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NEWSLETTER • SPRING 2014

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## The Comeback of *Curves*

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Why **FAT GRAFTING** is  
one of the hottest trends  
in body contouring  
& facial rejuvenation

## a personal GLIMPSE

*ACPS surgeons share their  
fantasy dinner guest list*

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Simple Steps to a  
Cleaner, Leaner,  
Healthier Life

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**PRODUCT SPOTLIGHT**  
NEOCUTIS Skincare



You might be surprised to learn that one of the hottest body contouring and facial rejuvenation tools in cosmetic plastic surgery is the use of a person's very own fat via a combination of liposuction and fat grafting. Whereas fat removed during liposuction once was routinely tossed, this changed as plastic surgeons began to discover and apply the aesthetic benefits of this previously overlooked asset.

# The Beauty of Fat

Why **FAT GRAFTING** is one of the hottest trends in body contouring & facial rejuvenation

By Sherri Roberts

ACPS Communications Director  
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## 1 RESTORATION OF MORE IDEAL *Contours and Proportions*

Most of us have wished at some time or another that we could move fat from one area of our body to another. Fat grafting makes this dream a reality. That's because it consists of two procedures in one: liposuction to remove fat from the areas where it's undesirable and the grafting process to then place it where it appears very attractive.

The lips and buttocks are two of the most commonly requested areas for added volume. But ACPS surgeons also frequently use fat grafting to achieve more seemingly subtle sculpting goals that can dramatically improve the body's overall contour lines.

**Dr. Chris Patronella:** "Oftentimes, what looks like a prominent bulge is actually a lack of fat in an adjacent area that makes the bulge more noticeable. Fat grafting helps to soften the line between the two areas."



Dr. Patronella

### WHAT IS *Fat Grafting*?

"Fat grafting is a combination of removing fat where it is unattractive and hides the natural contours and placing it where it is very attractive to highlight and accentuate contours."

Dr. Chris Patronella

"One of the most common examples of this is seen in women who have a pear shape with excess fat in the outer thighs, known as "saddlebags," along with a deep indentation in the buttock above it. While the obvious solution may seem to simply remove the accumulation of fat in the outer thighs, doing this without also addressing the deep indentation above it would fail to adequately contour the buttock."

"In many cases, taking a little fat in the saddlebag/hip area and using this to fill in the sunken area above it will create a smoother transition and a more elegant overall shape."

"Another common example would be a woman who has straight lines—a lack of waist definition and straight hips—who desires a more curvaceous look. "Taking fat away from her waist and adding it to her hips can change her profile and proportions in a more three-dimensional manner."

## FROM WHICH AREAS OF THE BODY CAN FAT BE TAKEN FOR THE PURPOSE OF *Fat Grafting*?



Dr. Fortes

**Dr. Paul Fortes:** "Fat cells can be acquired from just about any donor area where liposuction can be performed. When deciding on the best area, it is good to consider the body proportions in their entirety. If the buttock is the intended target of the fat grafting, then it makes sense to select the lower back and waistline as the fat donor site. In this case, fat reduction from the lower back and flanks will not only yield a good quality and quantity of fat for fat grafting, but it will also visually enhance the contour of the buttock even before the fat grafting is performed."

"When smaller areas such as the face are planned for fat grafting, I usually ask the patient which fatty area of her/his body is most resistant to weight reduction. That area will contain fat cells which have a metabolism that is favorable to fat grafting. However, to date, there is no scientific evidence proving that any particular donor area is better than any other for fat grafting."

## 2

## A MORE Youthful FACIAL APPEARANCE

For many years, surgical facial rejuvenation treatments centered primarily around restoring firmness to sagging skin and its underlying tissues. While this accomplished the goal of smoothing out wrinkles and lifting drooping facial features, this approach by itself could lead to an artificially taut appearance. The discovery of the important role fat plays in creating a youthful facial look brought to light a key element missing from traditional rejuvenation plans: restoration of facial fullness.

### CONTRIBUTORS TO AN AGED FACIAL APPEARANCE

As the face ages, it develops an aged appearance due to three key reasons:

- The skin and its underlying tissues begin to sag.
- The face loses both bone and fat volume with age. The loss of this underlying structural support leads to characteristics such as flattened cheeks and hollowness around the eyes and in the temples.
- Skin becomes thinner.

For these reasons, ACPS surgeons often perform fat grafting and laser skin treatments in conjunction with facelift surgery. Usually, approximately a tablespoon of fat per side is all that's needed to restore youthful fullness in the temples, cheeks, and around the mouth.

## Future Science

### Does fat grafting improve skin quality?

Beyond fat grafting's advantages as a contouring tool, much scientific research currently surrounds its potential to improve the overlying skin quality of the face, hands, and in tissues that have been damaged with scar tissue from reconstruction and radiation. That's because grafted fat contains stem cells, which have the unique potential to transform and multiply into almost any type of cell in the body. This includes skin, bone, nerve, muscle, and heart cells among numerous other varieties.

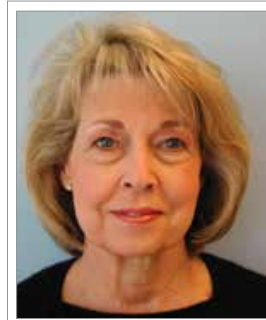
Because of stem cells' ability to regenerate themselves and to repair damaged tissues in the body, some scientists believe they may also help rejuvenate the skin's tone and texture. Dr. Germán Newall said, "Though it hasn't yet been proven scientifically, my patients and I have noticed an improvement in the skin quality of areas that receive fat grafting."

*"The stem cells that reside within the body's fat are pluripotent cells, meaning they have the potential to turn into almost any cell in the body. It is this technology that holds the most substantial promise in the world of plastic surgery and reconstruction."*

Dr. Henry Mentz

### Patient Case Study:

## Fat Grafting & Facial Rejuvenation



ACPS surgeons frequently combine fat grafting with other facial rejuvenation procedures to address all of the aspects that contribute to an aged appearance for more natural-looking results. Heavy eyelids, under eye bags, and sagging facial features caused this woman to look tired and older than she felt inside. Because her goal was to maintain her competitive edge in the work place, her ACPS surgeon combined a facelift, necklift, browlift, eyelid surgery, and fat grafting to the cheeks, laugh lines, chin, and lip area to erase 10+ years off her facial appearance.

Notice how the restoration of youthful facial volume through fat grafting complements the rejuvenated appearance of her facial features: an elevated brow position, an alert expression in the eyes, and a strong jawline that blends naturally into the neck for an elegant, defined contour line.





## Your Own Body

### AND CAN LAST A LIFETIME

**Dr. Henry Mentz:** “Using your own transplanted tissue is a great strategy for facial rejuvenation and body contour refinement because it’s durable, changes with you, and stays where you put it.

“Within 24 hours after grafting, each cell develops a blood supply and is essentially cemented into place. For some patients, more fat is required because of the level of movement that takes place in the area targeted for grafting. This factor must be accounted for because it influences the amount of fat that will stay. Experience, above all, is the most important predictor of success.”



Celebrities like Sofia Vergara have made the curvy look popular.

### THE COMEBACK

#### of Curves

Have you noticed? Curves are back. Big time. Beyoncé, Sofia Vergara, Scarlett Johansson, and Jennifer Love-Hewitt are just the short list of an ever-growing celebrity roster who flaunt pin-up girl worthy curves with style.

This trend has put the spotlight on hourglass proportions and a curvaceous derriere, inspiring many to visit ACPS surgeons with a request for Brazilian Butt Lift surgery—a combination of liposuction and fat grafting to simultaneously whittle the waist and enhance the buttocks.

Dr. Germán Newall said he’s seen a dramatic increase in the number of people requesting the procedure, with 50 to 60 percent of his liposuction patients now opting for buttocks augmentation in conjunction with fat removal. “To achieve a lasting, good, noticeable change, you have to put in about 800 cubic centimeters of fat, or about three and a half cups per buttock. This much fat allows me to fully contour the buttocks, addressing all of the aspects that create an attractive shape: the projection and fullness of the buttock and how it joins the outer thigh so that a smooth, round contour is sculpted,” Dr. Newall commented.

With this power-assisted form of fat grafting, ACPS surgeons can safely inject two to three times more fat into the buttocks in minutes compared to the hours it formerly required with the more traditional syringe method. Both tedious and less suitable for larger-volume fat grafting, the older method requires repeated filling of a syringe with fat before injecting it into specific regions.

Dr. Newall commented, “This method allows me to build up the contouring at all levels, including the superficial and deeper layers of the tissues. It has a learning curve, but once it’s mastered, it’s the best.”

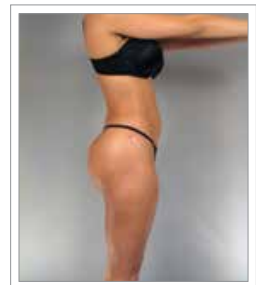
### DID YOU KNOW?

ACPS doctors customize the Brazilian Butt Lift to fit individual preferences and proportions. While some people request the dramatic volume made famous by celebrities Jennifer Lopez and Kim Kardashian, others desire a more petite version similar to that of Pippa Middleton, sister to British Royal Kate Middleton, whose shapely backside made news headlines following the Royal Wedding of her sister to Prince William.

Many individuals, despite dieting and exercise, have relative flatness and sagging in the buttocks due to factors such as genetics, weight loss and aging. ACPS surgeons frequently perform fat grafting to restore a fuller, more natural-looking contour this region.

### Patient case Study:

#### Lipo & Brazilian Butt Lift



These before & after photos demonstrate the attractive results of combining liposuction with fat grafting. This patient’s ACPS surgeon performed liposuction to remove excess fat from her hips, waist, lower back, inner and outer thighs.

This fat was then grafted to her buttocks to give them a more rounded, lifted shape. Notice the improved contour lines not only of her buttocks, but also her back, waist, hips and thighs.

# KUDOS!

## ACPS NEWS

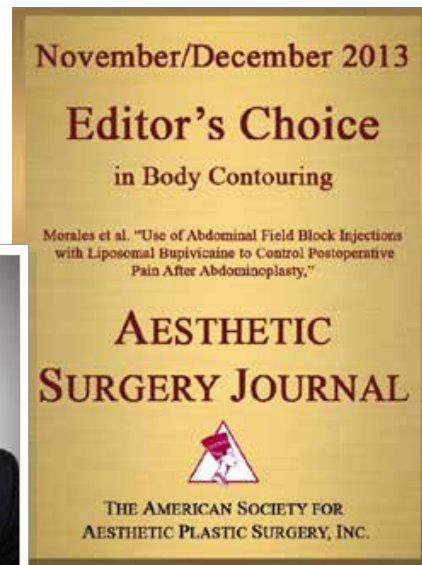
### DR. MORALES

**Dr. Morales** and his group were honored to have their collaborative article published and selected as the "Editor's Choice in Body Contouring" in the prestigious *Aesthetic Surgery Journal*, the official publication of the American Society for Aesthetic Plastic Surgery. The article, "Use of Abdominal Field Block Injections with Liposomal Bupivacaine to Control Postoperative Pain After Abdominoplasty," documents the group's success in improving and speeding tummy tuck recovery since the surgeons began using Exparel – a long-lasting anesthetic that delivers pain relief for up to 72 hours after surgery.

The study showed their patients experienced reduced pain and were able to resume their normal activities sooner, which promoted their healing and recovery.



Dr. Morales



### DR. FORTES

**Dr. Fortes** shared his expertise about the benefits of combining multiple procedures in one surgery for an interview with an online medical news distributor.

"People very rarely are unhappy with just one particular region of their body. If they had the choice, they would correct all the areas that bother them simultaneously," Dr. Fortes commented. He added, "There are certain procedures that go well together and that make sense to be performed together in order to obtain the end goal: to achieve better body proportions and harmony among the different regions of the body."



Dr. Fortes

### DR. MENTZ

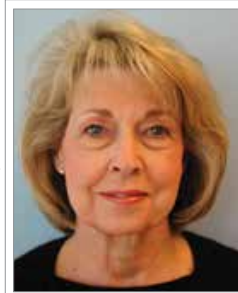
At the Anti-Aging European Congress in Paris, a judging panel of **Dr. Mentz's** European colleagues awarded his facelift case entry the Best Surgical Facial Rejuvenation trophy winner. As one among numerous procedures presented for consideration in the facial rejuvenation contest, Dr. Mentz's case received top scores based upon two primary criteria: excellence in anti-aging and elegance in creating natural-looking results.



Dr. Mentz

At the conference, Dr. Mentz taught a course on Brazilian Butt Lift surgery and Abdominal Etching®. Abdominal Etching is the specialized lipocontouring technique Dr. Mentz invented in 1993 to sculpt six-pack abs for men and women seeking more defined abdominal muscles.

### Patient Case Study: Fat Grafting & Facial Rejuvenation



Dr. Mentz took top honors at the Anti-Aging European Congress in Paris for this facelift case.

## DR. PATRONELLA

**Dr. Patronella** was nominated as one of 21 distinguished medical professionals to be recognized at the 2014 Italian Cultural & Community Center Gala to take place in Houston later this year. The event will spotlight the Italian Influence on Medicine by recognizing members of the medical community who are of Italian descent and whose personal and professional achievements exemplify character, leadership, community service, and the Italian spirit.



Dr. Patronella

## DR. NEWALL

**Dr. Newall** was the guest expert on cosmetic plastic surgery for the television show, *Entre Tacones* on Azteca Houston Channel 51. In the episode, similar in format to the ABC talk show *The View*, a panel of interviewers conversed with Dr. Newall about the benefits of mommy makeover surgery and the challenges women face in getting their pre-baby bodies back after having children despite their efforts to do so through diet and exercise.



Dr. Newall

## DR. SOBIESK

**Dr. Sobiesk**, one of the board-certified physicians who regularly provides anesthesia to patients at The ACPS SurgiCentre, participated in a charitable medical mission to Armenia, Columbia in January. As part of Operation San Jose, a project sponsored by the Christus Foundation, Dr. Sobiesk and other medical professionals donated their skills to provide surgical services for underprivileged individuals in Latin America.


Dr. Sobiesk served as an anesthesiologist on the operating room crew, which performed 45 three-to-four hour cleft lip and palate repair operations over five days.

For Dr. Sobiesk, whose 22-year-old son accompanied him, the expedition was a rewarding experience. "We are truly making a difference in someone's life who may otherwise have no other options for a needed operation. It's always been a focus of this trip to help as many kids as we can."



Dr. Sobiesk





We are honored that Marlyn Diaz, CN, granted us permission to reprint this fabulous article from her online newsletter. Though originally written at the end of 2013 to usher in the New Year, Marlyn's sage advice is relevant year-round.

With a B.S in Nutrition and Food Science and certified as a Lifestyle Educator, Marlyn, who is based in Los Angeles, works with many entertainment industry leaders including Hollywood celebrities and top business executives to develop personalized health and well-being programs that help them meet the challenges of a high-pressure, fast-paced lifestyle.

Marlyn's fresh perspective, straightforward approach, and gentle, compassionate coaching style have made her a sought out speaker and writer. Her inspirational articles are featured on Maria Shriver's website, [mariashriver.com](http://mariashriver.com), where the award-winning journalist and former California First Lady spotlights individuals who have used their ideas and initiative to make an impact on our world.

- Sherri Roberts

# Simple Steps to a *Cleaner, Leaner, Healthier Life*

By Marlyn Diaz, CN • [www.holisticnutritionista.com](http://www.holisticnutritionista.com)

I hope this finds you well and getting ready to bring in the New Year with family or special friends. I'm headed to the desert to share some special moments with my boys and husband. With that, I'm reflecting on my year. I find that most of us, (including me), usually spend this last week of the year focusing on the goals and resolutions we'd like to create going forward. This year, I'm doing it a little different. I invite you to join me in the process.

Consider taking a moment to reflect back upon the last twelve months and see what accomplishments you are most proud of. Where did you thrive? What breakthroughs did you have? What moments really stand out as triumphs or victories? It could be as simple as learning to use your voice in a stronger way or having the courage to stand in your personal power, connecting more with your kids or partner or creating healthy rituals.

Whatever it is, CELEBRATE IT! So often, we forget to do this. For me it's getting my first article published in Maria Shriver's Blog. Also, being interviewed by Dr. Sophy on his radio show about "Getting Healthy, Getting Energized" and supporting hundreds and hundreds of women as they've elevated their lives and their wellness through five online programs! How about you?

Okay, after you've reflected, let's move forward...

I want to pause and say "thank you!" I'm so grateful to share nutrition and lifestyle tips and be on this journey with YOU! We've reviewed lots of tips to keep you healthy and on track during the holiday season and beyond. Here's a few more to keep it going all year long:

*Continued on page 7*

**1. DRINK WATER.** Water helps remove toxins and salts from your body, rehydrate you and really gives you energy. Create your own “spa water” and add lots of lemon for the extra fat burning properties of vitamin C. Cucumbers, orange slices, fresh mint, and berries are great too!

**2. EAT GREENS.** Start by incorporating more vegetables into your day and fresh green juices too! Nothing cleanses and purifies the blood like greens. The veggies give you vitamins, nutrients and fiber – cleansing out your body naturally. (See tasty salad recipe below.)

**3. LIGHTEN YOUR LOAD!** Toxins enter our body in many forms. To reduce the toxic load on your body you might consider eliminating high inflammatory foods like gluten, refined sugars and unhealthy fats while also reducing alcohol and caffeine. Fill up on lean protein, fruits, vegetables, nuts and whole grains.

**4. EXERCISE.** Incorporating cardio and weight training will boost your metabolism, help cleanse your blood and heighten your mood! Find something you love to do and do it often.

**5. BREATHE.** Deep breathing allows oxygen to circulate more completely through your system. Let this be the year you try yoga, meditation, qi gong or just 5 minutes a day of quieting the mind. You'll be amazed at the positive results these practices can bring to your physical and mental well-being.

**6. BRING IN THE GOOD STUFF.** Fill your days with positive people, thoughts and habits. This year resolve to do the things that inspire your mind, nourish your body and energize your soul. Look at your life...What's working? What's not? What brings you joy? In 2014 continue to move forward in the direction of the people, places, foods, drinks and daily rituals that lift your spirit and elevate your life.

Take some time this week to envision what you want when it comes to your health and wellness in 2014. Break it down into “bite size baby steps”... and with each small step forward commend yourself for a job well done. For it's the things we do on a daily basis that shape our lives and our health.

My wish for you as you move into 2014 and beyond, is to experience a greater level of health, fitness, love, abundance and happiness!

Wishing you a year filled with energy, vitality and pure success!

*With love,  
Marlyn*

## Baby Spinach and Strawberry Salad

This delicious salad was created by  
Chef Pam Reims of Culinary Bliss/LA

### INGREDIENTS:

3 tablespoons balsamic vinegar  
1 teaspoon Dijon mustard  
1 to 2 teaspoons maple syrup  
1 to 2 teaspoons minced shallot  
1/2 teaspoon sea salt  
1/2 cup extra virgin olive oil  
1/2 teaspoon freshly ground black pepper  
6 cups baby spinach leaves  
(can use arugula or mixed baby greens)  
10 to 12 strawberries, stems removed and sliced  
8 oz fresh mango, cut into bite-sized chunks  
1/3 cup slivered almonds, toasted avocado (optional)



In medium non-reactive bowl, whisk together vinegar, mustard, maple syrup, shallots, salt, and pepper. Gradually drizzle in olive oil, whisking until emulsified. Place lettuce and remainder of salad ingredients in a medium to large sized salad bowl. Slowly pour dressing over top, adding just enough to coat the leaves. Gently toss, adding more dressing if necessary. Sprinkle with goat cheese or avocado if using, and serve. Serves 4-6.

Enjoy!

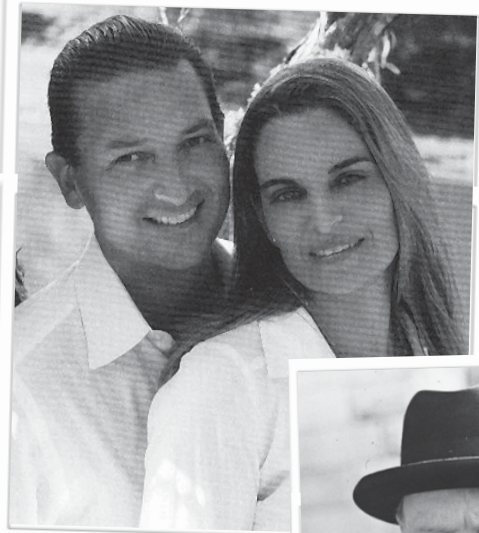
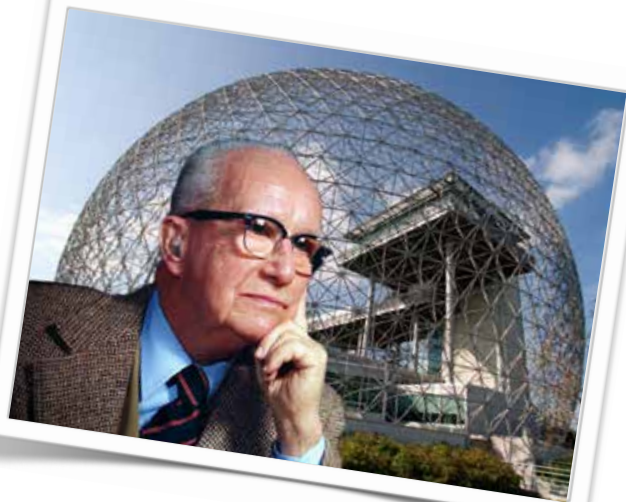


# A Personal GLIMPSE

If you could invite 3 to 5 guests from any time in history for a dinner party, who would you choose?

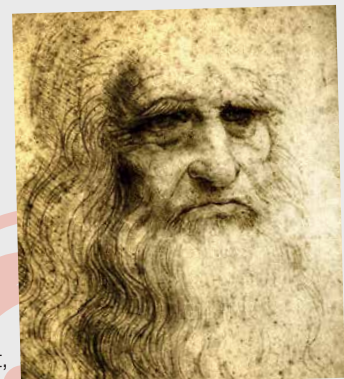
## DR. MENTZ

- **Buckminster Fuller** - inventor, architect, thinker, and futurist
- **Grace Kelly** - an elegant and beautiful Academy award winning actress who left Hollywood to become a princess when she married Prince Rainer of Monaco
- **Leonardo DaVinci** - for his inventive mind and artisty
- **Johnny Carson** - for the humour he would bring to the table



## DR. NEWALL

- **Winston Churchill** - Churchill was such an energetic visionary and a bigger than life personality who never gave up throughout any adversity. And he had a fantastic sense of humor.
- **Micheline Newall** - I would invite my wife Micheline since I cannot seem to have enough of her even after having been married for 25 years.
- **Leonardo DaVinci** - A brilliant Renaissance man, DaVinci was an innovator, anatomist, artist, engineer and genius. I always wanted to visit with the ultimate mind.

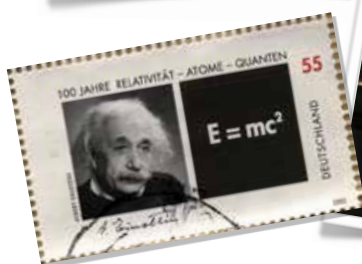
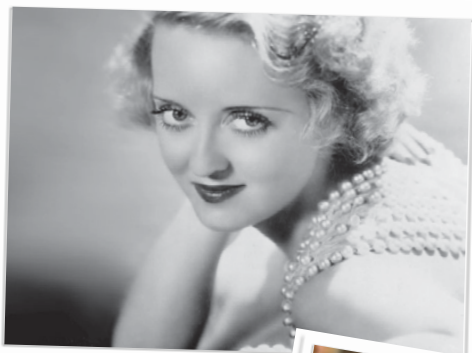




## DR. PATRONELLA

The 101st Airborne Division of the U.S. Army, a group of soldiers whose story was depicted in the HBO miniseries, *Band of Brothers* - These men parachuted behind enemy lines during World War II on D-Day, June 6, 1944, the day Allied forces invaded Northern France. I admire the courage and bravery of men who face death and accept the fear of the unknown so selflessly for others.

- **Louis Zamperini** - Zamperini was a former Olympian and American Prisoner of War whose story was chronicled in the bestseller, *Unbroken*. It took tremendous resilience and perseverance to live in a Japanese POW camp and withstand the abuse and absolute constant fear. His spirit triumphed over the hardship.



## DR. FORTES

- **Albert Einstein** - Einstein single-handedly changed the way scientists fundamentally view time, space, matter, and energy. His revolutionary ideas not only took a new level of genius to develop, but they also took a tremendous level of courage and conviction to shatter near-fossilized scientific truths and conventions.

Beyond his extensive contributions to the fields of science, Einstein was also a tireless humanitarian. He knew that his scientific discoveries had ushered in the atomic age and the dangers of its very large scale weapons of mass destruction. He worked with the Allies to help stop Nazi Germany and Imperial Japan to end World War II and the suffering of millions of people worldwide



- **Abbot Suger of St. Denis, France** - Abbot Suger is credited with the creation of the first Gothic-style cathedral of the late Middle Ages in France and for initiating this incredible period in European history.

At around 400 A.D., European civilization was thrown into the downward spiral of the Dark Ages, rightfully named because of the near complete loss of the high cultural and economic vitality of the classical Greco-Roman civilizations that preceded it. It was not until the beginning of the second millennium that civilization started to thaw out from the winter of the Dark Ages.

It was then that man's creative energies and optimism, fueled by the power of the Catholic Church and people like Abbot Suger, began creating incredible masterpieces of stone and stained glass. Weighing thousands of tons but appearing light and airy, these Gothic cathedrals would never be surpassed (by any religious buildings before or since) in their splendor and in their ability to inspire devotion to God.

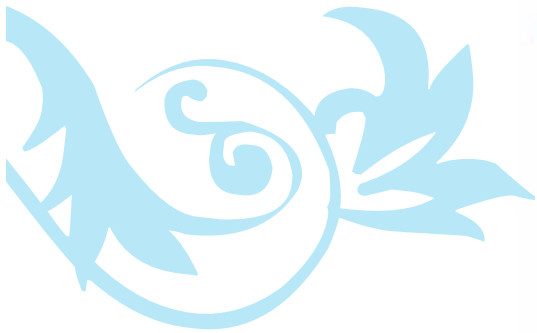
- **Bette Davis** - Actress Bette Davis made the characters she played not only believable but also very memorable. She was a part of the male-dominated studio system during the Golden Age of Hollywood. Nevertheless, by the power of her will she was able to get the quality roles she wanted.

She was smart, blatantly honest, and opinionated at a time when women were expected to behave otherwise. She had a career that lasted over 50 years, and she continued to reinvent herself as an actor to meet the challenges and requirements of the roles she had during the different stages of her life. I think she would have some incredible stories to tell during any dinner!

- **Vladimir Horowitz** - Horowitz is probably the most acclaimed classical concert pianist of the last century. He is known as "the last romantic" because of his fiery and passionate musical style. He had a technique that was unsurpassed and a unique approach to piano playing that some say was unorthodox and even idiosyncratic. Horowitz managed to thrive professionally in an age of tremendous upheaval. He escaped the Bolshevik Revolution in his native Russia and, as a Jew, fled the dangers of the Nazi uprising in Europe. When I studied classical piano performance as a kid, Horowitz was my musical hero.

# PRODUCT SPOTLIGHT

## NEOCUTIS Skincare



Soft, supple, hydrated skin is always in style, and that's why ACPS is pleased to offer another effective skin-care option to complement its flagship SkinMedica product line. After hearing positive reviews about NEOCUTIS, we decided to check it out and were duly impressed with both the positive feedback and Swiss-based technology behind the products' creation.

Neocutis products contain specially formulated ingredient complexes designed to renew and rejuvenate the skin, notably PSP®, a patented blend of proteins that nourish and improve skin's overall appearance. Melaplex, a hydroquinone-free skin-brightening complex, restores radiance to the complexion, while Rosaplex helps to balance and soothe skin to minimize redness and blotchiness.

An ACPS staff and patient favorite is "Journee," which offers the benefits of four products in one to simplify your morning skin care regimen. This includes PSP to reduce the appearance of fine lines; green tea extract for antioxidant protection, Vitamins C and E to protect against environmental stress, hyaluronic acid for skin hydration, and sunscreen. Use this in conjunction with Lumiere eye cream, named an *InStyle* Best Beauty Buy for 5 years in a row, and you have an easy and effective one-minute skin care regimen to start your day!

At The ACPS Medical Spa, we carry the full product lines of both SkinMedica and Neocutis. If you are interested in improving your skin's appearance, schedule a consultation with one of our skin care specialists. Based upon your skin's characteristics and the level of improvement you desire, they will recommend the most effective combination of skincare products and treatments to rejuvenate, nourish, and protect your complexion.





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