



# PLASTIC SURGERY SPECIALISTS, PC

Trusted by physicians for beautiful results

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## Inaugural Edition of Plastic Surgery Newsletter      Sept. 2008

Welcome to the inaugural edition of Plastic Surgery Specialists e-newsletter. In response to inquiries from you, our patients, we decided to create a newsletter covering timely topics from a source you already know and trust.

Much has changed in the practice of plastic surgery since Dr. Monteiro started his practice in 1988. The availability of noninvasive and minimally invasive procedures, along with an explosion of products and devices, all of which may be researched endlessly on the Internet, have forever changed the practice of Plastic Surgery. We understand that you may be suffering from information overload, as we, too, are bombarded. It seems that every day, the media is talking about the latest device or must-have treatment. The objective of our newsletter is to help clear some of the confusion, share timely information, and guide our patients in their decision making.

Our format will include discussions about medical conditions we frequently see in our practice, along with information about the latest treatments and services offered by Plastic Surgery Specialists. In our first issue, you will meet some of our clinical staff, learn about prevention and diagnosis of skin cancer, along with an update on promising new treatments for cellulite.

We plan to make this a quarterly newsletter, reflecting the seasonal nature of our practice. Although you may opt out at any time, we hope you will stay with us and send your feedback.

## Basal Cell Skin Cancer

by Emely Karandy, DO, FACOS



**In: Glow;  
Tan: No!**



The Skin Cancer Foundation ([www.skincancer.org](http://www.skincancer.org)) has chosen “Go with your own glow” as the catchphrase of their new public awareness campaign. Pick up any fashion magazine and you may notice that all of the models and most of the Hollywood elite are embracing their own tone. Think Nicole Kidman and Renee Zellweger. Even Cher, the former diva of dark, has been looking pale lately. At last, the fashion industry may turn the tide away from tanning as being *out of style*; this may have a greater impact than years of warnings from the medical profession against the dangers of exposure to the sun.

The term “Healthy Tan” is an oxymoron. The ultraviolet radiation involved in tanning damages the DNA of the skin, leading to wrinkles, premature aging and skin cancer.

There are three types of skin cancer: basal cell, squamous cell and malignant melanoma.

Basal cell cancer is the most common and occurs on sun exposed areas of the body. These may be easier to spot on yourself and family members during the summer months when more skin is exposed.

Signs of basal cell skin cancer include:

- Sores that do not heal
- Reddish patches
- Growth with an elevated border or central indentation
- A bump or nodule
- A scar-like area

Chronic overexposure to sunlight is the leading cause of basal cell cancer. Areas such as the ears and nose, along with the shoulders and chest are especially at risk. Sunscreen is helpful but may actually give a false sense of security.

A patient recently commented that despite the use of sunscreen, she was still getting tan. She asked if there was something else she could put on her skin that would help. My reply: “a shirt” may have sounded glib. Yet, avoiding sun exposure during peak hours of 10AM to 3 PM, seeking shade and covering up with sunglasses, broad-brimmed hats and protective clothing are the only ways to truly decrease risk of damage.

Basal cell cancer rarely spreads to other areas. If neglected, however, it can invade locally and require more extensive treatment.

Be sure to inspect your body regularly for any changes.

Plastic Surgery Specialists can provide routine skin examinations, as well as comprehensive treatment of skin cancer, including laser treatments, surgery and reconstructive procedures.

# **Evolving Treatments for Cellulite**

## **by Dennis T. Monteiro, MD, FACS**



Millions of women are troubled by skin contour irregularities, including waviness, dimpling, and indentations, collectively referred to as cellulite. This can effect women over a wide age range starting at puberty, and commonly involves the hips, buttock, or thighs. As many as 90% of women may be effected at some point in their lives with cellulite to some degree.

Over the past 25 years, liposuction has become one of the most commonly performed plastic surgery procedures. In properly selected patients, liposuction can create dramatic body contouring. One of its limitations, however, has been the inability to or unreliability of treating cellulite.

Recent advances in technology have developed many non-invasive or minimally invasive treatments for body contouring.

At Plastic Surgery Specialists, we now offer a combination of two of the more effective modalities, Endermologie, and Thermage, to get a synergistic result.

Endermologie utilizes a small motorized head to lift and roll the skin, stimulating the venous and lymphatic systems, stimulating important skin cells, and softening the connective tissue that causes the dimpling.

Thermage procedures utilize a monopolar radiofrequency device for controlled tissue heating that stimulates existing collagen and promotes new collagen growth. In doing so, Thermage thereby achieves non-invasive smoothing, tightening, and contouring of the skin.

The combined procedure starts with a series of Endermologie treatments to mobilize edema fluid and soften connective tissue. This is followed by the Thermage deep tissue heating, and then another series of Endermologie. By combining both the mechanical Endermologie treatment with the radiofrequency tissue heating of Thermage, we are seeing better results than with either modality alone.

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