

MEDICAL

BRIEFS

Stop smoking...for good

Better Living Seminars will present a "Breath Free" stop-smoking program 7:30-9 p.m. Thursday, March 8, at the Plymouth Canton High School Library on Canton Center (south of Joy) in Canton. The seven-session behavioral change program will continue Monday-Friday, March 12-16. Graduation is Tuesday, March 20.

This program has been presented in the Detroit metro area since 1996 and has helped more than 100,000 people quit smoking. Better Living Seminars, a non-profit health education program, was founded by Dr. Arthur Weaver, emeritus professor of surgery at Wayne State University.

"Breath Free" is paid for by donations. To register, call (734) 416-2940.

Team Up 2 Save Lives

The Southeastern Michigan chapter of the American Red Cross will team up with WJBK-TV2 and WKR-TV60, along with sponsor Wallside Windows, to train 1,200 people in lifesaving CPR and automated external defibrillation (AED) March 6-10.

The Red Cross will hold three CPR/AED classes per day at all six Red Cross locations in Wayne, Oakland and Macomb counties throughout the Team Up 2 Save Lives week. Classes are held for four hours with start times of 8 a.m., 1 p.m. and 6 p.m. Anyone older than 18 can register. Call (313) 576-4104 or online at www.semdredcross.org. The cost is \$25.

Nursing home basics

When it is time to place a loved one in a nursing home facility, family members deal with many concerns, including residents' rights to high-quality and dignified services, as well as the future for long-term-care facilities.

In response to that need, the Michigan Public Health Institute has put together a one-half day program, discussion session to help the community learn more about how nursing homes operate. Heartland Healthcare Center-University, 28550 Five Mile between Middlebelt and Inkster roads in Livonia, will sponsor this educational program 3-4 p.m. Wednesday, March 7. Refreshments served. For more information, call (734) 427-8270.

Looking good with cancer

The McAuley Cancer Care Center of Saint Joseph Mercy Health System will offer the workshop "Look Good ... Feel Better" the third Wednesday of each month.

Look Good ... Feel Better is for women receiving chemotherapy and/or radiation therapy for cancer treatment. The free workshop includes instruction by a cosmetologist and skin care experts, complimentary cosmetics and tips on wigs, scarves and turbans.

The workshops are held at the McAuley Cancer Care Center, on the campus of St. Joseph Mercy Hospital of Ann Arbor. For more information, call (734) 712-4183.

The McAuley Cancer Care Center also offers a monthly support group exclusively for women diagnosed with breast cancer. The group, which meets 7-8:30 p.m. on the third Thursday of every month at the center, is led by an oncology social worker and nurse. For more information, call (734) 712-2920.

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 Desk (upcoming calendar events), Medical Newsletters (appointments, new items in the medical field), and Medical Briefs (medical advances, short news items from hospitals, physicians, companies).

We also welcome editorial 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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CONSIDERING

COSMETIC SURGERY?

DO YOUR HOMEWORK



STAFF PHOTO BY MATTHEW TAPLINER

Surgery: Under general anesthesia as the four-hour surgery begins at the Henry Ford Medical Center - Fairlane, Patricia Hartshorn can only trust the skillful hands of her plastic surgeon, Dr. Herman Houin, and his assistant, Dr. Michele Zuba, a general surgery resident from Botsford Hospital completing her rotation in dermatology.

Part 2: Cosmetic surgery trends, costs, safety and criteria for choosing a surgeon.

By RENEE SKOGLUND
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When Patricia Hartshorn, 53, of Garden City decided to have cosmetic surgery last year, she knew she had to do her homework. She researched procedures and quickly discounted the first clinic she visited because the doctors there were not board certified.



STAFF PHOTO BY TOM HAVLEY

Back at work: Hartshorn returned to work as an office assistant at her boyfriend's Westland dental office within three weeks.

Last November she made an appointment with Dr. Herman Houin, a board certified plastic surgeon with the Henry Ford Center for Cosmetic Surgery.

"I was real comfortable with him," she said. "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 underwent a facelift and eye surgery on Jan. 6 at the Henry Ford Medical Center - Fairlane. (See "Facing the Future," part one of this story published Sunday, Feb. 25.) The healing process went well, and three weeks later, the only visible remnant of surgery was a small bruise over her left eye.

Hartshorn is pleased with her new look, and so is her doctor.

"I think she has got a great result. She's a happy camper," said Houin.

Safety tips

When cosmetic surgical procedures are performed by properly trained surgical specialists adhering to accepted standards of clinical practice, serious complications are extremely rare. However, no surgery is completely without risk.

"You cannot go blindly into plastic surgery," said Dr. Paul Izenberg, a board certified plastic surgeon at St. Joseph Mercy Hospital.

The American Society for Aesthetic Plastic Surgery, the leading organization of plastic surgeons who are certified by the American Board of Plastic Surgery and who specialize in cosmetic

'You cannot go blindly into plastic surgery.'

Dr. Paul Izenberg
Board certified plastic surgeon
St. Joseph Mercy Hospital

surgery, offers these safety guidelines for anyone considering cosmetic surgery:

■ **Credentials:** Selected surgeons should be certified by the American Board of Plastic Surgery (ABPS). Any doctor (even one from a non-surgical specialty) can legally perform surgery. "The term 'plastic surgeon' doesn't mean that the person has training that has been monitored by the American Board of Plastic Surgery," said Izenberg.

Certification by the ABPS ensures at least five years of surgical training, including two years of training specifically in plastic surgery.

Patients undergoing a cosmetic procedure should select a member of the American Society for Aesthetic Plastic Surgery (ASAPS) to help ensure that their surgeon has extensive cosmetic surgical experience and has met ASAPS requirements for continuing cosmetic surgery education.

■ **Hospital privileges:** Cosmetic plastic surgery is often performed outside the hospital in an office-based surgical facility. Wherever the surgery is to be performed, selected surgeons should have hospital privileges to perform the specific procedure in an acute care hospital.

■ **Facilities:** Published data show that accredited, state-based facilities have a safety record comparable to that of hospital ambulatory surgery settings, such as the Henry Ford Medical Center - Fairlane. Ambulatory or office-based facilities should be accredited by a nationally or state-recognized accrediting agency, or be state licensed or Medicare certified.

■ **Health:** Candidates for cosmetic surgery should be in generally good physical health and must be candid with their physician about any drugs they are taking. The medical history should include hormones (oral contraceptives and estrogen replacement) and even aspirin, vitamins, and herbal medications since these substances can interfere with blood clotting or interact with medications used during surgery and could increase surgical risk.

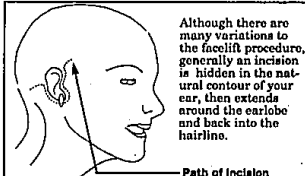
■ **Patient education:** Before surgery, patients should be educated about all aspects of the planned surgery, including whether to discontinue certain medications and stop smoking. Postoperative care should be thoroughly discussed with the surgeon, as surgery is not truly over until the patient is ambulatory and has returned to a relatively normal routine.

Risks

Most cosmetic surgery is extremely safe in the hands of surgeons certified by the American Board of Plastic Surgery.



Very pleased: Dr. Herman Houin said Hartshorn's outcome was excellent. "She's a happy camper."



Although there are many variations to the facelift procedure, generally an incision is hidden in the natural contour of your ear, then extends around the earlobe and back into the hairline.

Path of incision

However, even with the highest level of care, every surgery carries risks as well as benefits, and these should be discussed thoroughly before surgery is undertaken. For example, multiple procedures performed at the same time may increase the risks of surgery.

There are risks associated with anesthesia, analgesics and antibiotics. Smokers are at greater risk of complications including delayed wound healing, skin loss, scarring, and poor surgical outcome.

"Smoking can affect the outcome of surgery since it causes vasoconstriction. As tension is applied to these blood vessels, spasming can occur, causing loss of blood supply," said Houin.

Hartshorn, who smokes, refrained from smoking for two weeks before surgery.

"This is the greatest opportunity to stop," said Izenberg.

Other risks of cosmetic surgery include deep vein thrombosis (DVT), the formation of blood clots in the veins, and pulmonary embolism (PE), a blood clot that goes to the lungs preventing the lungs from exchanging air.

Factors such as general anesthesia and prolonged operating time appear to increase the risk of DVT. Both DVT and PE are unpredictable and can occur outside the surgical setting, as the result of certain medical conditions or from immobilization; for example, individuals have developed DVT following long airplane trips.

Postoperative

In the immediate postoperative period, any patient undergoing cosmetic surgery should be monitored by qualified medical personnel and discharged from the surgical facility only after evaluation by the surgeon. Usually, cosmetic surgery is performed as an outpatient procedure; occasionally, the surgeon may recommend an overnight stay. Patients should arrange to have someone available for assistance for the first day or two following surgery.

Hartshorn went home two hours after her surgery. She wasn't quite ready for the lobster dinner her boyfriend had promised her, but by the next day she was. She was amazed at her quick recovery (she returned to work within three weeks) and was very pleased with results of her surgery.

Cosmetic surgery is safe, said Hartshorn, in the hands of a qualified surgeon.

Source: The American Society for Aesthetic Plastic Surgery (ASAPS), the leading organization of plastic surgeons certified by the American Board of Plastic Surgery (ABPS) who specialize in cosmetic surgery of the face and the entire body. Toll-free referral line: 1-888-272-7711. Web site: www.surgery.org.