

A New Leaf



The Center for
Plastic Surgery
at Copper Ridge

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“Meet”

Meet Karen Tosiello, PA

Karen Tosiello has a broad range of professional medical experience, including 13 years as a physician assistant in cardiothoracic surgery, four years in child psychiatry, and previous work in plastic surgery with Dr. Thomas. The Center for Plastic Surgery at Copper Ridge is fortunate to count Karen as an integral member of the staff.



As a physician assistant, Karen works with patients from first consultations to post-operative care. Dr. Thomas relies on Karen to deliver attentive treatment and advice. In the event that he is away from the office, Dr. Thomas entrusts patient care to Karen so that The Center for Plastic Surgery is able to provide patients full coverage, often avoiding the need for unfamiliar physicians' involvement.

Karen's medical expertise is well balanced by a friendly personality. She has mastered the use of humor, active listening, and empathy as effective ways to make patients comfortable. Our patients appreciate her easy-going demeanor and the nonthreatening way she explains complex medical processes.

Karen received her Bachelor of Science Degree in Biology from Michigan State University and then completed the Physician Assistant Program through the Cleveland Clinic. She resides in Traverse City with her family and enjoys many of the activities that life in northern Michigan provides.

“Thomas Technique”

Hidden Discreetly

There is no doubt that plastic surgery is an art. There are situations when an incision can be hidden discreetly in a natural fold. But as often as not, Dr. Thomas relies on his creativity to camouflage scars.

In one recent case, a man whose grandchildren told him he looked “mean” sought help from Dr. Thomas. The natural aging process left his browline persistently lowered, casting a fierce appearance. Dr. Thomas suggested a brow lift to ease the appearance of a scowl. The challenge came in planning where to hide the incision required of such a surgery. Brow lift incisions are generally hidden in the hairline, but this particular patient's hairline had receded beyond surgical possibility.

Instead, Dr. Thomas carefully used a natural forehead crease to disguise the brow lift incision. The results were dramatic. Not only did the patient look younger, but the grandchildren were pleased to see their grandpa's beautiful blue eyes!

“Uplift”

Non-surgical Cosmetic Treatments

BOTOX®... Injectable Fillers... What’s the difference? This is one of the most common inquiries we hear about non-surgical cosmetic treatments. First and foremost, they are different substances used for slightly different purposes.

One commonality, however, is that both should be administered by a medical professional to ensure optimum safety and best aesthetic results. We often use botox to primarily smooth out ‘dynamic creases’. These are lines made when a muscle in your face contracts (think frowning when the sun is in your eyes). Botox prevents these muscles from contracting so hard and therefore prevents the skin crease. Once a line or wrinkle is etched into the skin permanently, a filler, such as Restylane or Juvaderm, is used to fill these ‘static creases’. Both techniques are medically safe, cause minimal discomfort, and generate great results.

Here’s a summary of the differences:

Botox®	Restylane® (Injectable Filler)
<ul style="list-style-type: none">• Injected with an ultrafine needle directly into the muscle of the treatment area.• Works by reducing facial muscle activity that causes lines and creases to form.• Results appear within days and last four months or more.• Composed of a purified protein produced by the Clostridium botulinum bacterium.• Studies show a link between Botox use and relief from migraine headaches, excessive sweating, and muscle spasms in the neck and eyes.	<ul style="list-style-type: none">• Injected with an ultrafine needle just below the skin, into the treatment area.• Works by adding subtle volume and fullness to the skin to correct facial wrinkles and folds.• Results appear within days and last for six months or more.• Composed of hyaluronic acid, a substance that naturally exists in the human body.

As always, we recommend you consult with a physician to evaluate your unique needs and any relevant risk factors when considering even these minimally-invasive cosmetic procedures.

* *Medi-Spas*

The American Society for Aesthetic Plastic Surgery and the American Society of Plastic Surgeons issued a January 2007 patient safety advisory on medi-spas. Great caution is recommended when considering an invasive cosmetic treatment, particularly those involving pharmaceutical injections, laser and radiofrequency treatments, and deep skin peels. For greatest safety, a board-certified plastic surgeon or dermatologist should always oversee such procedures.



* *Implant Evaluation*

According to a November 2006 statement by the U.S. Food and Drug Administration, silicone gel-filled breast implants have been approved following in-depth evaluation for women aged 22 and older. The FDA will continue monitoring the products in a study of 40,000 women over 10 years.

“Men’s Motivators”

Youthful Appearance

It is becoming increasingly common for men to pursue reconstructive and cosmetic procedures in plastic surgery. Often the motivation to do so comes from a desire to maintain a youthful appearance. Another motivator would be medical conditions causing deformity.

Gynecomastia is a medical condition in which male breast tissue enlarges, usually occurring at the time of a natural hormonal change. Hormonal changes occurring during infancy and adolescence can result in slightly enlarged breast tissue, however at this stage in life the condition is usually temporary and the breast tissue eventually regresses.

However, in adult males, hormonal changes can be associated with other diseases such as cancer, thyroid disorders, or trauma. In such cases, gynecomastia can result in bothersome, long-term breast tissue enlargement.

Treatment of gynecomastia in adult men may include a variety of medications or therapies, depending upon overall health and medical history. Plastic surgery is another treatment option to remove excess tissue.

When medically appropriate, Dr. Thomas performs breast reduction surgery as treatment for gynecomastia to remove fat or glandular tissue. In some cases, excess skin removal can further flatten, firm, and contour the chest. Following the surgery, it is common to experience swelling and bruising. Most of the swelling will subside after a few weeks and all normal activity can be resumed after approximately one month.



* *Proactive Measures*

According to a survey by the American Society of Plastic Surgeons, “nearly 40 percent of plastic surgery patients believe they should have been more proactive in learning about potential side effects and complications before surgery.”

* *Cosmetic Tourism*

According to the American Society of Plastic Surgeons, cosmetic surgery tourism is a price-driven phenomenon that has experienced growth over the past decade. The ASPS cautions that although there are many skilled and qualified physicians practicing all over the world, it may be difficult to assess the training and credentials of surgeons outside the United States, as there is no single international standard for quality.

Source: American Society of Plastic Surgeons

“Flash”

As Seen in The Record–Eagle

Many of our patients share their stories with family and close friends. Rarely, however, is a patient featured in the newspaper for a remarkable and inspiring survival story! The staff at The Center for Plastic Surgery at Copper Ridge were so proud and flattered when *The Record-Eagle* features editor Kathy Gibbons showcased one of our patients, Jane Batteiger of Glen Arbor, Michigan in her March 18 column.

Ms. Batteiger was diagnosed with breast cancer and underwent a mastectomy and reconstructive surgery. During the long and grueling process, she found herself unable to escape into her painting as she had in the past. The article explains that longtime landscape artist Batteiger “had always picked up her paints to relax... But after the mastectomy, during which time reconstructive surgery was performed as well, and getting the good news that the cancer had not spread, she found that she couldn’t paint.”

In the end, Ms. Batteiger took a break from landscapes and found comfort in painting herself, and exploring her feelings about cancer and surgeries. The result was an amazing collection illustrating her body as it weathered illness and reconstruction. Within the handmade book are watercolor paintings, journal entries, and poems.

Dr. Thomas explains, “Her artwork speaks to so many who struggle with cancer, urging a coming-to-grips with the disease, the anguish, the new body image, and finally recovery.”

He was one of the few lucky recipients of Batteiger’s “book of hope,” and gladly displays it in the waiting room at The Center for Plastic Surgery for all to share in her journey.

Use Caution When Gifting

Gifting plastic surgery is a growing trend that could amount to the best Christmas gift ever... or the single biggest mistake in gift-giving. The level of satisfaction associated with a plastic surgery gift really boils down to communication.

Traditionally gifts are surprises. But we strongly recommend eliminating the element of surprise and *talk, talk, talk* about plastic surgery as a gift option. The Center for Plastic Surgery at Copper Ridge concurs with the advice given by American Society for Aesthetic Plastic Surgery on their website, www.surgery.org:

- The idea for plastic surgery should come from the person who intends to have it, not from a spouse, relative, or friend.
- Plastic surgery takes planning. If you expect to give or receive a “gift” of plastic surgery, make sure that everyone involved does their homework well ahead of time. A self-motivated, well-informed patient is more likely to be a satisfied patient.
- Patients should discuss risks, benefits, expectations, and desires with a board-certified plastic surgeon. Surgery should be performed at an accredited surgical facility. All members of the American Society for Aesthetic Plastic Surgery are certified by the American Board of Plastic Surgery, have significant documented experience in cosmetic surgery, and operate only in accredited surgical facilities.
- Not all patients are good candidates for all procedures. Patients need to be evaluated by a qualified plastic surgeon to determine if they are an appropriate candidate for a particular procedure.

“Heartfelt”

We Are Committed to a Cure

The American Cancer Society is fortunate to have the rich resources of supporters throughout the country, including Traverse City. Each year the **Relay for Life** around-the-clock fundraiser rallies supporters at the Traverse City Civic Center. The event is made up of teams who commit to walking or jogging the route for the duration of the 24-hour relay to celebrate survivors, remember those who lost their lives to cancer, and to earn pledge money for the fight against the disease.

There are teams from schools, hospitals, and churches. There are students and elderly participants. There are cancer survivors and family members of those who battle cancer. And, there is the staff of The Center for Plastic Surgery at Copper Ridge.

The participants come from diverse backgrounds, but there is at least one commonality: Supporters of the American Cancer Society are inspired.



The Center for Plastic Surgery team draws inspiration from its many patients who live with the disease, along with its own staff member, Lori Wildfong, who is a breast cancer survivor. Uplifted by the spirit of cancer patients who gracefully weather the storm of treatments, surgeries, and side effects, our staff proudly does its part to contribute to the American Cancer Society. As medical professionals, we value the efforts of the ACS to work toward finding a cure. As human beings, we value the lives and health of our beautiful patients, friends, and family members.

“Clicks”

Our Website

Have you ever wondered what it's like to undergo one of our cosmetic procedures? Now our website sheds even more light on the reality of our work. Not only does the site tell you what we do, we're showing how we do it!

Log on to our site at www.tc-plasticsurgery.com and go to the Procedures page. Within some of the procedure descriptions, we have added slideshows that demonstrate our work. You'll see real patients undergoing micropigmentation (permanent make-up), a chemical peel, and an eye lift. The step-by-step pictorials walk you through each procedure from consultation to completion. Take a peek to see our talented staff create beautiful results.

“Calling all Artists”

Our Art Gallery

In a previous issue of *A New Leaf*, we called for local artists to submit their original drawings and paintings for display in our office gallery. Thank you to all of you who are willing to share your work with us! We have a number of new pieces for all to appreciate.





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“Ask the Doc”

Why is Board Certification so Important in Plastic Surgery?

Board certification ensures that a plastic surgeon is highly qualified to handle the most complex cosmetic and reconstructive surgeries. Board certification in the field of plastic surgery is an important distinction, as more and more physicians without such credentials are offering plastic surgery and cosmetic procedures as ancillary services. The American Board of Plastic Surgery is recognized by the American Board of Medical Specialties to certify doctors in the specialty of plastic surgery.

Board certification means that a physician has completed the following rigorous requirements in his or her area of expertise:

- Graduation from an accredited medical school
- Completion of at least five years of general surgery and plastic surgery residency training
- Passes recurring comprehensive oral and written exams
- Completes continuing medical education courses
- Adheres to a strict code of ethics



DR. THOMAS IS BOARD CERTIFIED
IN PLASTIC SURGERY BY THE
AMERICAN SOCIETY OF PLASTIC
SURGEONS. HE IS ALSO A FELLOW
IN THE AMERICAN COLLEGE OF
SURGEONS.

Can Past Surgeries be Corrected?

Occasionally plastic surgery results in a poor or less than desirable outcome, most often because of an inexperienced surgeon. Repairs can be performed if there is enough tissue left to complete the surgery, and the surgeon has adequate experience correcting surgical errors.

To avoid a disappointing experience altogether, the critical first step should be to select a Board certified plastic surgeon. Upon selecting a surgeon, it is equally important to establish open and honest communication about the goals of plastic surgery. The surgeon must demonstrate a clear understanding of the goals and agree that they are achievable. As a patient, it is imperative that you express your wishes clearly and candidly.