastic Surgery look forward to the opportunity to express our appreciation to those that support us in the care of our patients throughout the year. This year proved no different... and on August 12, we hosted our 6th Annual Staff Appreciation Celebration at the St. Charles Bowl. The cool air-conditioned building brought relief from the summer heat, and the buffet provided by Lou Malnatis eased hungry appetites as we gathered together for an evening of fun, laughter, and relaxation mixed with the occasional competitive game of bowling. If you missed it, plan to attend next year..... we will be there.



How Does Breastfeeding Effect Breast Appearance?

Many women believe that breastfeeding has a negative impact on the appearance of their breasts. When seeking body contouring procedures after pregnancy, women often mention that lactation and breastfeeding contributed to the loss of breast shape or volume. Reports indicate that among the most important reasons women choose not to breastfeed their infants is their concern over changes in breast shape. Such attitudes are found in a number of cultures, socioeconomic settings, and age groups.

A recent study addressing the effects of breastfeeding on breast shape was published in the *Aesthetic Surgery Journal*. The study concluded that the number of past pregnancies, rather than breastfeeding, was found to be more important. Breast sagging, or ptosis, after pregnancy was attributed to hormone regression and increased strain on breast skin from the engorgement of pregnancy. The article states, "A history of breastfeeding was not found to be associated with a greater degree of breast ptosis in patients presenting for postpregnancy aesthetic breast surgery. Age and cigarette smoking, both of which are associated with a loss of skin elasticity, were found to be positive predictors for breast ptosis, as were larger prepregnancy bra cup size and number of pregnancies. Whereas breast ptosis appears to increase with each additional pregnancy, breastfeeding does not seem to worsen these effects. Expectant mothers should be reassured that breastfeeding does not appear to have an adverse effect upon breast appearance, beyond the effects of pregnancy alone."

Source: *Aesthetic Surgery Journal*, The Effect of Breastfeeding on Breast Aesthetics, Brian Rinker, MD, Melissa Veneracion, MD, Catherine P. Walsh, MD, Volume 28, Issue 5, Pages 534-537



*Dr. Ghaderi & the
Staff of St. Charles
Plastic Surgery
would like to wish
you & yours a very
Happy Holiday
Season!*



Holiday Gooey Chocolate Butter Cookies



Ingredients:

- 1 (8 ounce) brick cream cheese room temperature
- 1 stick butter room temperature
- 1 egg
- 1 teaspoon vanilla extract
- 1 (18 ounce) box moist chocolate cake mix
- Confectioners' sugar, for dusting

Source: FoodNetwork.com

Cook Time: 12 min

Yield: 2 dozen cookies

Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl with an electric mixer, cream the cream cheese and butter until smooth. Beat in the egg, then vanilla extract, then cake mix.
3. Cover & refrigerate for 2 hours until firm enough that batter can be rolled into balls. Roll the chilled batter into tablespoon sized balls. Roll in confectioner's sugar. Place on ungreased cookie sheet, 2 inches apart.
4. Bake 12 minutes. Cookies will remain soft and "gooey." Cool completely and sprinkle with more confectioners' sugar, if desired.





We are pleased to introduce...

Michelle Buettner, Medical Esthetician

Hello,

My name is Michelle and I am proud to be the newest member of the St. Charles Plastic Surgery team. As a licensed esthetician, certified medical esthetician and licensed massage therapist, I have an in-depth understanding of the science of healthy skin and have been trained in how to diagnose and successfully treat and eliminate problematic conditions.

The skin is the largest and most complex organ of the body. But no two skins types are alike. We have different ethnic descents, live in different environments, eat different foods, have different levels of stress and descend from different genetic dispositions. All of these together create an intricate uniqueness to our skin.

Share your skin's uniqueness with me. I can offer treatments to meet your individual needs. My services include: chemical peel, antioxidant exfoliating treatment, Microdermabrasion, deep cleansing facial, the newest advancement in "Beyond Microdermabrasion", and much more....massage therapy.... face and body waxing... and still more.

I am excited about the opportunity to offer my services to you. Please contact St. Charles Plastic Surgery at 630-762-9697 to schedule a consultation with me, Michelle. I look forward to meeting you and helping you with all of your skin care needs.