



The Women's Plastic Surgery Centre Update

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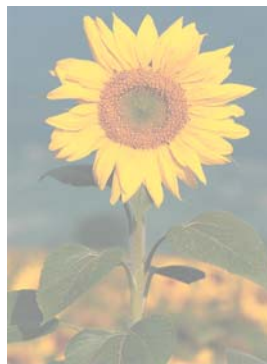
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Body Contouring & Lifts: Gearing Up For Summer

A body lift is surgery performed to correct excess loose and sagging skin and irregular contours of the:

- ❖ Abdominal area, locally or extending around the sides and into the lower back area
- ❖ Buttocks, that may be low, flat or shaped unevenly
- ❖ Groin that may sag into the inner thigh
- ❖ Thigh, including the inner, outer, or posterior thigh
- ❖ Upper arms, including the arm-pit region.

There is no other method of body contouring that can restore body shape, skin appearance, and skin tone as effectively as a body lift. Body lifts are surgical procedures and they require incisions; in some cases, incisions may be extensive. Incision length and pattern depend on the amount and location of excess skin to be removed, as well as personal preference and surgical judgment.



Surgical body lifting improves the shape and tone of the underlying tissue that supports fat and skin. Excess sagging fat and skin is removed to treat conditions caused in part by poor tissue elasticity. In addition, a body lift can improve a dimpled, irregular skin surface, commonly known as cellulite.

Keep in mind, body lifts are not intended strictly for the removal of excess fat. Liposuction alone can remove excess fat deposits where skin has good elasticity and is able to naturally conform to new body contours. In cases where skin elasticity is poor, a combination of liposuction and body lift techniques may be recommended.

Overall health and personal outlook can greatly impact the outcome of body contouring surgery, including body lifts.

Are you ready to have the body you've wanted for this upcoming summer? Call the office today to schedule your consultation!

Did You Know?

- Liposuction was the number 1 cosmetic procedure in 2005 with 455,489 procedures performed.
- Abdominoplasty (Tummy Tuck) was ranked as the 5th most popular cosmetic procedure with 169,314 procedures performed in 2005. This was up 12% from 2004.

*Source: American Society for Aesthetic Plastic Surgery

We Need Your Help!

Please help us keep our database updated. If you have moved, or your phone number has changed, please contact the office so that we can have all your current information.

You can either call the office at (513) 891-5610 or email Abby Turner (aturner@womensplasticcentre.com).

ALSO, as mentioned before, we will eventually be sending this newsletter out through email, so please take a moment to give us your email address.

Thank you for your help!

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Schedule of Events

- April 19—Jewish Hospital Mobile Mammography Unit—In Central Plaza 9908-10 Colerain Avenue Cincinnati, Ohio 45239
- April 25—Breast Reduction Information Session at The Women's Plastic Surgery Centre—9:00 am—10:00 am

April 2006

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May 2006

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Schedule of Events

- May 9—Laser Day at Women's Plastic Surgery Centre (Call for Details)
- May 19—Jewish Hospital Mobile Mammography Unit—Tylersville Corner—7721 Cox Lane West Chester, Ohio 45069
- May 24—Breast Reduction Information Session at The Women's Plastic Surgery Centre—9:00 am—10:00 am
- May 26—29—Office Closed Due To Memorial Day Holiday—Office Will Reopen on Tuesday, May 30



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Skin Care Spotlight—Sunscreen

This is the time of year that most of us spend a good portion of the day out in the sun. Whether it be vacation time on the beach or simple yard work, the sun is a potential danger to us.

If you aren't wearing clothing that aptly covers your skin, you need to take the time to protect it with sunscreen. The higher the SPF, the better protection you'll have. However, remember that water and sweat will wear away at the effectiveness of your sunscreen and it will probably need to be re-

freshed every few hours.

To insure your skin is safe from UV rays, make sun protection a daily habit and a part of the ritual of going to the pool, beach, or park.

Keep hats, long-sleeved shirts, sunscreen and other supplies near the door in a small duffel bag or in your car. Review the five protective methods listed below and try to expand beyond only using sunscreen.

- ★ Wear a hat. Choose a hat that shades the face, neck, and ears.

- ★ Cover up. Choose shirts and pants to protect as much skin as possible.
- ★ Use sunscreen. Choose a sunscreen with a Sun Protection Factor (SPF) of 15 or higher.
- ★ Wear sunglasses. Protect your eyes with sunglasses that block UV rays.
- ★ Limit sun exposure. Stay out of the sun between 10 a.m. and 4 p.m. when the UV rays are strongest.

Mammogram Information You Should Know

Mammograms are probably the most important tool doctors have to help them diagnose, evaluate, and follow women who've had breast cancer. Safe and highly accurate, a mammogram is an X-ray photograph of the breast. The technique has been in use for about thirty years.

Mammograms don't prevent breast cancer, but they can save lives by finding breast cancer as early as possible. For example, mammograms have been shown to lower the chance of dying from breast cancer by 35% in women over the age of

50; studies suggest for women between 40 and 50 they may lower the chance of dying from breast cancer by 25–35%.

Leading experts, the National Cancer Institute, the American Cancer Society, and the American College of Radiology now recommend annual mammograms for women over 40.

Mammograms aren't perfect. Normal breast tissue can hide a breast cancer, so that it doesn't show up on the mammogram. This is called a false negative. And

mammography can identify an abnormality that looks like a cancer, but turns out to be normal. This "false alarm" is called a false positive. To make up for these limitations, more than mammography is needed. Women also need to practice breast self-examination, get regular breast examinations by an experienced health care professional, and, in some cases, also get another form of breast imaging, like ultrasound or MRI scanning.

For more information, check out www.cancer.org.

A Detailed Look At Botox

The lines that appear between your brows actually result from muscle movement and the passage of time.

Two muscles are largely responsible for frown lines between the brows. When those muscles contract, they draw the brows together. As skin becomes less elastic over time, repeated frowning can result in

those moderate to severe lines between the brows.

Visible results can last up to 4 months. After that, you may be ready to return for a follow-up treatment. Your own results may vary—be sure to talk to one of our doctors about what you can expect.

Call today for an appointment.

New Botox Pricing

Effective 4/3/06

Crow's Feet
(Outside Eyes)
\$200.00

Glabella
(Middle Eyebrows)
\$250.00

Forehead
\$300.00

Botox was the #1 nonsurgical cosmetic procedure in 2005. 3,294,782 Botox injections were given, up 16% from 2004.

*Source: American Society for Aesthetic Plastic Surgery

VISIT OUR WEBSITE:

WWW.WOMENSPLASTICCENTRE.COM

4750 E. GALBRAITH ROAD SUITE #215
CINCINNATI, OH 45236

PHONE: (513) 891-5610

FAX: (513) 891-5638

E-MAIL: INFO@WOMENSPLASTICCENTRE.COM



A Note From The Editor

Summer time is just around the corner. I can hardly believe that we are already fast approaching summer vacations, school breaks, and beach weather! Are you ready? If you're like me, you answer with a resounding NO! But what's keeping you from being ready?

One of the biggest things I hear is that many people just don't have a lump sum of money all at once to pay for the cosmetic procedures being performed. Let me introduce you to our newest financing option at The Women's Plastic Surgery Centre.

Capital One Healthcare Finance will help you to finance all the surgical fees for your surgery. They will finance hospital, anesthesia, physician fees, and implant fees (if applicable). Interest rates are as low as 1.9%. Check out their website for more information.

www.capitalonehealthcarefinance.com

Abby Turner, Patient Care Director
aturner@womensplasticcentre.com



In Our Next Issue

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- ◆ Ask The Surgeon
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