



What Happens to Your Breasts After Pregnancy and Breast Feeding?

Breastfeeding not only provides nourishment to your newborn, but also forms that special bond between the mother and her baby. Although no one doubts the benefits of breast feeding to your child, many women believe that breastfeeding has a negative impact on the appearance of their breasts. Increasing in size during pregnancy and then being engorged with milk for months can take its toll in the form of volume loss and sagging. When seeking body contouring procedures after pregnancy, women often mention that lactation and breastfeeding contributed to the loss of breast shape or size. Reports indicate that among the most important reasons women choose not to breastfeed their infants is their concern over changes in breast shape. Such attitudes are found in a number of cultures, socioeconomic settings, and age groups.

Drooping happens after breastfeeding for a number of reasons. Most women point solely to breastfeeding itself, but it is actually the number of pregnancies that matter most. During pregnancy, the Cooper's ligaments, the bands that attach the breast to the muscle and provide support, are stretched along with the skin. This is a direct result of the increase in breast size during pregnancy. This size increase is the body's way of preparing for breastfeeding and can cause breasts to droop because of the additional tension put on the ligaments. Over time the Cooper's ligaments lose elasticity and are no longer taut.

After the baby is born and nursing begins, the breasts go through more changes because milk ducts grow and are filled with milk. As a result, more stretching occurs. During the first few days after birth, breasts tend to get quite full and heavy due to milk production which does have an impact. After two weeks, they return to the size they were during pregnancy and stay that way until you decide to stop breast feeding. Having larger breasts for an extended period of time stretches the ligaments even further and causes unwanted sagging.

Besides breastfeeding, a woman's age can also be a factor for the cause of droopy breasts. If you have children at a later age (late thirties), your body's skin loses skin elasticity much faster, and this can affect your breasts as well. In addition, women who tend to consume more alcohol, carbonated beverages and nicotine, or have larger pre-pregnancy bra cup size also show signs of premature aging and weakening of their skin's cellular structure.

Here are some tips on how to help slow down the process of sagging while breast feeding: wear a good supportive bra, have good breastfeeding posture, start exercising, use moisturizer, and eat healthy. The cute smiles and sounds are all worth it. Of course, it is easy for me to say since I have not delivered or breastfed a child, but I have seen their smiles. As always, if you have any questions, please feel free to send them to drghaderi@stcharlesplasticsurgery.com.

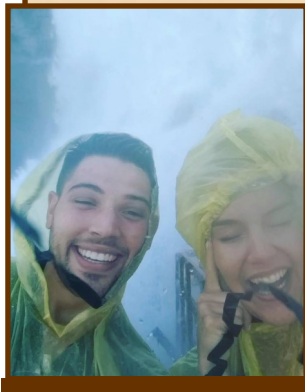
Source: <http://www.mommyedition.com/how-to-keep-breasts-from-sagging-after-breastfeeding>

Road Trippin'



This past August my boyfriend Tyler and I decided to take a road trip to see Niagara Falls and camp along the way. We started our trip with camping right outside of Cleveland, OH. If you know me well, you know that camping is not my first choice for a vacation, but Tyler really enjoys the outdoors so, of course, I gave it a try. This was my first time camping since I was young and it was quite the experience!

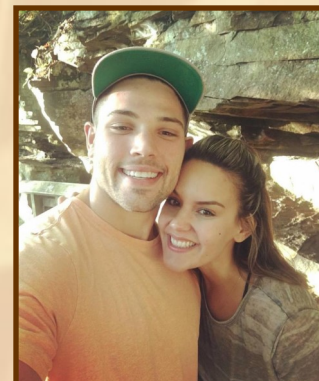
We finally arrived at Niagara Falls (on the United States side) and it was breathtaking! We took a tour and got up close to the actual Falls. I have a picture of us below in our yellow ponchos during a boat ride that literally took us into the Falls and we got drenched with water. Tyler and I appreciate nature, so this trip turned out to be perfect for us, and also didn't cost much! Next trip, Glacier National Park in Montana!



Tyler & me at the Falls



Niagara Falls



Tyler & Me Camping



Brandy Wine Falls



I am a BELIEVER



I am a SURVIVOR



I am a WARRIOR



I am a FIGHTER

*Actual Patients

October is breast cancer awareness month. As the staff of St. Charles Plastic Surgery, we have the opportunity to witness first hand the struggles our patients encounter while fighting breast cancer. Our own lives are touched by their courage, strength and determination. We ask that you schedule your annual mammogram appointment to promote early detection and encourage other women in your lives to do the same. Check your local hospital for convenient mammogram screenings.

a totally radical Halloween

Every Halloween Monica and Gabrielle wear costumes to the office to get into the holiday spirit. Last year, they teased their hair, put their leg warmers on, and jumped back to the 80's. They totally had a gnarly and tubular day 'getting physical' in their 80s workout attire.



(apple guide)

Fall is when apples are in season. Many people go to apple orchards and come home with bags full of the delicious fruit. Did you know that certain apples have recommended ways to use them? Here is a guide to help you:

- Pink Lady:** Dessert/Baking
- Granny Smith:** Baking
- McIntosh:** Dessert/Baking
- Fuji:** Dessert
- Red Delicious:** Dessert
- Honey Crisp:** Dessert/Baking
- Braeburn:** Baking



* Note: Apples labeled as dessert simply means the apple is best eaten with no preparation

a Thanksgiving poem

May your stuffing be tasty,
May your turkey be plump,
May your potatoes and gravy
have nary a lump.
May your yams be delicious
and your pies take the prize,
and may your
Thanksgiving dinner
stay off your thighs!



Gabrielle trying to have Thanksgiving Dinner stay off her thighs

Paleo Pumpkin Pie

Dale has been Paleo for many years now. Her diet consists of mainly whole foods and excludes processed foods, dairy, and grains. During the holidays she finds recipes that fit her preferred lifestyle. She found a pumpkin pie recipe that was perfect and she wanted to share it:

Walnut Crust:

2 1/2 cups walnuts - 1 tsp baking soda - 1/4 tsp kosher salt
2 tbsp butter, melted

1. Blend walnuts, baking soda, and salt in a food processor until finely ground. Add butter and pulse until butter is mixed in.
2. Scrape the batter into a 9-inch tart pan. Smooth and pat the mixture out evenly (the best tool is your hands).
3. Place the pie on a cookie sheet to prevent the bottom from burning and bake for 15 min at 350 degrees.
4. Remove crust from the oven and pour the filling of choice inside and bake again until filling is done.

Pumpkin Filling:

2 1/2 cups fresh roasted pumpkin - 1 cup canned coconut milk -
1 tsp vanilla extract - 1/4 tsp ground cloves - 1/2 tsp cinnamon -
1/2 tsp ground nutmeg - 1/4 tsp ground ginger - 1/4 tsp ground cardamom -
pinch of sea salt - 1 tbsp maple syrup - 3 eggs, whisked

1. Mix all ingredients together. Pour into pre baked crust. Do not overfill the crust—you might have a little batter leftover.
2. Bake for 50 minutes. The center of the pie should be fairly firm and only jiggle a tiny bit if you shake the pan. Let the pie cool completely before cutting it. Enjoy!



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Talking Shape

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Doc Talk: Fall; My Favorite Season

by Bahram Ghaderi, MD



Fall is usually a very busy season. The kids are back in school, sports pick up again, and this year, of course, we also have the election. I happen to enjoy Fall the best, not just for the milder weather, but for the substantial decrease in mosquitoes! The mosquitoes and I have a hate-hate relationship, and I certainly don't mourn their loss as we arrive into cooler weather. Seriously, I should sell whatever attracts them to me, and it would be well received by scientists for research. Having multiple Botox treatments would hurt me less than sitting outside at dusk, but you have heard enough of my battle with mosquitoes, so I shall move on.

All four seasons have something to enjoy (except I could do without those subzero days in the winter), but for me, Fall is one of my favorite seasons. There is typically less rain, and the temperatures are cooler and more pleasant. Of course, what would the season be without football! You may have read before that I love watching football; if you include college football, there are 4 out of 7 days of football mania. I was a runner in high school, so I never played football, but watching it is very fun. Even though I grew up in LA, I would follow the Dallas Cowboys (LA was not a big football town). In the mid-'80's the Bears actually had a winning team, so I started watching them too. Now I just watch the Bears to see if this year is "the" year. Ever since I moved here in 1995, I have grown to love the Bears — but let's be honest, it is a tough relationship! I would rather get bit by mosquitoes than watch them blow another game or season, but I promised I would stop talking about mosquitoes, so I will.

Speaking of being "the" year, how about those Cubs? Like many fans, I am holding my breath and anxiously awaiting the post season. Chicago is such a big sports town, and it has been a lot of fun becoming a Chicagoan over the last 20 years. When I moved here, the Bulls were in the midst of their dynasty and of course, most recently, the Hawks. Sports are not the only great thing about Fall. . . did I mention Fall does not have mosquitoes? Sorry, promise this will be the last time.

In Fall, I enjoy the beautiful changing colors of the leaves, Halloween, and Thanksgiving. Thanksgiving is one of my favorite holidays for family gatherings. Not only do I look forward to visiting with family, but there is also plenty of delicious food and.... (you guessed it) football. This year, I may be using the deep fryer for something other than the turkey. I have grandiose plans to have deep-fried desserts such as deep-fried Oreos, Snickers bars, Twinkies and anything else I can get my hands on. Yes, I have thought about deep frying mosquitoes. OK, promise, promise that this is the last, last time.

The great smells and tastes of Fall are sure to get us ready for the holiday season and 2017. This November we will also elect a brand new President. This election year may prove to be tougher than some football tackles or (I really can't resist) hurt more than some mosquito bites. You may as well stop reading now since that was an awful analogy. As always, please share with us your thoughts and what is your favorite season. Plus, I can use any ideas for deep-fried foods you have for Thanksgiving. You can email me at drghaderi@stcharlesplasticsurgery.com.