

A Celebration of Motherhood:

Love Your Kids, Love Your Body, Love Yourself

There are certain universal truths about mothers...

Mommies have magical kisses that can heal little bumps and bruises. Mothers have eyes in the back of their heads. (Truly an amazing feat of nature!) And mothers sacrifice themselves – both mentally and physically – on a daily basis.

Without question, it's worth every bout of morning sickness, every minute of lost sleep, and every stretch mark.

Now, however, a new universal truth is sweeping the country. Moms want their figures back. It's not about getting bigger or better for Midwestern moms. They just want everything put back where it was before the stretching and sagging. Before the fleshy pouch appeared where their belly buttons used to be. Before their breasts deflated, and before their bust lines and waistlines crept closer together. Mothers have decided to take action.

"At least 50 percent or more of my practice are moms coming in for *exactly* this reason," shares **Clifford King, MD, PhD, Cosmetic Surgeon at Dean's Aesthetic Surgery Center**. "It's becoming more common in this geographic area. Women work hard and want to look good, and they aren't willing to give that up!"

The Change

"Everybody's body changes after pregnancy. It's simply a matter of how much," Dr. King explains.

The most common surgeries for women who are trying to correct permanent changes due to pregnancy – whether they happened last year or last decade – are the tummy tuck (abdominoplasty) and a combination of breast lift (mastopexy) with augmentation (mammoplasty).

"Many moms come in complaining that their breasts are deflated, or not as full," says Dr. King. "Also, it's common for nipples to point more downward after pregnancy and nursing."

An augmentation lift gives fullness and helps lift and reposition the breast for a more natural look. Each procedure can be done separately or combined for the most effective result.

Abdominoplasty can address multiple complaints. First of all, a tummy tuck will remove the extra skin left behind after stretching and restore a natural looking belly button. As a side benefit, some of the skin removed can often be the skin scarred by stretch marks. Finally, some women

stretch or tear the muscles of their abdominal wall during pregnancy. This can often be repaired during a tummy tuck.

"The thing to realize," explains Dr. King, "is that these are issues that cannot be fixed by exercise, diet, or other means. Loose, stretched out skin simply isn't going to go away without surgery."

Matching Mirror Image to Self Image

Time after time, women say they are choosing cosmetic surgery to feel more confident... just for themselves. In truth, with bras and clothes, it is often possible to mask any "problem areas" to the outside world. But when moms look in the mirror, their reflection doesn't match the positive picture they have of themselves. It's not just about looking younger. It's about being your best and feeling your best at whatever age or stage you find yourself.

Ramzi Shehadi, MD, FACS, Cosmetic Surgeon at Dean's Aesthetic Surgery Center, agrees that the best reason to have cosmetic surgery is for yourself. "The most important thing is for the patient to really want it. It has to come from inside them, not the outside," he shares.

Both Dr. King and Dr. Shehadi claim communication with your doctor is the key to meeting your expectations.

"Talk to your doctor about what you want," encourages Dr. Shehadi. "Not everybody wants the same result. I always make sure my patients truly understand what we can and can't do, but my most important job is to listen."

Not Just Hollywood Hype

While television portrays cosmetic surgery as an unnatural effort of wealthy older women to recapture their youth or of young Hollywood starlets to improve their chances, the truth is that cosmetic surgery is common in your own backyard. In this age of empowerment, many Wisconsin women are choosing subtle changes for natural results.

"One of the best things about Dean's Aesthetic Surgery Center is that it's not a stand-alone venture," Dr. Shehadi shares. "It's part of a multi specialty group practice. We're doctors, not salesmen."

It is a safe, discreet, and pleasant experience.

"It works!" says Dr. King. "On a daily basis, I see people who are so happy they had it done."

Dr. King emphasizes the value of feeling good about yourself as a result of aesthetic surgery. "Don't underestimate the importance of feeling confident," he shares. "It affects relationships, job performance, and everything else. The results of cosmetic surgery are more significant than many people realize."

For more information about plastic surgeons, Drs. King and Shehadi; facial cosmetic surgeon, Dr. Rose; or procedures at the Dean Aesthetic Surgery Center, visit:
deancare.com/aestheticsurgery
or call:
(608) 821-4000
to schedule a consultation.

We will not schedule regular appointments on:
Memorial Day - Monday, May 26th

All clinic services will be closed except:

East and West Clinic Urgent Care:
Open 7 am - 4 pm

East and West Clinic Pharmacy:
Open 8:30 am - 4 pm

Your Blood Pressure Matters

Offered by **Dean & St. Mary's Health Works**
Michele Barsness, CHES
Jane Hyer, RN

June 17 (T), 6 - 7:30 pm
Edgewood College at Deming Way
1255 Deming Way, Madison

Have you recently been diagnosed with hypertension or pre-hypertension? Are you unsure what this means or what to do next? Come learn all you've ever wanted to know about your blood pressure and how to manage it! The first part of this class will answer questions like "What is blood pressure?" and "Why is high blood pressure a concern?" The second part of the class will help prepare you to take action and teach you how to actively lower your blood pressure. A registered nurse will be available to take your blood pressure, answer any individual questions, and help you start managing your blood pressure!

Space is limited; advance registration is required. You may register online at **www.deancare.com/healthworks**, or by calling Health Works at **(608) 827-4424**.