

MEDICAL TEXTBOOK PUBLISHED: BODY CONTOURING AFTER MASSIVE WEIGHT LOSS



With the problem of obesity approaching epidemic proportions, an increasing number of patients who have lost massive amounts of weight are now turning to plastic surgeons for body contouring to remove excess skin remaining after massive weight loss. Serving the informational needs of these surgeons, Iowa City Plastic Surgery is pleased to announce

the January, 2006 publication of Body Contouring After Massive Weight Loss, edited by Al S. Aly, MD, FACS. Dr. Aly is considered one of the world's leading experts on the subject. This book, the first of its kind, serves as an essential resource to the surgeons performing these procedures. It covers body contouring procedures in each anatomic area. Dr. Cram

"THE FIELD OF PLASTIC SURGERY AFTER MASSIVE WEIGHT LOSS IS A NEW FRONTIER IN PLASTIC SURGERY."

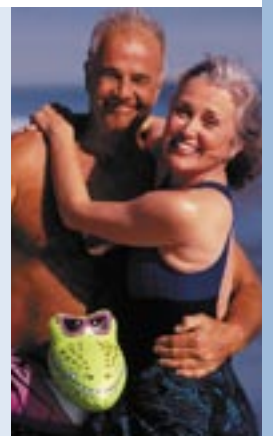
and Dr. Aly both contributed chapters to the book; and this publication from Quality Medical Publishing furthers the recognition of Iowa City Plastic Surgery as an excellent practice for anyone who has lost a considerable amount of weight. "The field of plastic surgery after massive weight loss is a new frontier in plastic surgery," explains Dr. Aly.

Dr. Aly and Dr. Cram are scheduled speakers at the upcoming national plastic surgery meeting in April. Their teaching courses at these meetings are usually presented to a standing-room only audience.

IN THIS ISSUE: SUMMER EXPOSURE

Summer is on the horizon and for many, it brings a renewed outlook on life, but also the anxiety about exposing more body parts than during the colder months. It's far easier to hide those problem areas with long pants and sweaters than it is with swim suits and shorts. Fortunately, now's a great time to kick off a fitness program, or even consider your plastic or cosmetic surgery options. Read more inside.

LIPOSUCTION . LET'S GET WALKING! . SCHEDULE YOUR SUMMER CONSULT
BRACHIOPLASTY . SUPPORT OUR TROOPS! OPERATION PAPERBACK





SUPPORT OUR TROOPS! OPERATION PAPERBACK

Iowa City Plastic Surgery is a proud sponsor of Operation Paperback, a non-profit program founded in 1999. Through Operation Paperback, we are able to collect gently used books and send them to American troops deployed overseas. We are also collecting books for the Gulf Coast Library Drive, an effort to help the weary Hurricane Katrina victims rebuild their libraries.

We are currently packing up books for our troops and will continue to collect them at our clinic office at 501 Twelfth Avenue in Coralville. The troops are currently requesting:

- Action
- Bestsellers
- Biographies & memoirs
- Fantasy
- Horror
- Mystery
- Science fiction
- True crime
- NO ROMANCE BOOKS!!!

Books need to be in good condition:

- No loose, brittle, or missing pages
- No stains or water damage
- No female skin may show from the neck to the knees on or in the book
- Religious materials

Let's support our troops and the victims of Hurricane Katrina. Call today for more details.

LET'S GET WALKING!

With summer arriving here in the Midwest, it's time to move outside and start walking. Walking will increase your endurance and it's easy on your joints. No extra equipment is needed.

There are a few things to keep in mind for walking to be considered a beneficial exercise: use good posture and stand erect with your stomach pulled in. Try taking faster steps – your steps don't have to be longer. Bend your elbows as you walk and push off with each stride. As with any exercise, it's best to start slow and gradually increase the amount you can tolerate.

**"You accomplish
victory step
by step, not
by leaps and
bounds."**

**Lyn St. James,
race car driver**

SCHEDULE YOUR SUMMER CONSULT

If you've been thinking about "having something done," now is a great time to schedule an initial patient consultation. Dr. Cram or Dr. Aly will discuss your body image goals, help you set realistic expectations and provide questions to your most pressing surgical questions. We'll provide a host of treatment options that will best fit your individual needs. Call us today at 319-337-3740.



IOWA CITY Plastic Surgery

COSMETIC & RECONSTRUCTIVE

We welcome patients from all over the world. From around the corner and far away countries, patients come to Iowa City Plastic Surgery for our expertise in cosmetic and reconstructive surgery:

Body Contouring After Massive Weight Loss

Breast Augmentation

Breast Lifts

Breast Reconstruction

Eyelid Surgery

Face Lifts

Injections

Liposuction

Reconstructive Surgery

Surgery of the Nose

Tummy Tucks

Want to look youthful, refreshed and vibrant for upcoming class reunions, family weddings or summer vacations? Injections are a quick and effective way to help eliminate the crow's feet, wrinkles and frown lines that can make you look tired, angry or older than you really are. Call us today and ask about our complete line of Botox®, Restylane® and Collagen.



SLIMMER ARMS: BRACHIOPLASTY

Whether through heredity, massive weight loss, or the natural process of aging, you may have noticed that the skin under your arms is starting to sag or droop. Once stretched, this skin acts much like a balloon that has been blown up and then deflated. In many cases, no amount of exercise will enable this skin to retain its original shape.

In these cases, brachioplasty may be the right treatment option for you. Our brachioplasty technique is unique and eliminates excess chest wall tissues at the same time that it improves the arms. It is part of another method Iowa City Plastic Surgery has worked to develop, called an “upper body lift”, which is designed to rejuvenate the entire chest area, including the arms.

The ideal candidate for the arm reduction technique we utilize is someone who has “bat wings” with minimal to moderate fat remaining in the upper arms. If a patient’s

arms still retain a significant amount of fat then we must deflate them with a preliminary liposuction procedure, and the arm is allowed to heal for about 6 months.

The upper arm reduction procedure is then performed under a general anesthetic. The procedure usually takes 2 to 3 hours to perform by our two-surgeon team of Dr. Aly and Dr. Cram. After surgery, the patient’s arms are elevated to help re-

duce swelling. This is usually required for 3 to 6 weeks. Not every patient is a perfect candidate for brachioplasty. Many patients are thrilled with the dramatic results. However, patients

must continue to take good care of their health, eat right and exercise to maintain a desired body appearance. Through our high level of personal care with each and every patient, we are able to help you set your expectations, feel confident about your decisions and speed the healing process.

Did you know?

Of all the plastic surgery treatments, brachioplasty is one of the most popular online phrases typed on the major search engines like Yahoo! and Google.

FOCUS ON: LIPOSUCTION

ALL OVER THE BODY

While liposuction is most commonly used to remove excess fat in the thighs, buttocks and abdomen, it is also highly effective when used to treat the following:

- Flabby upper arms
- Double chin
- Back
- Facial fat in the cheeks or chin
- Calves, ankles and inner knee



It's not too late to consider liposuction for the summer season when you're wearing more revealing clothing. If you're frustrated with bulges that won't go away

no matter how much you diet or exercise, liposuction may be a solution for you. Liposuction won't take off pounds, but it can provide a reshaping of isolated areas.

Liposuction can slim the hips and thighs, flatten the abdomen, remove fat from under-arms,

eliminate a double chin and contour the face or neck. It is also effective in removing much of the "middle age" stomach in many men. Your age, skin elasticity, overall health, and physical and mental fitness will all play a part in how liposuction will be performed and what type of results you can expect to achieve.

This procedure is usually performed on an outpatient basis; and most people resume work within a week or two. After the initial bruising and swelling subsides, you will notice improvement in your body contour over a period of several months.

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