



### YOU KNOW YOU'RE FROM CHICAGO WHEN . . .

- Saying you're from Chicago usually means you're from the suburbs, but you don't want to explain or go into detail.
- The Willis Tower is not Willis; it is the Sears Tower and always will be.
- Construction is never ending; there's no way around it.
- What's the Cloud Gate? Oh you mean The Bean.
- When it's anywhere from 30-50 degrees outside, you consider it reasonably warm and easy to deal with. You may even go for a run!
- People tell you that you have a Chic(ahh)go accent, and you don't know if you should be offended or proud.
- You know what goes on a Chicago Style Hot Dog: No Ketchup!



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# Talking Shape

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## Doc Talk: Education, Education, Education

by Bahram Ghaderi, MD

This year in July, it will be 15 years since I finished my education, training and started my practice. In medicine, however, education never stops. You may wonder how I have maintained my education and kept my knowledge up to date. (Please keep reading while I try to maintain your interest in this very dry article). In the old days, surgeons would apply what they learned in their training throughout their careers. With technology and new innovations in how surgery is performed, continuing education became more important. No longer, can what you learn in training, be relevant over a 30 year practice. Around 1995, our national society implemented a time-limited board certification. Originally, once

you became board certified it was a lifetime certificate, but the new time-limited certificates are only valid for 10 years and then you have to re-certify.

Its intention is to make sure surgeons in practice keep up with new technology and methods to perform their surgeries. It was a patient-centered decision to make sure outcomes were as best as possible. Re-certification morphed quickly into a more rigorous system called maintenance of certification. The American Board of Plastic Surgery Maintenance of Certification (MOC) program is an ongoing process of continuing education. Its purpose is to keep current with the latest advances in medical science and technology in plastic surgery, as well as best practices in patient safety, quality healthcare and creating a responsive patient-focused environment. MOC is an extensive process that involves completing accredited education and specialty training, as well as periodic oral and written exams to demonstrate competency. It is the only recertification program recognized by the American Board of Medical Specialties.

In addition to the above process, there are also two journals that are the main resources for the newest information. They are Plastic and Reconstructive Journal and The Journal for Aesthetic Surgery which is a more specialized journal focusing on cosmetic surgery procedures. I also take a non-mandatory self-assessment exam each year and attend a yearly national meeting to hear from others around the country and the world. There are also hospital run lectures and meetings where ideas and new ways to improve outcomes are shared amongst colleagues.

Having said all that, the practice of medicine is still a science of experience in addition to years of surgery. Although this is a very boring article and you probably need the threat of a board exam to remember everything I said, it is important to know there is much going on behind the consult, pre-op visits, surgery and post op visits to make sure your outcomes are world-class and as excellent as possible. Of course, medicine is very humbling since it is not an exact science. Risks are never zero. That is why it is so important to maintain and stay updated with the newest technology and method.

Feel confident that you have the best and latest during your entire surgical process. As always, please email me with any questions at [drghaderi@stcharlesplasticsurgery.com](mailto:drghaderi@stcharlesplasticsurgery.com).



## facial rejuvenation: cosmetic eyelid surgery

Recently cosmetic eyelid surgery has been really popular so I wanted to revisit a topic I wrote about in our 2006 newsletter. The eyes are at times referred to as the windows to the soul. They draw attention and convey much of our expressions. Through them, we not only see the world, but the world sees us as well. Our eyes reflect much of what we feel physically and emotionally. Signs of aging and hereditary factors can greatly affect the appearance of our eyes. So, what they may reflect is not really how we feel.

If the excess, drooping skin of your upper eyelids make you appear sad or angry, or puffiness or bags make you look tired, then cosmetic eyelid surgery may be a solution for you. In general, eyelid surgery will give you a more youthful and energetic appearance. Specifically, eyelid surgery removes excess skin, eliminates bags and restores firmness to the area surrounding the eye, making you look more rested and alert. Here are some signs that you may be a candidate for cosmetic eyelid surgery:

- Loose or sagging skin on the upper eyelid, sometimes impairing vision
- Excess fatty deposits that appear as puffiness in the upper eyelids
- Bags under the eyes
- Excess skin and fine wrinkles of the lower eyelid

This surgery is most commonly performed on adult men and women in good health who have realistic goals for improvement of the upper and/or lower eyelids. A consultation is the first step to learn how eyelid surgery can improve the appearance of your eyelids and the surrounding region.

## SEASONAL eating

Spring is just around the corner and with the warmer weather comes a variety of seasonal fruits and vegetables. If you don't already, you should consider shopping "seasonally" for fruits and vegetables in your area. One benefit is it will save you money. Produce that is in season is at its peak of supply and costs less to farmers to harvest and get to your grocery store. Also, the produce will be the best tasting as the food is grown closer to you so it doesn't spoil on its trip. Here are a few vegetables and fruits in season this Spring:

- Asparagus
- Artichokes
- Broccoli
- Chives
- Collard Greens
- Fennel
- Green Beans
- Leeks
- Limes
- Oranges
- Peas
- Strawberries
- Spinach
- Sweet Onions



## Yard of Butterflies

Nothing says spring like butterflies fluttering around your yard. Butterflies feed off of nectar from flowers. Nectar is a sweet sugary liquid produced in plants. You can imitate the nectar with a few simple steps listed below so that your garden is always full of butterflies.

In a saucepan boil 1 cup of water, stir in ¼ cup of sugar and simmer until dissolved. Let the syrup cool. Then pour syrup onto a sponge. Hang the sponge from a tree with some twine or let the sponge sit in a glass dish. There you have it, butterfly food!



Moni spreading her wings



## ONE TEAM, ONE MISSION

Join the huddle when St. Charles Plastic Surgery takes to the playing field as "One Team, One Mission" – to ensure that those who are faced with breast cancer will not have to march down that field alone.

### Join Team St. Charles Plastic Surgery on May 14, 2016 for the LivingWell Cancer Resource Center's 11th Annual Bridge Walk

On race day, St. Charles Plastic Surgery will provide pink football jerseys to all team members.

Email our office at [info@stcharlesplasticsurgery.com](mailto:info@stcharlesplasticsurgery.com) with your personal email address and we will email you the link to our team page so that you and your family and friends can join us.



## a minute with Moni

I always look for ways to save money and I came across an article on Pinterest about how to make my own make-up remover wipes. Here is how to make them:

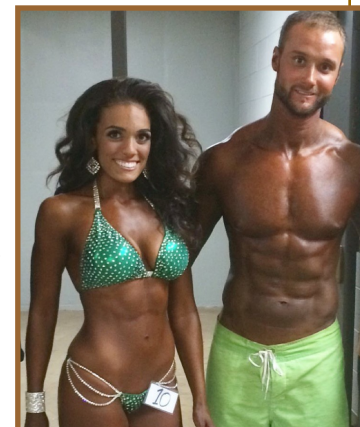
- paper towel roll - container with a lid - 2 cups purified water
- 1-2 tbsp of coconut oil - tear-free baby shampoo

1. Put 2 cups of purified water, 2 tbsp of coconut oil, and 2 squirts of shampoo in a microwavable bowl. Microwave for a few seconds and then stir.
2. Measure out and cut paper towel roll so it fits in the container you choose. Take the roll and place into the container and pour the liquid mixture you made on top.
3. Place on lid and turn the container upside down, let it soak for 5 minutes. Remove the lid then remove the cardboard core.
4. Cut an X into the lid so you can pull out the wipes.
5. You're done! Now you have homemade make up remover wipes.



## WEIGHTS BEFORE DATES

On November 15, 2015, I hit the stage once again to compete in the NPC Natural Muscle Classic in Rockford. This time, my fiancé Dominic competed with me. It made things easier having someone to diet and train with for 4 months. There was an unspoken understanding that our date nights would include our second round of cardio and then going home to white fish and broccoli for dinner. When we weren't together, we would send each other pictures of all the sweet treats we were so excited to have after our competition. It wasn't always fun though. We bickered. . . our excuse being we were tired and hungry. However, It WAS fun to get into the best shapes of our lives at the same exact time! Now that the competition is over, we can enjoy those special treats like pizza and chocolate chunk cookies and we have photos like this one to show our kids some day :).



Gabrielle & Dominic