

MEDICAL
BRIEFS**Hospice volunteers**

Have some time on your hands and want to make good use of it? Hospice of Washtenaw needs volunteers who are available to stay with patients during the day to give family members a much needed break. It especially needs volunteers who might be willing to occasionally travel just outside of the Washtenaw County area to help patients who live in neighboring communities.

Training will begin Monday, March 5, at the hospice office, 806 Airport Boulevard, Ann Arbor. Eighteen hours of training and pre-registration required. For more information, call Gail Marie, (734) 327-3413.

Hospice of Washtenaw is affiliated with Saint Joseph Mercy Health System.

Nursing workshop

Madonna University will sponsor "Pain Management: The Nurse's Role," a two-day conference 6-10 p.m. Friday, March 23, and 9 a.m. to 5 p.m. Saturday, March 24, in Room D118 in the DiPonio Building on campus.

Marilyn Harton, instructor in community health nursing and hospice education at Madonna University, will be the presenter. The conference will focus on the latest pain management issues and trends.

Participants may earn 12 nursing contact hours. Registration is \$75 per person or \$85 at the door. Cost includes course materials and lunch. For more information, or to register, call (734) 432-6482 or fax (734) 432-6364.

Massage-A-Thon

Irene's Myomassology Institute in Southfield will host its third annual Massage-A-Thon beginning 7 p.m. Friday, March 2, and ending 7 p.m. Sunday, March 4.

The 48-hour event offers free one-hour massages by appointment. All donations received will benefit Lighthouse PATII, a shelter that provides homeless women and children with transitional housing, education and job training.

"Each year, the response to the event is growing," said Kathy Gauthier, director of the institute. "Last year, we generated \$17,000 and this year we are aiming at \$20,000. We expect to give over 400 massages with the help of 150 volunteer students and instructors."

Each student gained pledges from the community for the massages given during their six-hour shift. Several local businesses have supported the event by donating their products and services.

"We hope the massage-a-thon helps to raise consciousness of the importance of helping others get back on their feet as well as promoting the benefits of myomassology," said Gauthier.

Irene's Myomassology Clinic is at 1891 W. 10 Mile Road in Southfield.

For massage appointments call (248) 569-9298.

Arthritis self-help

The Arthritis Foundation will offer a three-week arthritis self-help course at Arthur's Place in Plymouth, an exercise facility geared towards those with arthritis 1-3 p.m. Tuesday, March 6, 13 and 20. The course has been documented to reduce pain by 20 percent and the number of physician visits for arthritis by 40 percent.

Class size is limited; pre-registration is required. Arthur's Place is located at 47659 Halyard Road off Beck between N. Territorial and Five Mile Road. To register, call the Arthritis Foundation at (734) 354-1856.

We want your health news

There are several ways you can reach the Observer Health & Fitness staff. The Sunday section provides numerous venues for you to offer newsworthy information including Medical Deskbook (upcoming calendar events); Medical Newsmakers (appointments/news hires in the medical field); and Medical Briefs (medical advances, short news items from hospitals, physicians, companies).

We also welcome newsworthy ideas for health and fitness related stories. To submit an item to our newspaper you can call, write, fax or e-mail us.

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Facing
the Future

STAFF PHOTO BY TOM HEAVLY

Garden City woman
shares the experience
of cosmetic surgery

The first of two parts. Next week: Cosmetic surgery trends, costs, safety and criteria for choosing a surgeon.

By RENEE SKOGLUND
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Like many women approaching their mid-50s, Patricia Hartshorn of Garden City didn't want to change her looks, just improve them. In her words, she wanted to look bright-eyed.

On Friday, Jan. 5, the petite, slim Hartshorn, 53, underwent a face-lift and eyelid surgery at Henry Ford Medical Center-Fairlane, joining the growing number of Americans who seek an anti-aging remedy through cosmetic surgery. Her total bill, including operating room and surgeon fees, was \$8,800.



STAFF PHOTO BY MATTHEW TAPLINGER

Ready: Hartshorn waits to be wheeled into surgery. She has no reservations.

her. She quickly left.

Shortly afterward, Hartshorn heard about the Henry Ford Hospital Center for Cosmetic Surgery on the radio and made an appointment to see Dr. Herman Houin in November. She liked him immediately.

"I was real comfortable with him. He was very thorough. He went over the procedures and told me what to expect. He didn't rush me. He answered all my questions."

Hartshorn's boyfriend, a Westland dentist, totally supported her decision, as did her sister, who, according to Hartshorn, wished she had the money to do it. Hartshorn's 80-year-old mother was neither for nor against the surgery. Only her 27-year-old son had reservations.

"He didn't think I needed the surgery. But that's the way kids are," she said.

Surgery

Hartshorn's surgery is scheduled for noon. She sleeps soundly the night before (surprising herself) and arrives at the center in Dearborn at 10 a.m. She had been thinking about cosmetic surgery for a year and is confident in her decision. This is a gift to herself.

Around 11:15 a.m. she is given a Valium. Conversation becomes casual. When asked why she is allowing The Observer to do a story on her surgery, she replies: "Why not let other women know what's out there and available? It's not something they should be scared of."

By 12:45 p.m. Hartshorn is in the operating room with a breathing tube down her throat. She has been given a general anesthetic by a nurse anesthetist. Her face is marked with violet lines that diagram where the incisions will be made. A local anesthetic is injected in several areas of her face.

Houin begins with her right eye, drawing his scalpel in a thin line across the upper lid and exposing the orbital septum. He removes some of the fat tissue.

"If you want to make her eye more open, take the fat out of the orbital rim," he said. Houin notes that Hartshorn has deep-set eyes, so he cannot remove too much of the fat.

No scar
Houin removes a crescent-shaped piece of skin and stitches the wound with suturing material one size larger than is used to repair heart vessels. Hartshorn will not have a visible scar, he says.

"Before her surgery, I had her open her eyes 10 to 15 times to see what crease we wanted. Unless she walks around with her eyes closed, you won't be able to see the scar."

Next, Houin incises her lower

lid on the outside, just below the rim. "On a younger person, we would go through the eyelid. On Pat we want to tighten the muscle," he says. "Any scarring will be tucked into her brow's fold. We are taking pretty much all that extra skin and putting it to the corner of the eye."

Hartshorn's eye surgery takes 1 1/2 hours. The results will last seven to 10 years.

Before he begins the facelift, Houin makes a small incision beneath Hartshorn's chin and inserts a small tube. The liposuction machine sounds like a power vacuum as it removes minuscule bits of fatty tissue. "One cheeseburger, two cheeseburger," Houin jokes as he manipulates the tube. The five-foot-two Hartshorn weighs 95 pounds.

Facelift

Houin now makes a cut into Hartshorn's hairline above the left ear, draws his incision down in front of the ear and behind the tragus (the cartilage point), then continues around and behind the ear into the hairline.

He carefully separates the skin from the underlying tissue about three quarters of the way toward her mouth. He then tightens the facial muscles and refashions the skin over them. When the skin is positioned where he wants it, he cuts away the excess.

Surgery is finished by 4:30 p.m. The breathing tube is removed, and Hartshorn's face and hair are washed with a peroxide solution. Her face is bandaged and covered with a pressure netting. She is wheeled into the recovery room for close observation.

Once she's home, instructions are minimal. She can shower and use ice packs to reduce swelling. She must apply cream to her eyes at night for a few days since the lids will not close due to the swelling. In addition, she must refrain from bending, stooping or performing vigorous exercise for the next several days.

Pain should not be an issue, says Houin. "Most patients will take three or four doses of pain medication and be all right. It's just extra skin, not that deep muscular pain people complain about after surgery."

Hartshorn's boyfriend, Robert LaFortune, takes her home at 6:30 p.m.



STAFF PHOTO BY MATTHEW TAPLINGER

Skilled hands: Dr. Herman Houin, a plastic surgeon with the Henry Ford Center for Cosmetic Surgery, makes an incision on left side of Hartshorn's face, the final stage of her facelift. Left: Hartshorn one month after surgery.



STAFF PHOTO BY MATTHEW TAPLINGER

The beginning: The surgical team sutures Hartshorn's right upper eyelid with the second smallest suturing material.

"It was worth it," she said. According to the American Society for Aesthetic Plastic Surgery, more than 4.6 million cosmetic surgical and non-surgical procedures were performed in 1999. The top cosmetic surgery procedures among women were liposuction, breast augmentation and eyelid surgery. For men, it was liposuction, eyelid surgery and nose reshaping.

"I always felt that you should try to look your best," said Hartshorn. "I watched a few procedures on TV and thought that's what I'd like to have done." Initially, Hartshorn visited a clinic in Southfield; however, the doctors there were not board certified. Certification by the American Board of Plastic Surgery ensures a physician has had at least five years of surgical training, including two years in plastic surgery. The doctor who would be doing her surgery at the Southfield clinic didn't even speak to

set eyes, so he cannot remove too much of the fat.

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STAFF PHOTO BY MATTHEW TAPLINGER

The facelift: Dr. Houin carefully separates the skin from the underlying tissue. He tightened the facial muscles before repositioning and excising the skin.

Please see FUTURE, D5