



Brazilian Butt Lift

...Or should it be called the J.Lo, Beyonce, or Kim Kardashian Butt Lift? As more people want to emulate these popular derrieres, the popularity of buttock enhancement has increased dramatically in recent years. Buttock augmentation is fat transfer from areas that usually have excess fat such as the abdomen, thighs, and hips to the buttock. Patients like the idea because it is taking excess fat from an unwanted area and placing it in a more desirable area.

The buttock can also be enlarged with a special silicone buttock prosthesis, but this surgery is less popular due to greater pain, scar, and chance of infection. It is usually used in patients that do not have their own adequate fat to be transferred.

Another type of buttock lift is with the total body lift used mostly in massive weight loss patients. These patients need excess skin removed, which helps the appearance of the lower body including the buttock.

Anyone who is in general good health and has realistic expectations is a candidate for the fat transfer procedure. It is a two step process of liposuction first and then re-injection into the buttock after the fat has been processed to maximize its retention. Therefore, the ideal patient must have adequate fat in other areas to be used for transfer to the buttock.

There is some resorption of the fat, but the results at about three months are typically permanent as the fatty tissue is now part of the buttock. Some patients may want the procedure repeated for a more enhanced appearance.

If you have any further questions, please call or make an appointment to discuss your specific concerns.

Radio Show Take Over

On May 12 this year, Monica and Gabrielle co-hosted with Jenny McCarthy on her infamous radio show called Dirty, Sexy, Funny on Sirius XM. The air time with Jenny was auctioned off at the LivingWell Cancer Resource Center's Winter Gala back in February. On the radio show, Monica and Gabrielle talked about working at St. Charles Plastic Surgery and also gossiped about the latest celebrity buzz. It was a great experience and was tons of fun. Monica and Gabrielle would like to thank Jenny McCarthy for having them on her show!



Himalayan Salt Lamps

Dr. Ghaderi purchased a Himalayan salt lamp for the office. Himalayan salt lamps have many great benefits due to its chemical make up.

How it Works

Himalayan salt lamps, when heated with a light bulb, emit negative ions which binds to air pollutants (positive ions). This causes them to lower to ground level, leaving the air fresh. Negative ions are believed to produce beneficial biochemical reactions in our bloodstream that increase levels of serotonin.

Benefits

- Purifies Indoor Air
- Alleviates Respiratory Problems
- Decreases Allergy Symptoms
- Improves Mood
- Creates Better Sleep
- Increases Awareness
- Decreases Stress



The office salt lamp shaped as a rose



2016 LIVINGWELL CANCER RESOURCE CENTER'S Bridge Walk



On May 14, 2016, LivingWell Cancer Resource Center hosted their annual Bridge Walk at the Kane County Forest Preserve in Batavia. LivingWell Cancer Resource Center is a local gathering place providing comfort for anyone that is experiencing the effect of cancer. We are humbled by the support and fundraising efforts of so many that made St. Charles Plastic Surgery one of the top teams at the walk. We raised a total of \$17,052 and had over 64 team members. Thank you for joining us in the mission to support the fighters, admire the survivors, honor the taken, and never ever giving up hope! We really appreciate it and look forward to seeing all of you again next year!



Ice Cream 2.0

Chocolate, vanilla, and strawberry ice cream flavors are so last year. This summer, you need to broaden your horizons and try out cool new innovative flavors!

CoolHaus is a brand of ice cream and ice cream sandwiches with unique combination of flavors. The founders of CoolHaus name some of their treats after architects that inspire them. They first started out with an ice cream truck in LA, but now sell some of their treats in stores like Whole Foods and The Fresh Market! Here are some examples of their cool combos:

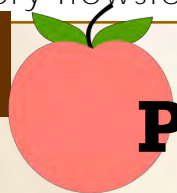
Ice Cream "Sammies"

- Chocolate Chip Cookie + Brown Butter Candied Bacon Ice Cream
- Oatmeal Raisin Cookie + Baked Apple Ice Cream

Pints of Ice Cream

- Balsamic Fig & Mascarpone
- Chocolate Molten Cake
- Bananas Foster

COOLHAUS™
ARCHITECTURALLY-INSPIRED GOURMET ICE CREAM



Peach Cobbler

Here is a great and simple recipe for a summer favorite. Less time preparing; more time enjoying!

Ingredients

- 1 15 oz can of peaches
- 1 cup flour
- 1 cup sugar
- 1 cup milk
- 2 tsp baking powder
- ½ cup butter
- pinch of salt

Directions

1. Preheat oven to 350°
2. Melt butter in 9x9 pan in oven.
3. In a medium bowl, mix flour, sugar, milk, baking powder and salt. Mix well.
4. Take out the pan with the melted butter and pour batter mixture over it. Then pour can of peaches (with the juice) over it. Do not mix.
5. Bake for 30-35 minutes.



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Talking Shape

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Doc Talk:

by Bahram Ghaderi, MD

15 years and Counting

It is amazing how fast time flies! It was just yesterday, well July 2, 2001, that the office opened and we saw our very first patient. I would have been here July 1st if I could have, but that happened to be a Sunday that year. Fifteen years later, we have seen nearly 10,000 patients and performed close to 5,000 surgeries. If each surgery takes an average of 3 hours, I have spent about 15,000 hours in the operating room over the last 15 years. I have loved every minute of it! It is definitely my passion.

Our office location remains the same and we still use our original logo. As in a home, the colors and decor have changed over the years. We have made adjustments and try to keep the office looking fresh. Dale has been on this journey with me for nearly 15 years, and we have two great additions in Monica and Gabrielle. Many of you have not met Jess, but she has been connected with the office in some way for about 15 years as well. Our success is directly related to their hard work and dedication to each and every patient.

The hospitals where I perform surgery have also gone through changes with mergers and acquisitions. However, the one thing that has stayed the same in many of these places are the great nurses, surgical technicians and anesthesiologists that create the safest environment for all the surgeries we have and will perform. With all the administrative changes over the years, they have been the rock of every institution.

When the office opened in 2001 we had only one daughter, and she was not even two years old at that time. Fifteen years later, we have two daughters and one son. Our oldest daughter is almost 17 and next year will be going off to college. Seeing my kids grow up and become more and more independent has been extremely gratifying. This is really true – my wife has done 99% of the work in raising them. I did not keep track of how many diapers I changed, but I'm sure I got out of doing many!

As for myself, I have changed in some ways as well. I finally realized aging is a real thing, and it stinks. My hair color has only gotten grayer over the years. Therefore, trimming it shorter, whatever is left of it, has been the only solution. I tried Botox for the first time three months ago for my crow's feet, and it worked! Inside I feel about 35 and can only hope that on the outside I am not too far off of that.

Plastic surgery has also had some changes. Reality TV has made it more popular, but many times for the wrong reasons. I remember watching *Dr. 90210* and thinking how bad that show was at portraying anything remotely related to reality. Recently, I watched a couple of episodes of *Botched* and realized how much worse it has gotten and just how far off they are in their depictions. The histrionic portrayal of real issues minimizes the importance of what everyday patients go through. Thankfully, most people see these shows as entertainment only and nothing more.

Overall, the last 15 years have been great! I could not feel more appreciative of everyone I have met and been given the honor of treating. I look forward to the next 15-20 years with great enthusiasm and excitement. Please send your thoughts, ideas and comments to drghaderi@stcharlesplasticsurgery.com.