

Talking Shape

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Doc Talk: A Bit Obsessive?

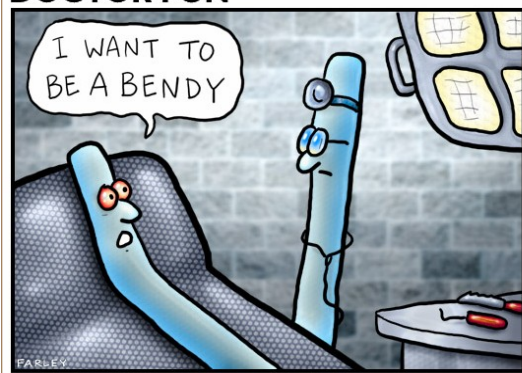


Bahram Ghaderi, MD, FACS

You may know of a friend or family member who obsesses over such things as the grass being cut the right way or the closet being extremely organized. I don't know how to mow the grass and would never think about organizing the closets. Just ask my wife. Everyone has something they obsess about, though. Well, my "something" happens to be situational. The situation just happens to be a big part of my daily life – surgery. I am always early so I can make sure the operating room is just right, the OR bed positioned just so, the equipment placed exactly in the right locations, the antibiotics given at exactly the right time, and, of course, to make sure everyone in the OR room knows I have this obsession. I am sure some patients have even thought – "boy, this guy is obsessing about everything". I wonder if I showed any of these signs when I was growing up. I am sure my mom just thought I was perfect. Well, I hope you all give me the benefit of doubt that this is a good condition and not necessarily a bad one to have – at least where surgery is concerned. So, please just humor me about my obsession regarding instructions, etc. It makes me sleep better at night. Also, if you have any obsessions that are a positive force in your daily life, please send them to drghaderi@stcharlesplasticsurgery.com. We will be sure to analyze them.

Contour Comments

DOCTOR FUN



Plastic straw surgeons

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Update:

Network of Strength Walk to Empower

New totals are in for this year's race;

Team St. Charles Plastic Surgery raised over

\$15,000

for the fight against breast cancer. Thank you again to everyone who contributed to this year's success!

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Nipple Sparing Mastectomy

Much of what is possible today for breast reconstruction stems from improvements for breast cancer treatment over the last few decades. Not long ago, radical mastectomies were the standard treatment for breast cancer. However, there has been a steady and positive evolution of more focused treatments with equal or better effectiveness. This has also significantly reduced the surgical risks involved as well as the extent of surgery needed.

Radical mastectomies caused significant disfigurement. Over the years they have been replaced with more moderate treatments such as modified radical mastectomies, breast conservation therapy, skin-sparing mastectomies and now nipple-sparing mastectomies. Even the amount of lymph nodes removed has dramatically reduced since the introduction of sentinel lymph node biopsies. This has greatly reduced lymphedema complications. Overall, survival has improved with less surgery. Frequently patients view their surgery as the easiest part of their overall breast cancer treatment plan. That is of course in hindsight.

Therefore, in the quest for even better outcomes, the nipple sparing mastectomy is the next frontier in improving the management of breast cancer. Preservation of the nipple is of great symbolic and psychological importance to a woman. Even though there are techniques for nipple/areola reconstruction, those results rarely achieve as natural an appearance as the original or native nipple. However, not every patient is a candidate for this procedure. Proper patient selection is essential in a successful outcome. There are many criteria involved in choosing the right patient for this procedure. Factors such as tumor size, location and position in relation to the nipple/areola, skin involvement, as well as lymph node involvement all have to be taken into consideration before making a final decision. The goal of the nipple sparing mastectomy is to produce the best cosmetic result with little or no sacrifice of oncologic or surgical safety. As always, if you have any questions, please feel free to call 630-762-9697 or email me at drghaderi@stcharlesplasticsurgery.com.

Source: Plastic & Reconstructive Surgery. 123(6):1665-1673, June 2009. Spear, Scott L.; Hannan, Catherine M.; Willey, Shawna C.: Cocilovo, Costanza.

Office Obsessions

Monica Maris, Administrative Assistant

I laughed when someone told me that I was obsessed with Oprah—and then I explained that anyone who remotely knows of her should be inspired by her. Call her what you will.... Oprah, Orpah (her true name), “O”, or what I like to call her... Ms. Winfrey, she is awesome. Having the good fortune of being close to someone who is acquainted with Ms. Winfrey on a personal basis, I have had several occasions to meet the big “O”. One would think that when given the opportunity to actually speak to Ms. Winfrey I would tell her of her inspirational gift.....instead, I found myself having to giggle. At least I didn’t blurt out that I watch every show, try every product she labels “favorite”, share in the fun of giving the “O” ornament to friends at Christmas and that I wear an Oprah gym outfit and drink from an Oprah mug. She doesn’t need to know that I seriously considered not washing the hand that I shook with hers. Could my passion be confused with obsession....I don’t think so. – “M”



Plastic Surgery Myths: Part 1

Myth #1: Only plastic surgeons can legally perform plastic surgery.

No regulations govern what type of medical practitioner can perform plastic surgery procedures. So the best way to know your surgeon is qualified is to choose an ASPS Member Surgeon.

ASPS Member Surgeons:

- Are certified by the American Board of Plastic Surgery to perform plastic surgery of the face and all areas of the body
- Have at least six years of surgical training and experience, with a minimum of three years of plastic surgery
- Operate only in accredited facilities
- Fulfill continuing medical education requirements

Myth #2: Plastic surgery procedures cost the same no matter who performs them or where they are performed.

There are many variables involved in the pricing of plastic surgery procedures - including geographic location, surgeon expertise and demand, and the time and effort your procedure requires. Other factors include the costs of anesthesia, surgical facility fee, labs, and more. Be sure to ask about all costs involved.

When choosing a plastic surgeon, remember that the surgeon's qualifications and experience as well as your comfort with him or her are just as important as the final cost of the surgery. Many plastic surgeons offer patient financing plans.

Myth #3: It is disrespectful to ask your plastic surgeon tough questions.

Asking tough questions is the best way to get to know your surgeon. It gives you the opportunity to learn about their qualifications, experience, and demeanor. Your questions let them know you've done your homework, want to be educated about your procedure, and will be an active partner throughout the process.

Source: American Society of Plastic Surgeons, www.plasticsurgery.org

Subscribe to Dr. Ghaderi's Blog

Check out Dr. Ghaderi's new blog at <http://drghaderiblog.com>. He has added some articles on interesting topics as well as answered questions to some common plastic surgery questions. If you have a question that you would like featured on his blog, just let us know. You can email us at info@stcharlesplasticsurgery.com.

Talking Shape in Our Community

In his continued commitment to educating our community on various plastic surgery topics, Dr. Ghaderi recently had the opportunity to speak at a well attended community gathering hosted by Kishwaukee Hospital. The evening began with discussion of surgical options for breast enhancement, breast lift, breast reduction and concluded with an interactive question and answer session.

Coming up in October, several area facilities are hosting lectures for the community in recognition of Breast Cancer Awareness Month. Because of Dr. Ghaderi's knowledge and extensive experience in breast reconstruction surgery, he will be speaking on multiple occasions. His lectures will be held at Central DuPage Hospital, the LivingWell Cancer Resource Center and again at Kishwaukee Community Hospital.

Lectures and presentations remain very important to us in serving our community. We appreciate the opportunity to educate and share the experiences of past patients. If you or anyone you know is interested in learning more about the topics to be discussed or would like to attend one of the lectures, please contact our office and we will be happy to provide you with additional details.

October is National Breast Cancer Awareness Month

The goal is to educate women about the importance of early detection. More and more women are getting mammograms to detect breast cancer in its earliest stages. As a result, breast cancer deaths are on the decline. Encourage the women in your life to get mammograms on a regular basis.

