Dr. Bahram Ghaderi, MD
ST. CHARLES
plasticsurgery

2900 Foxfield, Suite 201
St. Charles, IL 60174

## Healthy Habits and Early Detection



*Did you know that according to the National Breast Cancer Foundation, approximately 66% of breast cancer cases are diagnosed in the early stages? This means significantly higher survival rates in the United States over the past 30 years.*

*Mammograms are recommended for women starting at age 40, but self-examinations can be just as important.*

*Talk to your primary care physician about the early warning signs of breast cancer, and be sure to continue your regular exams.*

Dr. Bahram Ghaderi, MD
ST. CHARLES
plasticsurgery

@drbghaderi | stcharlesplasticsurgery.com
(630)762-9697

The St. Charles Plastic Surgery Newsletter

# Talking Shape

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## Doc Talk: Would You Rather...

*By Bahram Ghaderi, MD, FACS*



Here's a little something you may not know about me: I enjoy a good game of "Would You Rather?" Not necessarily the formal game, but the kind of questions that come up around the dinner table. Usually, the choices involve two equally undesirable situations. Today, though, I'm offering two much more appealing options.

Would you rather take a vacation or enjoy a staycation?

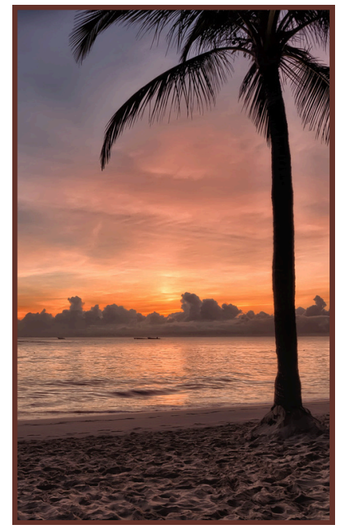
Would you prefer to pack a suitcase and head somewhere new, or stay right where you are and enjoy some uninterrupted time at home?

There's something certainly exciting about getting away. Traveling takes us out of our everyday routines and gives us a chance to experience something different. Whether it's stepping off a plane into fresh mountain air or feeling the warmth of a tropical breeze, a change of scenery can be refreshing. We explore new places, try unfamiliar foods, and come home with stories and memories. I've written before about one of the best experiences of my early adult life: spending three months traveling through Europe.

As wonderful as travel can be, it can also bring challenges. Delayed flights, packed itineraries, unfamiliar beds, and disrupted routines can leave us feeling less refreshed than we had hoped. Even after a fantastic trip, we can come home needing a vacation from our vacation!

Which brings me to the often-underrated staycation.

There's something to be said for having nowhere to be. Sleeping in without an alarm, taking a leisurely walk, or enjoying that second cup of coffee without watching the clock. Maybe it's finally reading the book that's been sitting on your nightstand for months, enjoying a long dinner at a favorite local restaurant, or simply spending an entire day at home without an agenda.



I've come to appreciate that sometimes doing less is exactly what I need. In fact, I occasionally look forward to a weekend with absolutely nothing on the calendar and no need to be anywhere.

For me, the choice between a vacation and a staycation often depends on the time of year. As we approach the holiday season, I'm especially drawn to staying home and spending time with family. There's something wonderful about a slow morning when everyone is home, conversations are easy and unhurried, and no one is rushing out the door. Those moments can feel like just as much of an escape from the day-to-day grind as a trip somewhere far away.

Of course, I still love a great vacation. But I've learned that getting away doesn't always mean going somewhere.

So, what about you? Vacation or staycation? I'd love to hear which you prefer and why.

As always, feel free to email me at drghaderi@stcharlesplasticsurgery.com

# CLINICAL CORNER *with Dr. Ghaderi*

## Upper Eyelid Lift or Brow Lift: Which Is Right for You?

In my Doc Talk on page one, I posed a "Would You Rather?" question about vacations and staycations. So, let's bring that question into the exam room. Would you rather have an upper eyelid lift, or a brow lift? (Spoiler: this one isn't entirely a matter of preference.)

Many patients come in for a consultation because they've noticed their upper eyelids look heavy or that excess skin hangs over their lashes. Naturally, they assume an upper eyelid lift is the answer. And sometimes it is. But many people don't realize that eyebrow position can play a significant role in how their upper eyelids look.

As we age, our skin loses elasticity, and the tissues of the forehead and brow can gradually descend. When the brows sit lower, they can contribute to excess skin gathering over the upper eyelids, creating a heavy or hooded appearance. In other cases, the brows remain in a good position, but the eyelid skin itself has become loose. And sometimes, both changes happen at once.

### Upper Eyelid Lift (Blepharoplasty)

An upper eyelid lift addresses excess skin and, when appropriate, protruding fat in the upper eyelids. The incision is typically placed within the natural eyelid crease, where the resulting scar is usually well concealed. This procedure may be the better choice when the eyebrows are in a good position, but the upper eyelids have developed loose or sagging skin.

### Brow Lift

A brow lift addresses a different concern: eyebrows that have descended over time. By repositioning the brow and surrounding tissues, we can reduce heaviness over the upper eyelids and create a more rested appearance. For patients whose eyelid heaviness is primarily caused by a low brow, a brow lift may provide the improvement they're looking for without eyelid surgery.

### A Simple Way to See the Difference

Here's something you can try the next time you're looking in the mirror.

First, relax your forehead and eyebrows. Notice where your brows naturally sit and how much skin rests over your upper eyelids. Then, using a finger, gently raise one eyebrow slightly and watch what happens to the skin above your eye. Does the upper eyelid look noticeably less heavy? That may suggest your brow position is contributing to the hooded appearance. Or does loose eyelid skin remain even when you raise your brow? In that case, excess eyelid skin may also be part of the concern. This isn't a definitive test, but it can help illustrate why two people with similar-looking upper eyelids may benefit from different procedures.

### So, Which Would You Rather?

Unlike the vacation-versus-staycation debate, this isn't simply a matter of personal preference. The right procedure depends on your anatomy, brow position, how much excess eyelid skin you have, and what you're hoping to improve. For some patients, an upper eyelid lift is all that's needed. For others, a brow lift is the better approach. And in certain cases, combining the two provides the most balanced result. The goal isn't simply to remove skin or raise the brows. It's to address the cause while maintaining a natural appearance.

If you've noticed changes in the skin of your upper eyelids, we can discuss your concerns together and decide what, if anything, makes the most sense for you.



# FANTASTIC FIBER!

Fiber is an essential part of a healthy diet, and it does much more than just keep your digestion regular! From stabilizing blood sugar to preventing disease to lowering cholesterol, fiber keeps your body happy. Check out some of our favorite fiber superstars.

Beans
15g of fiber per 1 cup



Oatmeal
4g of fiber per 0.5 cup dry



Apples
5g of fiber per medium apple



Blackberries
7.6g of fiber per 1 cup



Peas
7g of fiber per 1 cup



# Meet the Staff: HOLIDAY FAVORITES

Exceptional patient care is a team effort. While Dr. Ghaderi may be the face you know best, every member of our team is dedicated to making your experience as smooth, comfortable, and personalized as possible. Check out how we enjoy spending our time and celebrating the holiday season!



**DALE**
PRACTICE MANAGER
I enjoy settling in with holiday classics like "It's a Wonderful Life" and savoring a glass of homemade eggnog.



**GABRIELLE**
PATIENT COORDINATOR
I love the holidays when chocolate-peppermint flavor takes over.



**DIANA**
PATIENT COORDINATOR
I like visiting Chicago to see all the Christmas lights and the tree lit in Millennium Park.



**ELLA**
PATIENT COORDINATOR
I love making (and eating) Scandinavian desserts with my family and watching tons of Christmas movies!

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