

A New Leaf



The Center for
Plastic Surgery
at Copper Ridge

Summer 2009 / Issue 07

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“Meet”

Dr. Jeffries Joins The Team

Christopher C. Jeffries, MD, has joined Steven V. Thomas, MD, FACS, at The Center for Plastic Surgery to perform cosmetic and reconstructive surgery. Dr. Jeffries is board-certified in General Surgery by the American Board of Surgery. In June of 2009, he traveled to Belgium, completing extensive training in the latest breast reconstruction techniques under the direction of European surgeons and pioneers.



Dr. Jeffries completed his Plastic Surgery residency at Indiana University (IU) in Indianapolis, Indiana, and has advanced training in microsurgery. He completed his medical degree and General Surgery residency at Wayne State University School of Medicine in Detroit, Michigan.

“We are privileged to have Dr. Jeffries join our team,” said Dr. Thomas. “His expertise in post-cancer breast reconstruction and his experience in facial aesthetics and body contouring will allow us to better meet the increasing requests of our patients and our community. Dr. Jeffries, who studied with the esteemed Dr. John J. Coleman, III, is ideally suited to our practice, as he exemplifies the perfect combination of compassion and skill.”

Dr. Jeffries is a native of Michigan. He is an avid sportsman and enjoys squash and tennis, golf, and snow skiing. He and his wife, Lauren (an attorney with a focus on the environment and public policy), have an infant son.

“Thomas Technique”

Breast Reduction

Many women choose to augment their bust size or “lift” their breasts through surgery, but there are also those women (and men) who have become burdened by heavy, oversized, or uneven breasts. Dr. Thomas excels at reduction mammoplasty, or breast reduction, and assists those who want relief from the physical and social pain associated with excessively large breasts. “A breast reduction can be performed on women of all ages,” said Dr. Thomas, “but it is recommended that adolescent female patients wait until the breasts have completely developed before considering the surgery.”

Breast reductions may require an overnight stay at a medical facility, and Dr. Thomas recommends that the patient have a companion and supervision during the first few days following the procedure. Recovery can take several weeks before patients are able to resume work and normal to light physical activity. Patients may also notice a lack of sensitivity in their breasts in the weeks, or in some cases, months after the breast reduction. Women should discuss with Dr. Thomas issues such as the ability to breast-feed following a breast reduction, and scarring.

“Flash”

Ear Surgery Equates to Higher Self-Esteem

For many children and young adults, having protruding ears can cause one to feel like an easy target for teasing. References to Dumbo the elephant and other such slurs can be harmful to self esteem, especially during the formative years.

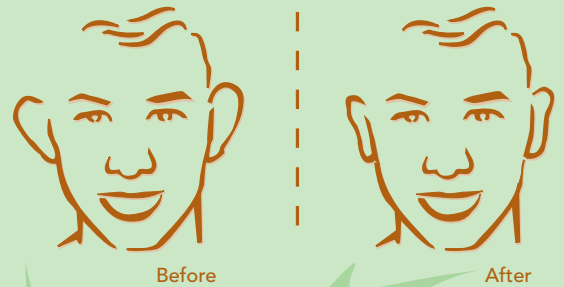
Otoplasty reshapes the ear. By placing small incisions behind the ear, surgeons can reshape or trim the cartilage to define how and where the ear bends.

According to the American Academy of Cosmetic Surgery's 2008 Procedural Survey, 27.7% of otoplasties are performed on those aged 13-19. In fact, many surgeons prefer to perform an otoplasty at a younger age because the cartilage is extremely flexible, thereby permitting greater ease of shaping and a better result.

“While cosmetic surgery is not for all adolescents, there appears to be a trend in otoplasty for younger patients,” states Dr. Patrick McMenamin, MD, President of the AACS. “The bottom line is that if the teen is of appropriate psychological and physical maturity, then the teen can reap the benefits of an early age otoplasty.”

Otoplasty can be performed on an outpatient basis under local or general anesthesia. The procedure takes from two to three hours and following surgery, the patient wears a bandage for a week until stitches are removed. Adult patients can return to work and regular activity within 5 days of surgery; younger patients may be restricted in their activities for a week, or longer.

Reference: Sarah Massier, American Academy of Cosmetic Surgery



“Meet”

Tina Kohler and Sandy Weaver

The smooth operation of a busy physician practice requires the efforts of many people. Two important players on The Center for Plastic Surgery's team are Tina Kohler and Sandy Weaver. Tina serves as the Scheduling Coordinator, working daily with patients to schedule appointments. She schedules for both physicians, as well as the other clinicians in the office. All consultations, follow-up appointments, surgeries, and hospital tests, such as MRIs and CT scans, are booked with Tina's assistance. Tina is a Leelanau native and a St. Mary's alumna; she has worked in health care for most of her career. Tina and her husband have six children and enjoy many outdoor activities, including camping, biking, and softball.

The office Business Manager is Sandy Weaver. Sandy coordinates staffing, manages payroll and accounts payable, assists with customer service, and provides for the day-to-day office upkeep and supply management. Sandy is from Michigan's Anchor Bay area and moved to Traverse City in 2006. She attended Macomb College and Wayne State University and began her career in property management. Sandy is the mother of one daughter, and enjoys many sports. “I like them all, but I'm not good at any of them,” she says, jokingly.

Both Sandy and Tina are important players on another team, as well: The Center for Plastic Surgery's Bowling Team, Bowl-Tox. They bowl in the The Wild Ones League at Timber Lanes, and in 2007, they were the League champions.



“Uplift”

Living Proof

This is the second in a three-part series about breast cancer survivor Renae Johnson. In the first article (Spring '09, available at www.tc-plasticsurgery.com) we met this vibrant young wife, mother of two, business woman, friend – and began to understand how a diagnosis of breast cancer was a battle she wasn't willing to lose. In this segment, we learn about the surgical procedure, and how she related to her physicians, friends, and family.

Facing Surgery

“I really need to see you right away; can you come in tomorrow?”

These are the words that every woman hates to hear from her physician. But when Dr. Michael Nizzi called Renae Johnson, she really didn't seem to hear the urgency in his voice. But his insistence on meeting right away – and his patience in explaining the situation to Renae – finally allowed the diagnosis and the need for surgery to sink in. Renae had cancer in two segments of her left breast. Dr. Nizzi explained that a lumpectomy and/or radiation were not options, and that she would need to have her entire breast removed. Within days of that meeting, she was in a second doctor's office, that of Dr. Steve Thomas, a board-certified plastic surgeon. “It was nothing short of amazing how these two doctors worked together for me. I didn't want to have to go back and do this surgery again – my biggest fear was having cancer again, so I chose to have a double mastectomy.”



In Renae's case, Dr. Thomas was able to replace the natural breast tissue with implants at the same time Dr. Nizzi did the mastectomy. “I was so grateful to both surgeons for working so hard to coordinate their schedules and do my surgery so quickly,” said Renae. “They really seem to understand that when it's cancer, you just want it out of your body as quickly as possible.”

Renae's fortitude was well-fed by her friends and family. Renae doesn't mince words about the surgery. “You wake up and you have these nasty tubes – like cannons – draining your breasts, and it's horrible. The tubes are the absolute worst part, and you're so sore, but pain-wise, it was manageable with medications.” And Renae was surrounded with people who cared. “You are seeing all the people who love you and many people, even random strangers, just fell over themselves to help me and do nice things for me.”

It was this reinforcement that helped to bolster Renae. “I always knew I was going to win, and I felt like I had the best team. Other women I knew were going to different surgeons and different plastic surgeons. My results are totally different and I am very pleased. I was fortunate because I knew that when it comes to having something done (plastic surgery-wise), Dr. Thomas is the guy you wait for. I had a friend who was scheduled for her third lumpectomy and I said, “Are you serious? Go see Dr. Thomas.’ He met with her for two hours the next day. Do you know what that did to their schedule? Afterwards she called to tell me that she was having a mastectomy the next week due to her aggressive cancer. Even though she was unable to have reconstruction done at the same time, she was still giddy after speaking to him and felt confident in her decision.”

Renae continues, laughing: “Dr. Thomas is a big teddy bear, and I'm not talking just about breast cancer. When people hear that I've seen him, they give themselves away by talking about how nice he is and how great of a surgeon he is, and then I know they've had plastic surgery done, too. Everybody loves him.”

In the next issue of A New Leaf, read about Renae's experience with the post mastectomy procedures.



“Circle of Friends”

Laughter is the Best Medicine

Ironically, Renae and a group of her friends were planning to participate in the Susan B. Komen Race for the Cure in Chicago, just days after a friend’s mastectomy and just days before hers. “It was surreal,” she remembers, “but I said ‘Dammit, I’m wearing the pink shirt this year!’” (The pink shirt designates a survivor.)

Renae knew her friends were worried, but her sense of humor helped them see that she was going to be a fighter. “Some I had to tell to ‘stop crying or I’m going to smack you!’ and I started being a little flippant and outrageous. When a hostess at a restaurant asked if we had reservations, I said, ‘Nope, but I have cancer!’ Then they were very quick to get us a table. My friends were horrified, and I was saying ‘this is so working for me’ and it didn’t take long for them to realize that I was the same person, and I wasn’t going to take this lying down. Plus, they knew I counted on them.”

By the end of the weekend in Chicago, Renae’s friends were ready to fight the big C with her, and jokingly offered to help pick out a nipple color for her post surgical tattooing. She admits to building her girlfriend network around her just for this kind of thing. “They couldn’t fail me! And each friend knew that if she did bail on me, when I was feeling better I would find her and I’d kick her ass.”

Renae is paying it forward and being a good friend to others now. “I have care pages with people who have some sort of cancer, and I try to help them with support and humor.”



“Meet”

Colleague to Colleague

Physicians and medical colleagues were invited to a welcome reception for Dr. Christopher Jeffries, who began his plastic surgery practice in Traverse City in July. Pictured above is David D. Wright, MD (left), with Dr. Jeffries (center) and Dr. Thomas (right).



Too funny

“It takes 43 muscles to frown and only 17 to smile, but it doesn’t take any to just sit there with a dumb look on your face.”

-Anonymous

“Heartfelt”

Child & Family Services

The Center for Plastic Surgery is proud to stand behind a local organization that does so much good for our community. We recently were a featured sponsor of the very successful Festival of Tables fund-raising event for Child and Family Services. This group is a private, nonprofit organization providing human and social service programs to a 13-county region. They exist to strengthen and nurture children and families by ensuring their safety and well-being while promoting healing and growth through education, support, and advocacy.

To learn more about Child and Family Services' mission, please visit their website at: www.cfsnwmi.org.

“Clicks”

Check Us Out

Considering plastic surgery? There are many websites that explore procedures and show before and after photos, as well as step-by-step surgery explanations that can be very helpful in making your decision. Dr. Thomas and Dr. Jeffries recommend the American Society of Plastic Surgeons website at: www.plasticsurgery.org.

Our website, www.tc-plasticsurgery.com, also offers useful information and resources about the surgical and non-surgical procedures that are available through The Center for Plastic Surgery. All issues of this newsletter are archived there, as well. Through the website, you can contact the office via e-mail and download a patient information form to speed your office registration.

* *Did you know?*

During the Renaissance, plastic surgeries were performed in barber shops.

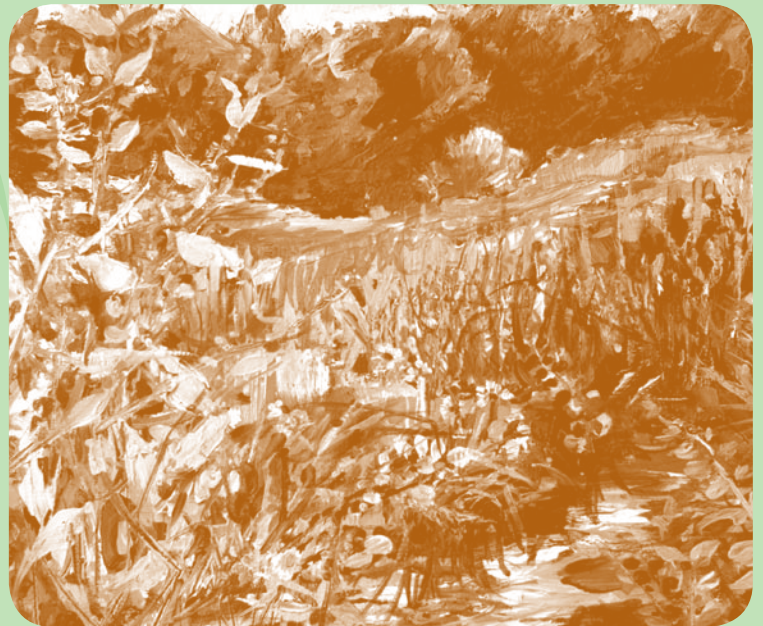
“Calling all Artists”

Our Art Gallery

Calling all local artists: Please contact us to submit your original artwork 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.



Artist: Kristine Morris



Artist: Melody Rubert



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“Ask the Doc”

Crow's feet? Frown lines? What's the story?

“I've earned every one of these wrinkles!” It's a common refrain for men and women who, as they age, see the lines on their faces become more prominent. And while some wrinkles add distinction, others can cause you to appear tired or angry. Crows Feet, which are the lines that are seen on the sides of the eyes, and frown lines, which are noticeable between the eyebrows and across the forehead, as well as on either side of the mouth (like a marionette) are some of the most common detractors to appearance. Facial surgery, such as a face lift or brow lift, can smooth and tighten the facial skin. But there are non-surgical procedures that are also very effective for many wrinkle issues, such as:

Botox Cosmetic®: These injections around the eyes and forehead can inhibit the muscles' ability to contract, producing smoothing effects in three to five days; results last from three to six months.

Fillers: Restylane® and Radiance® are crystal-clear, non-animal, biodegradable gels that are injected into the skin in tiny amounts with a very fine needle. The result is instantaneous and produces a long-lasting, natural enhancement, gentle and safe to your skin.

Both of these procedures can be performed in the office by The Center for Plastic Surgery's Karen Tosiello, PA-C.

