



2900 Foxfield Road, Suite 201
St. Charles IL 60174

*Fall Pasta: Autumn Orecchiette
with roasted squash, kale & guanciale*



Ingredients:

- olive oil- 1 tablespoon
- guanciale—4 ounces
- butternut squash-8 ounces cut into 1/2-inches diced
- Tuscan kale-1 bunch-cut into 1-inch pieces
- Orecchiette—1/2 pound
- Pecorino Romano- grated to taste
- salt
- pepper

Directions:

1. Preheat your oven to 400°F.
2. Dice the guanciale and butternut squash and spread them out on a sheet pan, drizzle with olive oil, and give everything a good mix to coat. Roast for 30 minutes.
3. After 30 minutes, remove the pan, stir in the kale, and return to the oven for an additional 10 minutes until the kale is slightly crisped and everything is golden.
4. While the roasting magic happens, bring a large pot of generously salted water to a boil.
5. Cook the orecchiette according to package instructions.
6. Drain the pasta and return it to the pot.
7. Add the roasted mixture from the sheet pan to the pasta.
8. Sprinkle in the Pecorino Romano, and toss everything together until well combined.
9. Season with salt and pepper to taste.

@drbghaderi | stcharlesplasticsurgery.com

(630) 762-9697



Talking Shape

Volume 20, Issue 5

Fall 2025

Doc Talk: Thirty Years in Chicago



This summer marks 30 years since I moved to Chicago. I arrived in late June 1995, ready to start my surgical residency at Loyola on July 1. At the time, I was single, owned exactly one lightweight jacket, and had never experienced a Chicago winter. I had no gloves, no hat, and no winter shoes. Clearly, I was not prepared.

Over the years, I've become what I'd call a "hybrid Midwesterner." Some traits I've adopted, others I've resisted. For example, I now check the weather religiously. Growing up in Los Angeles, there was no need to know the forecast. Every day was essentially the same. It hardly ever deviated from sunny and warm. Here, in the Midwest, you never know if an outdoor event will be ruined by rain or if the temperature will swing 30 degrees overnight. My skin has noticed the change in this climate. I seem to burn more easily these days (though the lack of hair on my head may also play a role).

Midwesterners, I've noticed, are resilient when it comes to weather. Rain, snow, or subzero windchill, everyone carries on. If you had told me 30 years ago that I would watch a football game outside in snow and below freezing temps, my one lightweight jacket and I would have laughed. What I haven't picked up are some of the midwestern words. I have yet to say "ope," and I have never said the word "pop." It's "soda" or "Coke" for me. Sports loyalties, however, have shifted. In the 1980s, the Dodgers gave this LA native two World Series championships. But after 30 years here, I'm firmly a Chicago sports fan. I've celebrated the Bulls dynasty, the Blackhawks Stanley Cups, the Cubs' long-awaited World Series, and, well, we're still waiting on the Bears.

Looking back, I realize I've lived in Chicago and the suburbs longer than anywhere else. This area is where I built my career, raised my family, and put down roots. My wife and I now find ourselves back at the dinner table together, just the two of us as empty nesters, grateful for all the years that brought us here and excited for what's ahead.

Most of all, I am thankful to you, our patients. Your trust and support have made this journey possible. It has been an honor to care for you and your families, and I look forward to many more years of being part of this community.

Chicago has truly become "Sweet Home Chicago."

—Dr. Ghaderi



From the desk of: Dr. Ghaderi

Precision in Profile: The Art of Neck Z-Plasty



I know I just reviewed neck lift surgery in a recent newsletter. However, a neck lift with Z-plasty is an option worth pointing out. It is meant for patients with a lot of hanging and fatty tissue that a traditional neck lift cannot adequately address. This situation is where a Z-plasty might be the perfect solution.

Originally used to help improve the appearance of scars, this clever surgical technique has become an excellent option for people who want to tighten loose neck skin or reduce the look of neck bands. During a Z-plasty, the surgeon makes a zig-zag-shaped incision in front of the neck that helps reposition and tighten the skin. The result? A smoother, more youthful-looking neck without the need for a major procedure.

Neck lift Z-plasty is especially helpful for those with moderate to severe sagging from aging or massive weight loss - the "turkey neck." It's less invasive than a traditional neck lift, which means a quicker and easier recovery for most patients.



Before & After: 3 Months Post-Op Neck Z-Plasty

The results are often dramatic as the area of concern is addressed directly at the source. A picture is worth a thousand words. Here is an example that can help you visualize what I am describing. As always, individual decisions for surgery will vary based on many factors.

If you have any questions, please call for a consultation to determine if a neck lift with Z-plasty is an option for you.



Q: How long does the procedure take?

A: The neck Z-plasty procedure typically takes about 2 to 3 hours to complete under anesthesia. This can vary slightly depending on the complexity of the case and whether it's combined with other procedures like a facelift or liposuction. The procedure is performed as an outpatient and patients go home the same day.

Q: How natural will the results look?

A: When performed by a skilled surgeon, neck Z-plasty can deliver remarkably natural results, especially for patients dealing with vertical neck bands, excess skin, or a "turkey neck" appearance. The technique's hallmark is its zigzag incision pattern, which helps:

- ◇ Break up linear tension that causes visible scarring
- ◇ Blend incisions into natural skin folds, making them less noticeable
- ◇ Refine neck contours without creating a pulled or artificial look

Many patients report looking "refreshed" rather than "operated on," with smoother necklines and improved jaw definition.

Fall Festivities



Scarecrow Weekend
October 10-12
St. Charles



Geneva French Market
Every Sunday through November 16
9am-2pm
Fourth and South Streets
Geneva

Ghoulish Homes Tour:
Enjoy the best displays & decorations
Dusk until 10 PM
October 17 through Halloween night
St. Charles



Pumpkin Smash
Recycle your pumpkins
November 8
9am-12pm
Prairie Green Community Gardens
Geneva