

Talking Shape

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Doc Talk: Latest in Sports

Yes, Tiger Woods may return to play golf soon. But that is not the sports news I am really interested in. The sports news I want to share is about the best basketball game I have ever seen. This comes from a guy who went to UCLA with its rich basketball heritage and grew up in L.A. with the Lakers who have dominated the sport recently. So, I have seen many great players and games. However, none of those matched the game I saw right here on Friday night. The game was close and thrilling to the end. It was the classic underdog story. March Madness at its best.

The opposing team had beaten our team throughout the regular season but this was now tournament time. Our team, the 5th grade basketball team at St. Pat's school for whom my ten-year-old daughter plays for, had something to prove. They came out strong and played their hearts out. They were ahead for the entire game. They played like champions. The best part of the game for me was when my daughter

made a three-point play. She was fouled as she made a basket and she hit the free throw dead center – nothing but NET! I was extremely proud of her and for her.

The game, of course, went into overtime which made it even more exciting. I did not even care what the final score would be at that point. It was so much fun to see her and everyone on her team grow and become more confident throughout the season as they learned the game. Without quite knowing the scope of it, she has learned something about the value of working hard as an individual and contributing to her team as well as respecting her coaches who have taught her so much. I can't wait until my other two give me some more sports news to share. I'll let you know what the scouts from the WNBA said later. We have told my daughter that she has to at least finish eighth grade before going professional.

- 2009 Cosmetic Surgery Statistics -

- ◆ Despite recession, overall plastic surgery demand drops only 2 percent from last year.
- ◆ The top five surgical procedures for women were: breast augmentation, liposuction, eyelid surgery, tummy tuck and breast reduction.
- ◆ The top five surgical procedures for men were: liposuction, rhinoplasty, eyelid surgery, breast reduction to treat enlarged male breasts, and hair transplantation.
- ◆ Americans spent almost \$10.5 billion on cosmetic procedures last year.

In This Issue:

<i>Doc Talk: The Latest in Sports</i>	1
<i>2009 Statistics</i>	1
<i>Contour Comments</i>	1
<i>Fat Grafting</i>	2
<i>Office Obsessions</i>	2
<i>Join Us for the 2010 Walk</i>	3
<i>Plastic Surgery Myths, Part 3</i>	3

Comments from Our Patients

"...I have not told any of my friends about the surgery but they are complimenting me on how well I look and did I find a new hairdresser!! I just smile and say no but that I had a great rest in Chicago...I must thank you all for your attention and especially you, Dr Ghaderi..."

- Face Lift Patient, 53 years old

Fat Grafting

Fat grafting has had a renewed popularity recently, but it is not new. The origins date back to the late 1800's in Germany. The German surgeon Gustav Neuber is credited with reporting the first fat graft in 1893. With the advent of liposuction in the 1980's interest in fat transfer increased. Liposuction produced a valuable byproduct – semiliquid fat that could be grafted elsewhere in the body. Basically take the fat from where you don't want it and put it where you do want it. Isn't that what you all have been asking for?

Recently soft tissue fillers such as collagen and hyaluronic acid (Restylane and Juvederm) have been the mainstay of non-surgical facial rejuvenation. But they are not permanent. Transplanted fat has the potential to survive as a permanent living graft. Therefore, fat grafts are becoming increasingly important in both reconstructive and aesthetic surgery. This renewed interest comes from refined techniques over the years to increase the survivability of the fat grafts and produce more reliable and reproducible results.


Fat has also been a rich source of adult stem cells. These fat derived stem cells can provide the basis for tissue regeneration without the risks of embryonic stem cells nor the ethical dilemmas. Most recently, large volume fat grafting has been reported to be successful in breast reconstruction and augmentation. However, the techniques have not been widely used and are still at the beginning stages of being refined. Not everyone is a candidate for fat transfer and further studies are needed to determine its ultimate place in surgical procedures available to help our patients. I will update you in the future as this exciting procedure advances. If you wish to learn more about fat grafting and whether or not you are a candidate, please contact the office at info@stcharlesplasticsurgery.com or at 630-762-9697.

Office Obsessions

Dale Hayes, Office Manager

Who would have guessed? When I was young(er), I would look toward my grandmother and even my mother and think how beautiful the aging process is. Each wrinkle in her forehead, each tiny crease in the corner of her eye, and each line that formed when she smiled told a story in her life. I cleverly thought that each quaint little sign of aging should be worn as a badge of honor.....and now, I wonder... was I crazy? To age means to eventually find yourself having furrows, loss of tone, crows feet, loss of volume, unwanted hair growth, unequal fat distribution... and many other not so "quaint signs of aging". These are not badges of honor, they are my reasons to battle. So my new found obsession (most thought it would be my addiction to Starbucks) is to fight. I am beginning with a new gym membership, a book about "How to Not Look Old", and a new mantra "Do not go gentle into that good night." (Dylan Thomas)...oh, and of course - Doc, we need to stock more Botox.






Dr. Ghaderi & the Staff
of St. Charles Plastic Surgery
cordially invites you to attend a
“Pink Tie Event”

at the
2010 Network of Strength Walk to Empower

Proceeds benefit the Breast Cancer Network of Strength Organization
to help ensure that no one faces breast cancer alone.

Mother's Day
Sunday, May 9th, 2010
8:00am
Chicago's Grant Park

RSVP: Call 630.762.9697



Continental breakfast cuisine will be served
Pink Ties provided to compliment race day attire
info@stcharlesplasticsurgery.com

To Participate:

- 1 - Log on to <http://walk.networkofstrength.org/scps>
- 2 - Click on **Join My Team**.
- 3 - Follow the instructions to register. After you join, we will e-mail you with additional team details.

To Donate:

- 1 - Log on to <http://walk.networkofstrength.org/scps>
- 2 - Click on the **Team Members Name**, go to their page and click **DONATE**.
- 3 - Follow the instructions to donate.

Plastic Surgery Myths: Part 3

Myth #8: Science still has not proven the safety of silicone breast implants.

In November of 2006, the FDA reversed its 14-year ban on silicone breast implants, allowing patients in the United States access to the same implants that women in 60 countries around the world already have. You can find a wealth of scientific information on the safety of silicone breast implants at www.breastimplantsafety.org.

Myth #9: Plastic surgery is only for the rich and famous.

A 2005 study found that almost 60 percent of people who had recently had plastic surgery or were seriously considering plastic surgery had a household income of \$30,000–\$90,000 a year. In fact, 40 percent of that 60 percent reported an annual income of \$60,000 or less. Just 10 percent of respondents reported a household income of more than \$90,000.

Myth #10: All board certifications are the same.

Any group of medical professionals can create its own “certification” board. ASPS Member Surgeons are certified by the American Board of Plastic Surgery - a group designated by the American Board of Medical Specialties to oversee credentialing in plastic surgery of the face and all areas of the body. Their certification requires passing rigorous oral and written exams.

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

