

Talking Shape

volume 9, issue 2

summer 2011



Bahram Ghaderi, MD, FACS

Doc Talk: Ten Years And Counting

Time does go by fast. In 2001 we had one baby girl who was about to turn age 2 at the time, and we had just opened the office on July 2, 2001. July 1st was a Sunday, so had to give up that dream of opening on the first day of the month. Many things have changed but many have stayed the same. Now we have three children who are now ages 12, 9, and 6 – two girls and a boy. I don't know if I am more scared of the next ten years in the office or the teenage years coming up at home. Come to think of it, the teenage years have already started at home. At least that is what it seems like some days. Oh yeah, did I mention that our kids never fight? This is also my 13th wedding anniversary and we got married on the 13th of June, 1998. Who said 13 was an unlucky number? It has been the luckiest number for me.

In the office many things have changed, and stayed the same as well. We saw a patient on the very first day and have since taken care of over 4,800 new patients. Without each and every one of you it would not have been a fulfilling ten years. I have also had the honor of working with many talented and dedicated people. Dale, who you have all met, started on April 10, 2002. I just was not smart enough to find her sooner. She has been an invaluable asset and we could not have delivered the same caliber of care to our patients without her. Many of you may remember Jessica who worked in the office until she moved to Texas. She still works for the office a couple of times a year and we still ask her to move back here each time we see her. Most recently, about five years ago, we have had two great additions to our team – Catie and Monica. They are the happy faces you see first when you walk into the office. I cannot thank them enough for the comfort they give our patients each and every day.

Looking ahead to the next 20 years I would expect the unexpected to happen. And believe it or not I will have less hair. You can judge for yourself from the before and after photos on this page. I have certainly lost some since 10 years ago and have become more gray. The one thing that will always stay the same is our goal for each and every day, which is to take care of each patient as a member of our own family. That was true on July 2nd, 2001 and will be true today and for the next 20 to 30 years. Have a great summer. As always, please share any comments at drghaderi@stcharlesplasticsurgery.com.

Congratulations!

To Our 2011 Race At Your Pace
Contest Winners

Congratulations to Cindy Hansen, who won the St. Charles Plastic Surgery giveaway, a \$100 gift certificate to Let Us Entertain You.

Great job to Cheryl Pierson who won a \$100 gift certificate to Lowes for the best designed sign. Thanks to everyone who participated in our contest.

In This Issue:

<i>Doc Talk: Ten Years And Counting</i>	1
<i>Congrats to Our Winners</i>	1
<i>Capsular Contracture</i>	2
<i>Summer Exercise</i>	2
<i>Team St. Charles Plastic Surgery 2011</i>	3
<i>What's in Season?</i>	4



Capsular Contracture – what is it?

Breast augmentation is one of the most popular procedures performed by plastic surgeons around the world. Patient satisfaction rates with the surgery are consistently very high. Women benefit from the fuller and more proportionate appearance of their breasts. One issue that has been a concern over the years is capsular contracture. Since it is not a commonly used term, patient often ask “what is it?” It is the encapsulation of the breast prosthesis resulting in a firm fibrous periprosthetic shell. This can result in a firm breast rather than a soft, natural feel. If it progresses in severity, it can distort the shape of the breast and become painful. The rate of occurrence varies widely in the literature, but the good news is that it has significantly decreased with better understanding of the causes and improved surgical techniques.

So, what causes it? The exact cause has been elusive but multiple reasons have been suggested. Some report the source being the migration of silicone gel molecules across the shell of the implant. That is likely from the older silicone gel implants. The newer generation implants are more cohesive or solid. Therefore, there is no significant difference between the two types of implants – saline and silicone – with regard to the rate of capsular contracture.

Other suggested causes are foreign body reaction, genetic predisposition for encapsulation, infection or contamination by bacteria, hematoma and the surface characteristics of the implant. A certain type of bacteria *S. epidermidis* is closely associated with capsular contracture. Textured implants have some advantage but most patients prefer the smooth surfaced implants as they have lower rupture rate and less rippling. The one commonly agreed upon factor in reducing the incidence is submuscular placement of the implant. Several studies show that breast implants placed below your chest muscle, the pectoralis muscle, have a significantly lower rate of capsular contracture than those placed above the muscle.

So, the way to minimize the risk of capsular contracture is to have impeccable aseptic technique throughout the surgical process. Use of antibiotic prophylaxis orally, as well as around the implant and in the breast pocket has been shown to be very effective in reducing the incidence of capsular contracture. Also, minimizing bleeding during surgery and placing the implants under the muscle, when indicated, helps to avoid this frustrating side effect. Massage techniques after surgery have also been used but are less effective than preventing the contracture from forming at all.

I hope this answers some of your questions regarding capsular contracture. As always, please contact me with any questions at drghaderi@stcharlesplasticsurgery.com or call the office at 630-762-9697. Have a great

Summer Exercise

Summer is here. Whether you have to work outside or do it for enjoyment, following these tips will help you stay cool and safe during the dog days of summer.

Don't adapt the "no pain, no gain" motto. Ignoring your body's signals could be dangerous. Heat-related illnesses come with warning signs. Be sure to learn how to recognize them and what actions to take.

Don't try to diet by sweating. Excessive perspiration is not the key to permanent weight loss. Any decrease in the scale would simply be a result of water loss, not fat reduction.

Don't forget to drink plenty of liquid when swimming. Just because your body is surrounded by water does not mean that you are well-hydrated. As with any land exercises, you need to regularly replenish lost fluids when in the pool.

Avoid physical activity during the hottest part of the day, usually between 11 a.m. and 2 p.m.

Avoid extreme changes in temperature. Don't hop from being extremely hot and sweating excessively right into an ice cold, air-conditioned environment. Try to cool your body down slightly before exposing it to the extreme temperature variation.

Most importantly.....don't spend the season cooped up indoors, get out there and have some fun!

Reconstructing the Road to Recovery...

In what has become a time honored tradition, St. Charles Plastic Surgery once again teamed up for the annual Y-Me National Breast Cancer Organization's "Y-Me Race At Your Pace". Our team of 75 hard working members hit the pavement wearing pink hard hats signifying our specialty in "Reconstructing the Road to Recovery".

Completing our 8th consecutive year, we want to thank everyone who joined us for this extraordinary event that raises funds, not for research, but to ensure that no one faces breast cancer alone. The Y-ME National Breast Cancer Organization has been a moving model of caring and patience by being available with thoughtful words, acts of kindness, and attentive guidance: 24/7, 365 days a year. Our team raised over \$10,429.00 to make a difference in the lives of those touched by breast cancer. Plan to join the tradition next year.



What's in Season?

Whether it's from your own garden, a farmer's market, or a grocery store, now is the time to savor fruits and vegetables ripened by the sun. Fresh and local foods are not only more nutritious but more delicious too. Here are a few simple grilling tips for bringing fresh vegetables to the table.

Asparagus - Roll spears in olive oil and sprinkle with salt and pepper turning every few minutes until tender. Grill 5-10 min

Summer squash - Cut into halves. Brush with olive oil and sprinkle with salt. Grill 5-8 minutes per side.

Peppers - Cut bell peppers in half lengthwise, remove seeds, and brush with olive oil. Grill 6-10 minutes skin side down, then 3-4 minutes. *Asparagus* - Roll spears in olive oil and sprinkle with salt and pepper turning every few minutes until tender. Grill 5-10 min

Mushrooms - Use large caps, such as Portobello. Brush with olive oil. Grill 8-10 minutes per side. Slice after grilling.

Eggplant - Cut in half lengthwise. Brush with olive oil. Grill 4-5 minutes per side.

Pineapple - Core, peel and cut into quarters. Brush with a honey and fresh lemon juice glaze. Sprinkle with black pepper. Grill 4 minutes each side - careful to not over cook.

Summer – the season to enjoy!

