



THE NEWSLETTER OF IOWA CITY PLASTIC SURGERY

INSIGHT

SPECIAL HOLIDAY ISSUE ~ DECEMBER, 2005

Looking & Feeling Better maintaining your weight during the holidays

Once October has passed, the season of sharing gifts, attending large gatherings and holiday baking begins. With it, comes the desire to indulge, but also to look one's very best for all the festivities at hand. At Iowa City Plastic Surgery, we encourage our patients to make a personal goal at this time of year: *maintain your weight*. This is not a good time to try to lose weight or to launch into a rigorous exercise routine. A recent study released at the end of November indicated that weighing yourself daily may help you to keep your weight stable through the holidays. Enjoy the tempting treats in moderation and don't overindulge. Keep it simple. Going out for a brisk walk, popping in a favorite exercise tape or allowing time for a short session of sit ups or cardio moves will help to keep your metabolism up and your weight down.



HOLIDAY SPECIAL – OBAGI® GIFT SET!

This beautiful gift box includes a beaded evening bag, Obagi cleanser and eye cream.



Our Obagi™ skin care products are not cosmetics that you can purchase just anywhere. Obagi products are prescription drugs that will provide a gradual mild resurfacing of your facial skin and promote growth of healthy skin cells under the skin's surface. Please call or stop by for a free skin consultation to see if Obagi is right for you. Claudette, our registered nurse, will be happy to see you and help to determine if Obagi's "dramatic transformation" products are right for you. **Call us today at 319-337-3740.**

Blue Peel

With outdoor sun exposure in limited doses, now is the perfect time of year to try the amazing Obagi Blue Peel, now available at Iowa City Plastic Surgery. Unlike common alpha-hydroxy peels or at-home procedures, the Obagi Blue Peel is administered by qualified, trained professionals. Based on your individual needs and skin condition, we will help determine the strength of your personal peel.

The procedure takes less than an hour, and after about a week of mild peeling, you will notice a visible improvement in your complexion. Your skin's appearance should continue to improve for the next four to six weeks, becoming firmer, clearer, smoother, healthier and more youthful looking.

(Excerpt from www.obagi.com)

Happy Holidays to you!

IOWA CITY
Plastic Surgery
COSMETIC & RECONSTRUCTIVE

However you celebrate the coming holiday season, the staff of Iowa City Plastic Surgery wishes all of you a most joyous holiday season and peace in the New Year!

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The benefits of VitaMedica®

Iowa City Plastic Surgery patients who have used the VitaMedica Surgery Program have experienced the remarkable benefits of this proven supplement. Patients who take VitaMedica to boost their immune systems before, during and after surgery report faster healing times, a feeling of increased energy and improved appearance in skin color and tone.

We are very pleased to announce that we are now offering VitaMedica as a regular daily supplement for non-surgical and surgical patients alike.

The VitaMedica multi-vitamin and mineral supplement is designed to meet the nutritional needs of individuals (currently most Americans) who do not eat the variety and quality of foods needed to obtain essential vitamins, minerals and antioxidants on a daily basis.

VitaMedica is proven to promote overall health and is also used as an effective tool in the fight against the visible signs of aging.

If interested, please call us for more information.

Focus on the breast



According to the American Society for Aesthetic Plastic Surgery, breast augmentation, in addition to other cosmetic procedures continues to increase in popularity in the United States. "A strengthening economy means that people are more willing to invest in the things that improve their quality of life," says ASAPS President Robert Bernard, MD, of White Plains, NY. "Feeling good about the way they look is high on the list of priorities for many Americans." (excerpt from website)

Breast augmentation is among the five most popular surgical cosmetic procedures, with over 280,000 Americans choosing breast augmentation in 2003. Liposuction, eyelid surgery, rhinoplasty and female breast reduction round out the top five most requested cosmetic surgeries. At Iowa City Plastic Surgery, we offer a comprehensive menu of breast services, including augmentation, reduction, upper body and breast lifts, reconstructive surgery after mastectomy, surgery for gynecomastia and balancing uneven breast size or shape.

ICPS

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Keep in Touch!

It is our goal to provide exceptional care for our patients, and to create long-lasting relationships with them. Please visit our website for current events or announcements or call our office any time. Or, you may contact our nurse coordinator with any comments about our newsletter, requests for information to be included in this newsletter, or to remove your name from this mailing list:

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Body Contouring around the world

Al Aly, MD, FACS and Albert E. Cram, MD, FACS, will travel from Iowa's heartland to the heart of Barcelona, Spain February 2nd through the 6th, 2006 to perform a belt lipectomy procedure on a massive weight loss patient for a large group of European surgeons. Dr. Aly and Dr. Cram will help train, guide and educate the conference attendees on the benefits of this extensive 360-degree body contouring treatment.

Drs. Aly and Cram helped develop their trademark belt lipectomy procedure, which offers massive weight loss patients a 360-degree treatment for belly, waist, lower back, buttocks and outer thighs, all in one surgical procedure. The event will be a valuable opportunity for Drs. Aly and Cram to share their expertise with the international community.

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