

Lifestyle and Cosmetic Procedures



Lifestyle factors such as diet, exercise, smoking and sun exposure are not only a consideration in terms of whether a patient can safely undergo cosmetic surgery, but they often determine the quality and longevity of surgical results.

Patients play a considerable role in the long-term success of their cosmetic surgery results. Patients who do not follow a healthy lifestyle after liposuction or a tummy tuck may be considerably less happy with their results. In the case of patients who have undergone facial rejuvenation, it's essential that they learn proper techniques of sun protection to avoid accelerating the skin's aging process and undoing the positive results of surgery.

The New Year is a great time to start adopting daily habits that promote good health—both in preparation for and following a cosmetic procedure. Maintaining a healthy diet and weight, stopping smoking, moderating alcohol consumption, getting plenty of sleep, avoiding excessive sun exposure and reducing stress all have been shown to improve health, and in many cases, lengthen life. Cosmetic surgery can help patients achieve a better quality of life by improving both the way they look and the way they feel.

To find out more about liposuction, facial rejuvenation or any other cosmetic procedure, please contact our office to schedule your personal consultation.

Is a tummy tuck right for you?

It's the end of the year and you want to look just right for the holidays. You've tried everything, but you just can't get rid of that tummy! You're not comfortable wearing the style of clothes you like and you don't even want to think about how you will feel after all of the parties and holiday meals. You're not alone. A bulging tummy can be a cause of distress for both women and men.

A protruding abdomen can be the result of heredity, excess fat, weak abdominal muscles, pregnancy, or loose skin that has been over-stretched and no longer responds to diet and exercise. More and more people are experiencing these problems, as wellness becomes part of their daily lives. For those who have experienced a massive weight loss, their only alternative to loose overhanging skin is surgery.

A tummy tuck or abdominoplasty is a surgical procedure designed to flatten a protruding abdomen by tightening the muscles in the abdominal wall and removing excess fatty tissue and skin—giving a firm and smooth appearance. A flat stomach gives a physically fit appearance and can allow you to wear certain clothes with more confidence. The procedure is a common one and can benefit men and women who are bothered by a protruding abdomen.

Patients that have stabilized in their weight loss program or who feel they are at their ideal weight are the best candidates for a tummy tuck. Many patients combine their tummy tuck with liposuction to achieve their overall new look.

Are you a good candidate?

You may be a good candidate for a tummy tuck if you have:

- excess or sagging abdominal skin
- an abdomen that protrudes and is out of proportion to the rest of your body
- abdominal muscles that have been separated and weakened
- excess fatty tissue that is concentrated in your abdominal area

Dr. Serota would be pleased to schedule a personal evaluation to see if you are a good candidate for a tummy tuck. Please contact our office for more information or to schedule your personal consultation.



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CENTER

Joseph F. Serota, M.D., F.A.C.S.
Medical Center of Aurora
1455 South Potomac, Suite 201
Aurora, CO 80012

Make your New Year's resolution a reality!

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Valid on procedures performed before March 31, 2007.

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Quarterly

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Notes from the Doctor

Joseph F. Serota, M.D.

Happy holidays from the Advanced Cosmetic Surgery Center. I want to take this opportunity to thank all of our patients for their trust and support. Over the past year, many of our patients have referred their friends and family members to our practice. Your confidence in us is very much appreciated.

It's almost 2007 and many of us are thinking about making our New Year's resolutions. Each year, millions of Americans resolve to eat right, exercise and do what it takes to look as good as they feel. Body contouring procedures are an option used by many to keep their New Year's resolution and get their bodies back into shape.

A tummy tuck (abdominoplasty) can help those who have a protruding abdomen due to heredity, excess fat, weak abdominal muscles, pregnancy or loose skin that has been over-stretched and no longer responds to diet and exercise. In our "Patient Corner" section, Madelene, one of our patients who underwent the procedure, talks about her experience and results.

Liposuction, although not a substitute for dieting and exercise, can also greatly help in improving body contour. The procedure can produce excellent results for people who have deposits of excess fat that make certain body areas appear disproportionately large. Liposuction can slim your hips and thighs, flatten your abdomen or eliminate a double chin.

The results of liposuction and/or a tummy tuck can have a positive effect on the way you feel about yourself and the way you look. Let us help you make your New Year's resolution a reality. Contact us today to schedule your personal consultation.

All of us at the Advanced Cosmetic Surgery Center wish you a happy and healthy New Year.



www.serotamd.com

Check out our new website! It's easier to navigate and contains updated information about the surgical and non-surgical procedures offered at the Advanced Cosmetic Surgery Center.

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Don't let the holiday season sabotage liposuction results!

It's the holiday season. We're going to parties, having big family dinners and eating and drinking more than usual. Liposuction patients are more likely to gain weight without adhering to a proper diet and regular exercise. This is especially important to remember during the holiday season—when diet and exercise may be overlooked.

If you're resolved to get and stay in shape during the holiday season, the road ahead may seem daunting. Although you may exercise, eat right and try to keep fit, sometimes it's not enough. Many have excess fat that just won't go away. Could liposuction offer a way to achieve your ideal body?

Here are some questions and answers to help you determine if liposuction is right for you:

• **Have you tried diet and exercise?** A healthy, balanced diet and regular exercise are the first choices to improve fitness. If these methods fail to improve specific problem areas of fat accumulation, then liposuction may be the answer.

• **Is your weight within the normal range?** Liposuction is not a method for overall weight reduction. The ideal candidate should be no more than 20% over his/her ideal body weight, although some who exceed this amount may also derive benefits from the procedure.

• **Are you in generally good health?** If you have any pre-existing health conditions, Dr. Serota is likely to consult with your personal physician prior to making a decision about whether you should undergo surgery.

• **Is your excess fat in specific areas, such as thigh "saddlebags," "love handles" around your waist or extra padding on your hips?** Localized fat deposits frequently are resistant to diet and exercise. Liposuction on these problem areas can help you achieve a smoother body contour.



Patient Corner Meet Madelene



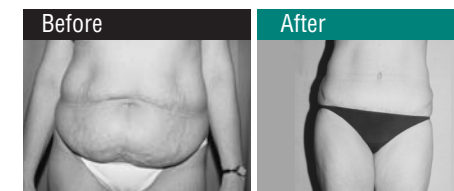
Madelene had given birth to a 10-pound baby. After losing the baby weight, she was left with loose, overstretched skin and weakened stomach muscles—in addition to a protruding abdomen. This is Madelene's story in her own words.

About three years ago, I decided to get a tummy tuck. Whenever I looked at myself in the mirror, I couldn't believe what I saw. I just didn't feel good about myself. I was a size 4, but my stomach skin would hang over my pants. There was so much skin that I couldn't even see my belly button. That's when I went to see Dr. Serota.

The first thing I noticed when I walked into the Advanced Cosmetic Surgery Center was a feeling of warmth and comfort. That, coupled with the helpfulness, friendliness and confidence exhibited by Dr. Serota and his entire staff, immediately put me at ease. This feeling continued throughout my consultation.

I initially chose to visit Dr. Serota because of his credentials and the fact that he was highly recommended by other patients. I wasn't disappointed. Dr. Serota was patient, listened to my needs and answered all my questions. He took the time to explain exactly how the procedure would be performed, what I could expect during the recovery period and even went over details as to where the scar would be and how my new belly button would look.

After my surgery, I was overcome with joy and gratefulness to Dr. Serota and his staff. The surgery went exactly as planned and exceeded all of my expectations. I never believed that it would be possible to look like "myself" again. As a flight attendant, how I look is important and how I feel about myself can have an enormous effect on how I relate to others. I believe it's important to be happy on the inside and the outside. Since my surgery, I have more confidence, feel great and absolutely love the way I look.



This article is based on an actual interview. Before and after photos are shown with the permission of the above-mentioned patient.

Office News InSPAration

On Thursday, October 5, 2006, the Advanced Cosmetic Surgery Center staff took part in InSPAration, A Day of Health and Beauty, benefiting the National Jewish Medical and Research Center. Held at the Adam's Mark Hotel in downtown Denver, featured speakers included Mireille Guiliiano, president of Cliquot Inc. and author of the international best-seller "French Women Don't Get Fat," and Chanda Hinton, Miss Wheelchair Colorado.



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