

New Hope News

February edition 2008

**News Alert:
Support Group Meeting
6:30pm at West Suburban Hospital
Class room A & B
Speaker is Dr. Lisa Peters
Plastic Surgeon**

Dr. Peters' Philosophy strives to provide caring, compassionate, and top quality care to all patients. As a woman, however, I have a unique perspective to offer female patients as I better understand the concerns, insecurities, and goals women have when considering plastic surgery

During our first visit, I will begin by listening to what you hope to accomplish with surgery. Once I understand your goals and perform an examination, I will help you understand what can be done with your body to achieve these goals and provide the information you need to make a decision.

My goal as your surgeon is to provide the best possible care to help you to look and feel your best. I look forward to meeting with you and exceeding your expectations.

--Lisa J. Peters, MD.

Weight Loss Surgery Patients Turn to Plastic Surgery

The dramatic results that many patients who have weight loss surgery experience after surgery is often resulting in massive weight loss, which is obviously the point of such surgery. But in turn this can result in large amounts of loose, sagging skin. So while it's easy to understand why many consider plastic surgery afterward.

So while the weight issue has largely been resolved, the person experiences yet another issue the excess skin. This is why many people consider plastic surgery after weight loss surgery. According to statistics from the American Society of Plastic Surgeons (ASPS), the number of "body contouring" procedures after a massive weight loss have increased 18 percent since 2004.

Body Contouring After Weight Loss Surgery

Body contouring is another name for the type of plastic surgery people often under after a weight loss surgery procedure. Body contouring procedures include tummy tucks, arm lifts, breast lifts, and other techniques used to reduce excess skin following a weight loss surgery procedure. While the number of body contouring procedures after weight loss is on the rise, the overall percentage of weight loss surgery patients who have plastic surgery afterward is [only 15 percent](#). The primary obstacle, states the ASPS, is the high cost of plastic surgery and the unwillingness of many insurance companies to cover plastic surgery, even after a weight loss surgery procedure.

Liposuction Not Usually an Option

It's also important to note that liposuction is usually not a viable option for the problem of excess and loose-hanging skin following weight loss surgery. Liposuction is usually reserved for situations where the skin is tight (due to excess body fat). Thus, the body contouring or shaping techniques (lifts and tucks) are usually the most common type of plastic surgery after weight loss surgery creates the excess skin.

After Weight Loss Surgery - Before Plastic Surgery

The American Society of Plastic Surgeons recommends that a person's weight be stable for at least three months prior to pursuing plastic surgery. In addition, gastric bypass patients should have their blood checked to ensure they are not vitamin or mineral-deficient prior to having plastic surgery (notably with regard to iron, calcium, vitamins A and D, zinc and thiamine. In other words, the body's chemistry should be as stable and favorable as possible after weight loss surgery and before plastic surgery. The same goes for any type of surgery, for that matter — patients usually fare better when their body is strong and stable and their weight is the same for least three months for any type of Plastic Surgery.

Recipe of the Month

Scrambled Eggs, Salmon and Dill

"This dish is "stylishly Mediterranean".

Salmon has many health benefits and is believed to contain proteins.

You'll find it a perfect for Sunday morning breakfast or brunch dish, or even a mid week healthy "feel good" breakfast.

Regardless of when you decide to enjoy it, you're going to love how it tastes!

This Recipe Serves 1.

Ingredients

- 1 Slice (1.5cm thick) ciabatta bread
- 2 eggs
- 1 tablespoon low fat milk
- 1 tablespoon cottage cheese
- 2 teaspoons finely chopped dill
- Freshly cracked black pepper (to taste)
- 2 Tablespoons sliced smoked salmon

Prepare the following:

- 1 Toast the slice of ciabatta and keep warm.
2. Heat a non-stick frying over medium heat.
3. Using a whisk briskly mix eggs, milk, cottage cheese, dill and black pepper together until a smooth mixture is formed.
4. Spray frying pan with olive oil spray and add mixture to the pan.
5. Using a whisk, stir egg mixture constantly over medium heat until it thickens and is a light creamy color, which should take about 2 minutes.
5. Place salmon in with egg mixture and lightly mix in.

6. Spoon scrambled egg on top of toasted ciabatta slice, garnish with dill and serve immediately

Bon Appetite!

Coming soon next Meeting

March 17, 2008

at West suburban Hospital 6:30pm Class A and B

Speaker will be

Mike Galvan

Exercise Physiologist

Topic

Exercising and its Importance

From West Suburban Hospital Cardio Rehab Center at

7411 Lake St.

Suite 2115

River Forest, IL 60305

Help Wanted



New Hope News is looking for some interested people to help with our monthly newsletter. We need you to share your ideas, concerns and any questions you think would benefit our readers. See Cecilia or call for more information@708-456-7874

New Hope Surgical Weight Loss

**1950 N. Harlem Ave
Elmwood Park, IL 60707**

NEEDED: New Hope Testimonials for our Web Site.

News:

New Hope Surgical Group Monthly Newsletter is to keep us informed with our questions and concerns and sometimes yummy recipes. To keep this going we are asking for your help. We are all busy with our own lives, and we understand this. But this is a very important part of our lives too. So please help us keep our newsletter going

Mission Statement

New Hope Surgical strives to restore health in those suffering from morbid obesity and its related diseases. We are committed to serving our patients with the highest quality minimally invasive, laparoscopic weight loss surgery, compassionate support groups, beneficial nutritional consultations, and valuable psychological consultations. We desire to give hope to individuals who have been affected physically, mentally, and emotionally by morbid obesity. Our goal is to improve our patient's long-term quality of life by increasing their weight loss and decreasing the severity of their co-morbidities.