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PLASTIC SURGERY

# NEWSLETTER

Winter 2017

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Best Aesthetic Practice in Texas  
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2016

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Doctors' Choice  
by H&FSM  
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by Best Doctors List  
9 times

REALSELF Top 500  
by RealSelf

Best Plastic Surgery Practice  
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# PERSONAL GLIMPSE

What is one of the most memorable experiences of your life?

## DR. HENRY MENTZ

When my best friend John and I were 14, we rode our bikes from the Natchez Trace in Mississippi to Memphis, then across Tennessee to Chattanooga, through Georgia back home to Hammond, Louisiana. We'd gradually earned our parents' trust to a degree they were willing to let us undertake the increasingly ambitious bike tours we devised. We presented our plan and talked them into it. Their one requirement: that we call collect every other day.

The next year we upgraded our bikes and planned a more elaborate trip to the Blue Ridge Parkway—we felt much more professional at that point. In 1972, bike bags were almost nonexistent. So my mother taught me to sew, and I made backpacks for the bikes. After taking the bus from Hammond to Washington DC, we rode the 1400 miles back home. We got to see a beautiful part of the country and a lot of wildlife. That trip cost us \$100. We financed these rides with money we saved from mowing lawns in the summer. We'd camp in the woods, buy a loaf of bread and a pack of bologna. That took care of two days of eating.

I think one of the greatest lessons these experiences instilled within me was the belief that I can accomplish anything. We could have bailed at any time when it got tough. It whet my appetite for adventure...it truly is the spice of life. In my work as a plastic surgeon, it's reflected in my passion for learning new procedures and finding new ways to do things—the application is the most interesting thing. Every case is different. Every case is an adventure. Facelifts require a lot of creativity and tailoring.



## DR. GERMAN NEWALL

I always wanted to emulate my father, who was an architect. We were very close. He always encouraged me toward goodness and doing my best. And he instilled within me that you create your own future. In my final year of high school, I was hesitant to tell him of my desire to be a doctor because I thought he wanted me to follow in his footsteps and work with him. But on my 17th birthday, I made the decision to tell him. His response is etched in my memory forever. He gave me a big hug and said, "That is the best thing I've ever heard!"

*PHOTO: Dr. German Newall with his father Carlos*







### DR. CHRIS PATRONELLA

We had the idea we were brilliant canoe men. So we took a trip to the Rio Grande. We lost three canoes and my shoes to the rapids. It rained two nights; we had no tents. And I had to walk on rocks in my bare feet. Life lesson learned: Just because you graduated from medical school does not mean you are as smart as you may think you are!

*PHOTO: Dr. Chris Patronella, second from left, on a canoe trip to the Rio Grande with his medical school buddies*



### DR. PAUL FORTES

Education and medicine have been extremely important fields for generations in my family. In this photo, I am at my graduation from Baylor College of Medicine in 1990. My sister, pictured behind me, received a master's degree in nursing. My uncle was a physician, and his two children are physicians in Cuba. My father attended the University of Havana School of Medicine, too, but the Cuban revolution altered his career path! That is a tremendous shame because, for Dad, medicine was a true calling.

My other sister, second from left, is an educator and foreign languages department head for a Fort Bend ISD school. My paternal grandmother, pictured left, was a teacher and principal for many decades in Cuba. You might say that education and medicine have deep roots in the Fortes family tree. It's been a tremendous honor and privilege to continue the tradition!



### DR. KRISTI HUSTAK

In this picture, taken during my first year of medical school, my hubby (boyfriend then) and I, had hiked for three days in Peru, ending at Machu Picchu. We awoke before sunrise to hike into Machu Picchu, shown in the background, so we could see it when the sun came up. It was breathtaking. I hadn't showered in three days, so I'm sure I look both young and rough!

This was the perfect cap to our medical mission that summer. We spent a month in Trujillo, Peru along the coast, operating with a surgeon there and delivering about a dozen babies. I saw many acute burn surgeries while I was there, which further solidified my desire to go into plastic surgery.

I love philanthropy and the quest to make the person "whole again" through my fervor for reconstructive and aesthetic surgery. Much can be learned from our international plastic surgeon colleagues as they can learn from us. I look forward to continuing this information exchange at international and national plastic surgery meetings as well as on medical missions.



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## NEWS

# Meet Dr. Olivier Deigni, ACPS Fellow 2017 - 2018

*Raised on Africa's Ivory Coast, Dr. Olivier Deigni left a promising career as a rocket scientist to become a plastic surgeon. After graduating from a six-year plastic surgery residency program at Saint Louis University, Dr. Deigni spent one year at MD Anderson as a clinical specialist and microvascular surgery fellow. After completing this, he chose to further refine his aesthetic plastic surgery skills as the ACPS fellow. Under the supervision and mentorship of ACPS surgeons, Dr. Deigni performs consultations, a broad range of plastic surgery procedures, and cosmetic injectable treatments at a significantly reduced rate for interested patients. **Call us to schedule a consultation with Dr. Deigni and to inquire about pricing.***

### **Q: You have a fascinating background. Tell us a little about it.**

**A:** I was born and raised on the Ivory Coast, or Côte d'Ivoire. It's a former French colony, so my first language is French. My mother, who is from Wisconsin, came to the Ivory Coast as a Peace Corps volunteer in the 1970s. There she met my dad, who was from the Ivory Coast. They fell in love, she decided to stay, and they married. So I grew up bilingual.

After I finished my high school in the French system there, I came to the U.S. to study at Georgia Tech, pursuing aerospace engineering with a concentration on space exploration. I completed my undergraduate and graduate degrees and worked at NASA before deciding to go into medicine.

### **Q. What led you to make such a significant career shift from engineering to medicine?**

**A:** It wasn't an easy decision. I was doing my PhD at Georgia Tech, but I knew in my heart that I wanted to do something beyond the engineering projects I was working on, though I enjoyed them. I befriended some medical students and really enjoyed the work they were doing. So I chose to study biology. I was looking for an opportunity to reach out to as many people as I could in a day-to-day environment. Being a doctor provides that. I enjoy making a change one patient at a time. I felt that was valuable.

I specifically chose plastic surgery because of the variety of cases that we do and the fact that we operate on every part of the body well as on people of every age. As a surgeon and an engineer, I made some correlations: You go from the consultation where you see the problem and define the issue, and then you come up with a solution which solves that problem. I enjoy that intellectual exercise and then using my hands as a surgeon to put the solution into practice. That has made it particularly meaningful to me.

### **Q: Why did you elect to do the ACPS fellowship?**

**A:** I'm excited to learn everything they are doing at ACPS, and I want to be well-rounded. Every procedure here presents a unique learning experience. For example, doing a liposuction case requires a lot of finesse and artistic skill. Approaching it from an aesthetic point of view and reshaping the body takes a lot more than just putting in a cannula and removing some fat. I've learned a lot from the surgeons, and I'm looking forward to refining my skills even further.

### **Q: You have a unique philanthropic vision. What is that?**

**A:** My dream is to be able to return to the West African Coast, establish hospitals or clinics there and devote about three to four weeks a year of pro bono work to perform surgeries in the region. Many areas, especially when you leave the main cities, are remote, and people have very limited access to health care. For some, the nearest facility is a two-day walk, and they can only dream of finding relief from incapacitating injuries. My desire is to bring health care into these remote regions so people can get the help they need for themselves and loved ones.



## ACPS Surgeons Take the Stage at National Plastic Surgery Meeting



ACPS surgeons represented strong at the American Society for Aesthetic Plastic Surgery 2017 meeting in California. They were invited to teach a course at the conference on 20 tips to improve the safety and results of body contouring procedures. Their international reputation for excellence and innovation have made ACPS doctors in-demand speakers at plastic surgery conferences around the globe.



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## Halo Before & After Photos



courtesy of AestheticCare MedSpa



courtesy of Matthew Woods, MD



courtesy of Jody Levine, MD



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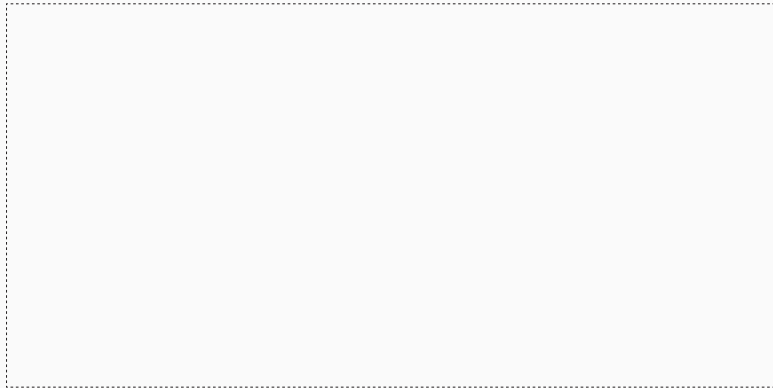
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SHERRI ROBERTS  
ACPS Communications Director and  
Newsletter Editor  
[sherri@mybeautifulbody.com](mailto:sherri@mybeautifulbody.com)

Email me if you have any requests or ideas  
for future newsletters.

GALLERIA/RIVER OAKS  
4400 Post Oak Parkway, Ste 2260  
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