

FEEL GOOD NEWS

Insider Tips for Healthy, Wealthy & Happy Living

AUTUMN 2009

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Welcome former patients of Dr. Paul Blumberg:

Dr. Blumberg has left many of his patients' charts with Dr. Fisher who is readily available to serve any of your future cosmetic surgery needs.

Transitions

Most of us welcome the transition that autumn brings to our lives, the spectacular beauty of the leaves in the north as they turn colors, the blessed respite from the heat of the summer in the southern climes, and the celebration of family and friends the holiday season brings. This fall season, I look back on a remarkable year of transitions in my personal and professional life within the context of the enormous socioeconomic changes we all are confronting together.

Two months ago when my eighteen year-old daughter, Ariel left for college in Southern California, I found myself suddenly retired from my second full time job, that of a single dad raising an only child: no more early morning wake-up calls, no more "hi dad, bye dad" meals to prepare, no more of her

young friends dropping by, homework, exams, projects, parties and proms. Gone is that awful music, the disaster area she called her room, the piles of laundry, her bubbling smile, sparkling eyes, and zaniness. Endowed with the unique ability to make people laugh, Ariel filled her spare time learning how to become a professional comedic actress and shared her considerable talent with us on the weekends performing with local improv troupes. I miss all that and like all parents facing a similar adjustment, have to content myself knowing that she is where she needs to be to get where she wants to go in life.

"This fall season, I look back on a remarkable year of transitions..."

As transitions in my professional life go, none has been more rewarding recently than moving our cosmetic surgical practice into our new facility at 15396 N 83rd Ave in Peoria. The considerable expense, the long hours planning then constructing the space, paying particular attention to maximizing patient comfort and safety, were well worth it. The result, our new accredited office-based surgery, a source of great pride for me, is a delight to work in and pleasure to offer to those seeking our care.

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When Quality Counts...Experience Matters!

A Facelift vs. a Fadlift

Not infrequently, patients will ask my opinion of heavily advertised procedures designed to rejuvenate the aging face such as the Quicklift, the Lunchtime Lift, or the Lifestyle Lift. Purveyors of these lifts usually boast that their particular procedure is an innovative advance, done totally under local anesthesia in little more than an hour, yielding singularly spectacular results with an amazingly short recovery time.

In considering any one of these products, you should know the following: Far from the innovative advances claimed, these lifts are merely modifications of mini facelifts that have been around for years. While the recovery from one of these procedures may be shorter than a more traditional lift, it is only a matter of several days shorter, not weeks. Purporting to be less expensive than a regular facelift, when a patient pays for necessary "extras", such as lifting a particularly saggy neck or eyelids, the cost is the same as what we normally charge for the same procedures.



Illustration by Ariel Fisher

In the case of the Lifestyle Lift, your relationship is with the company, not the physician performing the surgery, a contract employee hired by the company and paid on a percentage basis. Not having a relationship with your surgeon

can be particularly distressing if a postoperative complication occurs. The very formidable advertising by some of these companies may be less than truthful: Lifestyle Lift was recently fined \$300,000 by the State of New York for false advertising.

Coming to me for a second opinion, complaining of a painful procedure with poor results, I have had to tell more than one patient who had undergone one of these "fadlifts" that the only way to obtain what they wanted was to redo the entire procedure: not a very happy prospect.

It's important to know when considering a facelift, that it is one of the most complex and intricate of cosmetic surgical procedures, requiring adequate sedation for the three hours or more needed to do the job properly, sufficient time to heal and an ongoing relationship with the surgeon performing the procedure. Short cuts can often leave you short; a mini lift, a mini result.

Learning To Juggle Grows New Brain Networks For Good

Juggling boosts the connections between different parts of the brain by tweaking the architecture of the brain's "white matter," a finding that could lead to new therapies for people with brain injuries and for those healthy individuals to sustain their functional abilities.

White matter describes all areas of the brain that contain mostly axons, outgrowths of nerve cells that connect different cells. It might be expected that learning a new, complex task such as juggling should strengthen these connections, but previous work looking for changes in the brains of people who had learned how to juggle had only studied increases in grey matter, which contains the nerve cells' bodies.

Jan Scholz and his colleagues at the University of Oxford have discovered that juggling changes white matter, too. They gave 24 young men and women training packs for juggling and had them practice for half an hour a day for six weeks. Before and after this

training period, the researchers scanned the brains of the jugglers along with those of 24 people who didn't do any juggling, using a technique called diffusion tensor imaging that reveals the structure of white matter.

They found that there was no change in the brains of the non-jugglers, but the jugglers grew more white matter in a part of the parietal lobe, an area involved in connecting what we see to how we move. The same transformation was seen in all the jugglers, regardless of how well they could perform. This suggests that it's the learning process itself that is important for brain development, not how good you are.

Arne May of the University Medical Centre Hamburg-Eppendorf in Germany, who led the previous work on juggling and grey matter, finds this result "fascinating". "It suggests that learning a skill is more important than exercising what you are good at already: the brain wants to be puzzled and learn



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Learning To Juggle Grows New Brain Networks For Good

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something new," he says.

Like May, Scholz's group found increases in grey matter, but differences in the size and timing of the grey- and white-matter changes suggest they are independent. Nevertheless, both are probably necessary to learn how to juggle, argues Scholz. "More white matter on its own might mean you can move more quickly, but you'd need the grey matter to make sure your hands were in the right place," he says.

The group scanned the jugglers' brains again after four weeks without juggling. They found that the new white matter had stayed put and the amount of grey matter had even

increased. This could be why, when we learn a new skill, we retain some ability, no matter how long ago we last practiced. "It's like riding a bike," Scholz says. "Either you can juggle or you can't. It takes a lot of training to learn, but once it clicks, you don't forget it."

The study demonstrates clearly that stimulating the brain with novel mental-physical tasks not only establishes new neural networks as was previously known, but actually grows new brain tissue as well. The more we use our brain, challenging it with new and different skills, the more it grows.



Transitions

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You can see our sign, PeoriaCosmeticSurgery.com easily from the loop 101 between Thunderbird and Bell and take an online tour of the office on our new updated website, **PeoriaCosmeticSurgery.com**.

But individual family milestones and professional achievements are dwarfed by the severe recession that has swept over the land and impacted all our lives. Overnight, we went from the heady boom times of 2007 when we 'shopped till we dropped' to the record, foreclosures, bankruptcies, and double-digit unemployment of today. This autumn marks a year since the largest bankruptcy in history, that of the investment bank Lehman Brothers, the time when our government embarked on a campaign to save our financial system by paying off Wall Street's bad gambling debts and started its campaign to socialize American industry with trillions of dollars of taxpayer money, incurring enormous debts that can never be repaid.

There has been no shortage of experts to tell us why this all has happened, why the good times have vanished, who or what is to blame.

However, no matter what anyone says to the contrary, the real culprit responsible for our current troubles is our own government. We are witness to the culmination of years of intervention in the free markets over many years through forced redistribution of wealth, burgeoning entitlements, reckless regulation, suffocating bureaucracy and inexorable growth that has resulted in killing the goose that laid the golden egg: capitalism.

America became the richest and freest nation in the history of mankind by the formally recognizing an individual's right to his life, freedom and property and establishing a government limited in function to protecting those rights. Gradually, this unique idea, America's gift to the world has been abandoned and we permitted government growth and meddling, all to our detriment. The Federal Reserve with its mandate to protect our dollar and to prevent recessions has seen the dollar drop 94% in value since its inception. Roosevelt's New Deal contrary to the myth that it ended the Depression, prolonged it. Johnson's

War on Poverty wasted trillions of dollars only to destroy families and create a violent underclass. Forty years after Nixon declared a war on drugs, despite more people in prison for drug offenses than in any time in history, illegal drugs are easily had in any American high school. It was Carter's Community Reinvestment Act of 1977, forcing banks to extend loans to those who couldn't possibly repay them that laid the foundation for today's sub prime mortgage mess.

The evidence is indisputable; government is not the solution to our problems, it is the problem. The right answer to today's predicament is less government, not more; less intervention in free markets, not more; less taxes, not more; less regulations, not more, less redistribution of wealth, not more; less public debt, not more. Sadly, with so many Americans having traded "free" for freedom, with more of us receiving government handouts than are not, this is unlikely.



“ Quotable Quotes: ”

“The hardest thing to explain is the glaringly evident which everybody had decided not to see.”

Ayn Rand

Word Of The Month

Heuristic
[hyoo ristik]. Adjective: enabling a person to discover or learn something for themselves

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Dr. Fisher's Corner

In each "Feel Good News," Dr. Fisher makes himself available through this column to answer any questions you may have related to cosmetic surgery. So, if you have a question for Dr. Fisher to address, please fax it to 623.876.8159 or email it to rfisher@peoriacosmeticsurgery.com. Dr. Fisher will answer one or two of your questions each newsletter.

Q. I have noticed that there is excess skin on my upper eyelids, my eyebrows look droopy and there are wrinkles around my eyes and across my forehead. What can I do for these?

A. As we get older our eyebrows naturally descend causing the following undesirable things to occur: wrinkles around the outer part of our eyes (crow's feet), hooding of the skin of the upper eyelids over the lashes, and horizontal wrinkles across the forehead as our forehead muscles have the work harder to keep our eyebrows elevated so we can see. All these make our eyes look smaller, more closed, more tired and older. Early on, judicious use of BOTOX® Cosmetic can help elevate the brows, making our eyes look more open. When the condition advances, we can perform a combination surgery to remove the excess skin off the eyelids (blepharoplasty) and a browlift to elevate the position of the eyebrows. Of the many different ways to do a browlift, we have found our browlift, which lifts the entire skin of the forehead through an incision across the hairline, the most effective, easiest to recover from and longest lasting. (See our website for a more detailed discussion with before and after pictures.) The blepharoplasty and browlift can be done as a stand-alone combination procedure under local anesthesia with conscious sedation or in conjunction with a facelift for total facial rejuvenation. Postoperatively, patients can resume normal light activities within two days and return to work in three to four days.

Few cosmetic procedures yield such a dramatic improvement in our appearance as the combination of upper blepharoplasty and browlift.

Did You Know...?

Army doctors are using the fractional CO₂ laser, the same technology we use to rejuvenate faces necks and chests to improve the scars of wounded soldiers.

Cankles Anyone? Calf Liposuction, Our Specialty



With good reason, the majority of cosmetic surgeons, dermatologists and plastic surgeons who practice liposuction are very reluctant or decline altogether to perform this procedure on calves. For many, it's just too difficult to achieve satisfactory results on this area of the body. Requiring meticulous technique, a strong aesthetic sense of just how calves should look, and experience, hard to come by, as requests for this procedure are rare, calf liposuction is quite demanding. Perhaps, because of the time I spent earlier in my life teaching myself how to draw and paint, improving my eye for proper body symmetry; or perhaps because of my assiduous attention to detail in developing my craft as a cosmetic surgeon, I am fortunate to find it both easy and enjoyable to give women the shapely calves they want. Over the years, patients from all over the country and Canada have sought my services to shape their calves, gaining me considerable experience with this procedure.

Calf liposuction, as with all our liposuction is done under local tumescent anesthesia with additional conscious sedation. The procedure usually takes us two hours and following surgery, we place our patients in quality surgical stockings that they are to wear as much as possible for a minimum of three months. While recovery to normal activity is quick after calf liposuction, post operative swelling lasts for many months, longer than any other area of the body. After liposuction, the calves look dramatically better after only a week or two and continue to improve for up to a year. I am very pleased that, to date, patient satisfaction with the results of my calf liposuction has been remarkably high and complications nonexistent.

If your dissatisfaction with the shape of your calves has reached the point of considering liposuction for them, then come and see us for a complimentary consultation.

Thank you for reading my FEEL GOOD NEWS newsletter. Your constructive feedback is always welcome.