

ACPS

THE AESTHETIC CENTER
FOR PLASTIC SURGERY

www.mybeautifulbody.com



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A Letter to You...

Spring is just around the corner, which means our staff is busier than ever helping our patients get ready for the sunny days ahead. They come from as far away as London, Japan, and Dubai to have the body contouring expertise for which our surgeons are respected internationally. But our patients say what they equally appreciate about our doctors is their warmth and caring manner—an unbeatable combination.

In this spring newsletter, you will get a glimpse into our surgeons' perspectives on body contouring—why it requires the eye of an artist as much as the training of a surgeon. And they'll share their personal views about beauty and the people who have exemplified that in their own lives. We'll

also take you behind the scenes to help you get to know our ACPS family, the ones who make sure your experience with our office is smooth and rewarding from start to finish. As always, we at ACPS want to express our appreciation to you for your loyalty and the support you continually show through the many friends and family members you send our way.



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BODY BEAUTY

The Art and Science of Body Contouring

"It is easy, I just chip away at everything that is not David."
—Renaissance sculptor and painter Michelangelo, when asked how he created his iconic marble statue of David.

Somewhere along the way, the curve of her narrow waist had become a straight line, and her once youthful hourglass figure had become more like a square. With two pregnancies and the demands of raising a family, she had hardly even noticed. But each year when summer came around, she remembered. Shorts, sundresses, and swimsuits no longer had a flattering fit. She used to feel pretty, but that seemed like a long time ago.

But this year, Monica decided it was time for a change. Meeting with her ACPS surgeon reassured her, and it gave her hope. A week after her liposuction and breast augmentation surgery—when she put on her new dress—she cried. Her curves were back, and so was she. "It's been a really beautiful experience," she says. "When you see yourself as pretty again, it inspires you to do more for yourself."

It's no surprise that liposuction reigned as the second most popular cosmetic surgery among women and the number one most requested procedure by men, according to 2009 statistics published by the American Society for Aesthetic Plastic Surgery. The surgery and other body contouring procedures, such as the tummy tuck, thigh lift, lower body lift, and arm lift, have the power to transform areas of the body that have proven resistant to reshaping through diet and exercise alone.

The overriding goal of shape-enhancing procedures is to restore attractive contour lines to the body for both men and women. Dr. Paul Fortes noted, "You can be heavy with good proportions or thin with poor proportions. In our society, there is almost an obsession with weight, but those aspects of body contouring are almost secondary. Shape is really what these operations are about."

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Simply Beautiful

"For me, beauty and personality have to mesh. I like simplistic, natural beauty that is enhanced by being down-to-earth."

One of the people who most impacted me and many others by his beautiful spirit was my grandfather. He always maintained a positive attitude no matter how difficult the circumstances he faced. He wouldn't hesitate to help someone in need at any time. People who were low in cash would come in to the grocery store he owned on the east end of Houston. He'd let them shop for what they needed and then pay him back later. At the store, he kept a little black book in which he'd record what they owed him. He knew he'd lose money, but that didn't dissuade him. He believed in people."

—Christopher Patronella, MD, FACS, FICS



Dr. Patronella & Daughter Gabby

The Art and Science of Body Contouring *continued*

In reshaping the body, the task of the surgeon is not unlike that of a sculptor, requiring him to have both a vision of the desired result and the ability to translate that to the body during the contouring procedure. Dr. Christopher Patronella said, "The scientific aspect of body contouring is related to the surgical techniques you use to carry out the procedure, and that is the foundation you need to know. But after that, it becomes a vision. Without a visual interpretation—the ability to shape the body in accordance with the image you have in your mind—it's very difficult to make a surgical technique work to achieve the goal."

The sculpting process, he said, requires a discerning eye and careful attention to shaping ideal contours, as over-aggressive fat removal for the sake of size reduction alone can lead to an unbalanced look and irregular contours. "The various methods of liposuction are simply techniques. The application of the method is of far more importance than the method that is used," said Dr. Patronella.

In recent years, sculpting of the body has broadened far beyond fat removal alone. Increasingly patients are requesting fat grafts to accentuate the body in a more curvaceous fashion, said ACPS surgeon Dr. German Newall. The trend may represent a shift in North America, but not in the Latin American culture from which the Peruvian-born doctor comes.

"The concept of making a female more boyish by removing all of her curves is the wrong approach. The eye perceives beauty as a proportional whole," said Dr. Newall. While the surgeon often performs liposuction to remove up to 24 pounds of fat, he takes care to preserve a curve proportion that compliments a patient's anatomy.

"Everyone has a unique beauty that can be enhanced. I think it is important to bring that out in a way that fits an individual's personal physique," said Dr. Newall. For most people, the surgeon is able to achieve attractive proportions through liposuction alone, a procedure which typically requires 5-7 days of recovery.

The results of contour enhancement procedures are usually long last-

ing, providing that a stable weight is maintained. While the physical changes created by body contouring surgery are readily apparent, the restoration of attractive contours to the body often inspires inward changes as well. Because they feel better about themselves, they have a greater confidence that helps them to be more open with others, said Dr. Fortes.

"It helps people to live better lives not only for themselves, but for the people close to them."



*Dr. Henry Mentz on annual father & son ski trip
in Deer Valley, Utah*

"My mother is one of the most beautiful people I know. Physically she was very attractive—she resembled Marilyn Monroe. But she also had a glowing spirit and a strong leadership ability that encouraged everyone around her. At her college, she was the president of the student body, the homecoming queen, and the editor of the campus newspaper. And even today, at age 76, she's still popular! She always loved to dance, and you still can't keep her off the dance floor. Her positive attitude continues to make a difference in the lives of others: she's involved with Lighthouse for the Blind, and during the holidays, she collects Christmas cards for prisoners. She never told me what I should become, but she always made me feel like I could do anything."

—Henry Mentz, MD, FACS, FICS

The Rise of the Butt Lift

A Top 10 Plastic Surgery Trend for 2011

Demand for a fuller shapelier rear view has exploded in recent years thanks to the famously curvaceous backsides of celebrities Kim Kardashian, Jennifer Lopez, and Beyoncé. As a result, procedures to lift and augment the buttocks are one of the top 10 trend predictions for 2011, according the American Society of Aesthetic Plastic Surgery.

Buttocks augmentation surgery has the dual benefit of allowing surgeons to add volume to the buttocks with fat that has been liposuctioned from other areas of the body where it is undesired. Though implants are sometimes used to create a fuller look, this method has a high rate of infection and implant extrusion, making it an undesirable solution.

ACPS surgeons developed a process which allows them to inject a higher volume of fat in a greatly reduced amount of time than is possible with other methods of fat grafting to the buttocks. The technique, said Dr. Henry Mentz, has significantly advanced the results that can be achieved in buttocks enhancement surgery. The success of the technique caught the attention of the respected International Society for Aesthetic Plastic Surgery, which invited Dr. Mentz to share his expertise on the topics of buttocks fat grafting and facelift surgery at the group's 2010 meeting.

"The fact that we're able to plump and round the buttocks so nicely really does give them a more lifted look so that it is often unnecessary for us to remove skin and use lifting techniques," said Dr. Mentz. In the past, butt lift surgery focused only on tightening the area. Reshaping the buttocks through fat grafting to give them a fuller, more attractive contour has become a popular addition to the procedure, said Dr. Mentz.

In the fat grafting process, ACPS surgeons strategically layer lattices of the fat next to live tissue to enhance the survival rate of the grafts, which varies among patients. The procedure creates a soft, rounded look that appears completely natural, said Dr. Mentz. "It's a part of their bodies."

Did You Know?

Body contouring can be performed on almost any area of the body to improve contours and proportions:

- Hips, Buttocks, and Thighs
- Abdomen and Waist
- Back
- Legs, Knees, and Ankles
- Arms
- Neck and Chin

Doctors tighten and lift sagging skin and tissues, and they remove excess fat to firm and reshape the targeted areas. Dr. Paul Fortes said, "There are often subtle nuances that can create pleasing contours and proportions." For example, the natural contour of the central back can be accentuated to enhance its appearance and that of the buttocks.



**Dr. German Newall
with his favorite
horse, Blondie**

"I consider Sophia Loren one of the greatest beauties of all time. It wasn't textbook beauty, but she had exotic features and proportions that made her face interesting. Her sculpted body further accentuates my own view and style of contouring—a very feminine curvature of the female body, which

throughout history has been favored over straighter proportions. On a more personal level, my wife Micheline is the most beautiful woman to me. She is the perfect combination of a beautiful exterior with the beautiful interior. All the aspects I consider as physically appealing, she has. Her inner beauty is exuded by her open heart and sensitivity."

—German Newall, MD, FACS, FICS

"What creates individual beauty is a person's own individuality. That's why it has no limit—it can show itself in so many forms. Finding your own beauty and uniqueness is what it's really all about. The outside is just the shell that is animated by the beauty inside—one's own attitude and sense of confidence. That's one of the aspects of plastic surgery that I find so rewarding: the changes that are made on the outside often translate to changes on the inside—they work together."



More than anyone else I know, my mother, Maria, exemplified that inner sense of beauty that shines through to the outside. She had a sense of humor regardless of her circumstances, and she has always lived life with an attitude of joy and appreciation. She's just as beautiful to me now as when she was a young woman."

—Paul Fortes, MD, FACS, FICS



ACPS Snapshot

We L♥ve ACPS

"Working at ACPS is more than just a job—it's like a family. We're very caring and loving, and people sense that when they visit the office. Ultimately they want to feel like they can trust you and that they are respected. When they come here, they have a support system. The added touches we offer really do make a difference—we want to make

each person feel important. For me personally, working at ACPS has made me proud of my job—knowing that we've impacted people's lives positively."

—Patty Escobar, ACPS patient coordinator for 11 years

Introducing MyDreamTeamDocs.com

It started with a vision to bring together some of the most respected cosmetic medical leaders in Houston. ACPS is proud to partner with Dr. Guy Lewis, the official cosmetic dentist to the Houston Astros, Miss Texas Beauty pageant, and many Olympic gold medalists, to create MyDreamTeamDocs.com. ACPS surgeons and Dr. Lewis have repeatedly been voted as top doctors in Houston in *H Magazine's* annual poll of area physicians and residents. They share a common goal and passion: helping patients to achieve their aesthetic dreams using the highest standards of excellence and advanced technology. With patients frequently asking their recommendations for aesthetic providers, the doctors formed MyDreamTeamDocs.com to provide patients with a physician-recommended resource of Houston's foremost leaders in the aesthetic medical industry. The group plans to expand to include dermatology, vision, and lifestyle experts.

Karen Husmann, ACPS's practice administrator said, "Houston is a huge city with so many providers of cosmetic medical services. Our patients form a real bond of trust with their surgeons, and they often turn to them for advice regarding other aesthetic and lifestyle professionals in the medical industry. MyDreamDocs.com brings their recommendations together in one place. Individuals can have the confidence of knowing that these professionals have been selected by our doctors as some of the most talented practitioners of their specialty—as individuals to whom they would send their own family members for care."

Staff Fitness Favorite: ZUMBA!

The women of ACPS have been swept away by the latest dance-fitness trend—Zumba! This exhilarating program features exotic rhythms set to high energy Latin and international beats. Their mutual consensus? "It's dance. It's fun. And you're burning a ton of calories." The classes are offered all around Houston, but we like the outdoor version offered for free at Discovery Green Park, www.discoverygreen.com.

Body Contour Trends

A Whirlwind Tour Through History

The Rubenesque Woman

The paintings of 17th-century Flemish Baroque painter Peter Paul Rubens abound with rosy-cheeked women with voluptuously full figures. Judging by their carefree expressions and lack of clothing, these women were never tortured by the question, "Does my butt look big in this?" A more full-bodied look was en vogue during this era because it was thought to portray good health, wealth, and the ability to bear children.

The Victorian Era: Welcome the Corset

Though corsets had been worn as a figure-shaping devices in previous centuries, problems began when whale-bone and metal reinforcements were added to their construction. To achieve the smallest waist size possible, a woman often required the help of a maidservant to pull the corset's laces tight. For many, the ideal waist size was 16 inches, or 20 inches for the less ambitious. While corsets achieved the desired result of creating an hourglass figure, they carried with them a host of unwanted side effects. Lung capacity was reduced, which led to difficulties in breathing and occasional fainting spells, while compression of the internal organs interfered with the ability to digest food properly. Doctors advised women to abandon this fashion practice, but women refused until the 1900s, when less restrictive garments became fashionable.



Flapper Style

The years following World War I were turbulent both politically and socially. A new breed of woman characterized the 1920s: the brash and independent flapper girl. Flappers rebelled against cultural norms by shearing their hair into bobs, shortening their skirts, and erasing their feminine curves with the help of restrictive undergarments.

They accentuated their boyish look by wearing straight dresses with waistlines that fell past their narrowed hips. Flappers further scandalized their Victorian forbearers by dancing to jazz, wearing makeup, and drinking cocktails in defiance of Prohibition laws. The carefree spirit that characterized this age gradually faded away as the sobering days of the Great Depression descended upon the country.



Going to Extremes: From Marilyn to Twiggy

The Cold War raged and television's June Cleaver represented the 1950s-style suburban archetype: she was mild-mannered, perfectly coiffed, and wore a pearl necklace with pumps whether she was basting a roast, gardening, or vacuuming. Then there was Marilyn.

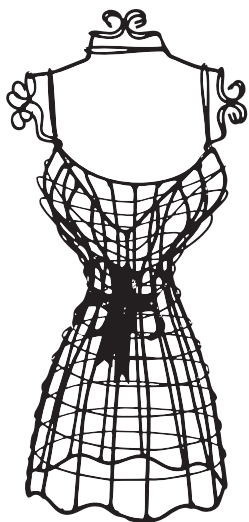


"I'm selfish, impatient, and a little insecure. I make mistakes; I am out of control and at times hard to handle," said she. But for all of her imperfections—Marilyn Monroe's extreme hourglass figure—with a tiny 23-inch waist at the center of her curvaceous proportions—was considered divine.

Body Contour Trends *continued*

She and Sophia Loren, the celebrated Italian film star who proclaimed, "Everything you see, I owe to spaghetti," made curvaceousness a coveted symbol of beauty and femininity in the 1950s and 1960s.

This ideal began to shift in the latter half of the 1960s, when London fashion model Twiggy ushered in an androgynous trend-setting look. At 95 pounds and 5-feet, 6-inches, Twiggy was known for her thin build, large eyes, long lashes, and short hair. Ironically, the British model disliked the waif-like look that propelled her to stardom, "I wanted a fairy godmother to make me look like Marilyn Monroe. I didn't plan to be a model. I thought the world had gone stark raving mad—I was used to being teased at school for being skinny."



The Comeback of Curves

The skinny is out: curves are back, inspired by a multitude of shapely celebrities including Christina Hendricks, Scarlett Johansson, Beyoncé, and Catherine Zeta-Jones, just to name several. The key to pulling off this look with flair is having definition and contours in all the right places to highlight and balance the curves: a defined waist, flat tummy, and relatively firm skin.

Patient Spotlight



"My entire life, I had always felt embarrassed and insecure about wearing short-sleeved or sleeveless tops, shorts or bathing suits in public places. In February 2010, I made the decision to do something about the reasons I felt insecure. I chose my ACPS surgeon because he has great credentials. He also made me very comfortable about what procedures needed to be done on my body. I decided to have a combination of body contouring procedures to remove sagging skin and restore a more proportionate look to my body. Before the day of surgery, I was 157 pounds, and a size 12-14. After the procedures, which he performed in one day, I am 129 pounds, and a size 4-6. My doctor sculpted my body into the new person that I am, and for that, I am very thankful."

—Teresa



Recipe: Pan Bagna

Pan bagna is a popular sandwich in the south of France. It is filled with the fresh ingredients that can be found there: olives, tomatoes, olive oil, and fresh basil, for a delicious tuna sandwich that is very different from the American version.

—From Emeril Lagasse, *There's a Chef in My World!*

BONUS NUTRIENTS

Omega-3 fatty acids

This sandwich is rich in the omega-3 fatty acids found in tuna and salmon. These omega-3s increase the levels of fat-burning enzymes in the body and decrease the levels of the enzymes that store fat. In addition, the omega-3 fat EPA has been shown to preserve collagen, a key component in helping the skin to look youthful.

Olive Oil

Researchers have found numerous benefits associated with diets rich in olive oil, including healthier cardiovascular function. It's also a great skin beauty ingredient: olive oil increases the skin's ability to retain moisture, and it contains hydroxytyrosol, which can slow the aging process of the skin.

Yield Four 6-inch sandwiches

Ingredients

- 3 tablespoons red wine vinegar
- 2 tablespoons capers, undrained
- 1 teaspoon minced garlic
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ cup extra-virgin olive oil
- 4 (6-inch) French bread rolls or other crusty buns or rolls
- 2 (6-oz.) cans solid white tuna packed in water, drained and flaked
- 2 small tomatoes, thinly sliced
- ½ green or red pepper, cut into thin strips
- 1/3 cup coarsely chopped Kalamata olives
- 2 to 3 cups mixed greens
- 8 large fresh basil leaves, coarsely chopped

Directions

1. Vinaigrette: In a small (non-metal) bowl, whisk together the vinegar, capers, garlic, mustard, salt, and pepper. Add the olive oil and whisk to combine. Set aside.
2. Cut each sandwich roll in half lengthwise. Drizzle two tablespoons of the vinaigrette over the inside of each roll, one tablespoon for the top and one for the bottom. Divide the tuna evenly among the bottom portions of each roll. Divide the tomato slices evenly over the tuna. Divide the bell pepper slices evenly over the tomato slices, and then divide the olives evenly among the sandwiches.
3. In a medium mixing bowl, toss the mixed greens with one tablespoon of the remaining vinaigrette, and top each sandwich with some of the greens. Drizzle any remaining vinaigrette and scatter the basil leaves over the sandwiches, and place each sandwich top over the filling. Press down on each sandwich using your hand or a spatula to compress slightly. This helps the juices to seep into the bread.
4. Cut each sandwich in half and serve, or wrap in plastic wrap and refrigerate for up to 6 hours before serving.

