

# PARVA PLASTIC SURGERY

*Aesthetic & Reconstructive Surgery*



Vol 2 Issue 2 Summer 2010

## DON'T FORGET YOUR SUNBLOCK!

There is a fine line between conservative and assertive measures in regards to keeping skin healthy and looking its best. The good news is, reducing your risk for skin cancer and overall wrinkle prevention may be achieved with one easy step; **SUNBLOCK!** It is a proven fact that damaging ultraviolet sun rays not only lead to premature wrinkles and discoloration of the skin, but more importantly the potential development of skin cancers at any age.

When choosing a sunblock, it is imperative to choose protection with broad spectrum coverage from both UVA Rays causing brown discoloration and UVB Rays causing sunburns. In fact, although famous for causing tanned skin, UVA Rays are the primary cause for most skin cancers. Plastic Surgeons and Dermatologist mutually agree that Broad Spectrum Sunblock is a staple in skin care and should be worn at all times of the year.

In addition to wearing sunblock daily, it is also important to perform skin self-examinations. There are various types of skin cancers, with the most common being Basal Cell Carcinoma (BCCA), which is most commonly caused by sun exposure. Fortunately, BCCA does not spread elsewhere but may continue to grow, therefore it is best treated early. Squamous Cell Carcinoma (SCCA) is less common, however it has the potential to spread to lymph

nodes; making early treatment prudent. Melanoma is the most feared skin cancer, due to its aggressive nature. When performing skin self-examinations, look for the following changes...

- **any change on the skin, especially in the size or color of a mole or other darkly pigmented growth or spot, or a new growth**
- **scaliness, oozing, bleeding, or change in the appearance of a bump or nodule**
- **the spread of pigmentation beyond its border such as dark coloring that spreads past the edge of a mole**
- **a change in sensation, itchiness, tenderness, pain, or ulceration**

If you notice any of the above changes in a mole or lesion on the skin, it is important to consult with a Dermatologist or family physician for further evaluation. In short, protecting your skin from the sun is critical and self examination may identify any skin cancer at an early stage.

**Parva Plastic Surgery is now offering Broad Band Light (BBL) therapy for the treatment of sun damaged skin. BBL is a 30 minute phototherapy treatment designed to remove brown and red spots on the skin; an ideal modality to treat sun damage before it progresses.**

## SARAH AND DR. PARVA GO TO WASHINGTON

In April, the American Society for Aesthetic Plastic Surgery held its annual meeting here in Washington, D.C. at The Gaylord Convention Center. It was a great opportunity to hear about new and advanced techniques in Breast Surgery, Body Contouring and Injectables. Dr. Parva immediately applied new approaches to managing breast revision patients and Sarah was able to enhance her advanced injection techniques in Botox and Fillers to better serve her patients. In addition to learning new medical advances and enjoying the beautiful harbor setting, Sarah was overheard saying, "That is the largest pineapple I've ever seen, and I almost walked right past it!" Dr. Parva was noted to respond, "Yes, looks like they're overwatering it."



## GROWING TO BETTER SERVE YOU

*Parva Plastic Surgery is excited to introduce you to Petra our new Patient Coordinator.*

### **Petra Lipski**

We are very happy to have Petra Lipski join our team as our new Patient Coordinator.

When you need to schedule a cosmetic or a reconstructive surgical procedure

Petra will be delighted to

coordinate all the

details and make the process an enjoyable experience for you. Petra

loves working for her patients and her desire to help others makes

her a valuable asset for our practice. Petra was born in Mainz,

Germany and because her father served in the Air Force she was

very fortunate to spend a lot of her childhood in Europe. Petra and

her husband Tom have three children, Jamie, Hunter and Megan

and a wonderful Nova Scotia Duck Tolling Retriever named Belle.

Petra and her family moved to Ashburn in 2001 and they love the

Northern Virginia area. Jamie is a junior at Va. Tech, and Hunter and

Megan both attend Stone Bridge H. S. When Petra is not working

she loves to cheer on her kids at their sporting events (this season

it's soccer and lacrosse). She loves to take long walks and enjoys

reading historical fiction novels.



*P*

## FAQ



***I keep hearing about a Mommy Makeover. What is it?***



*The term "Mommy Makeover" was coined years ago to refer to the plastic surgery procedures available to a woman whose desire is to address the body changes that have occurred after pregnancy. Generally, the breast is rejuvenated through a breast lift and/or breast augmentation. A tummy tuck is often a second important component necessary to tighten the weakened abdominal wall and remove the stretched, excess skin. Liposuction may also play a role in removing excess fatty deposits to contour the hips and thighs. The appropriate procedures are tailored to the specific needs of each woman. For more specific information, please refer to our website, [www.bodyenhancement.com](http://www.bodyenhancement.com), the 2009 Newsletters, volume 1, issues 2 and 3 when we wrote a series about Mommy Makeovers. Moms are delighted to regain a figure that they enjoyed before the wonderful blessing of children.*

***Please contact us with any plastic surgery questions you would like us to answer in future newsletter issues!***

## SKIN CANCER AND SKIN HEALTH: A PATIENT'S PERSPECTIVE

Our lives are busy, both indoors and out. The largest organ of our body, the skin, serves as our protective armor keeping the good in and fending off the bad elements around us. Yet, our skin suffers aging and damage that may need repair. Correcting that damage through skin care programs, laser procedures and other treatments can revitalize the health and appearance of our skin, but when skin cancer threatens both our skin barrier and our health, more specific intervention is required to remove that threat. One of our patients has graciously shared her experience and her words of wisdom below:

*I woke up one morning with a tiny spot of blood on the bridge of my nose. I assumed I had hit myself with a finger nail while asleep. The spot healed and I thought no more about it until a few weeks later; it was back and I knew I*

***I had never concerned myself with sun damage because I wasn't one to "sun bathe".***

*had to have it checked for cancer. I had never concerned myself with sun damage because I wasn't one to "sun bathe". I chose Parva Plastic Surgery for treatment because I was so afraid of scarring. After several surgeries I have clear margins and thankfully, very little scarring. I was afraid I wouldn't have enough skin left to cover my nose but Dr. Parva certainly managed it. My friends and family don't notice I've had surgery. My experience with cancer has made me very aware of the sun on my skin and the need to protect myself from it. I now use sunscreen, hats and any shade I can find. I try to schedule outside work before 10am and after 2pm. I know problems may show up again because of past exposure but, I will be vigilant in order to prevent future damage.*

EK

## BREAST CANCER RESEARCH 5K RUN (WALK FOR SOME OF US)

The 1st annual Run for Research 5K run was held in Purcellville on May 8, 2010. Parva Plastic Surgery with friends, family, staff and patients fielded a team to support this new effort in helping to find a cure for breast cancer. The event was organized by Niko Pampaloni, a home-schooled high school senior, who was inspired by his Mom's diagnosis of breast cancer and their family's experience through the treatment process. Niko states, "The idea for the race was birthed because of our own personal experience with breast cancer. My mother was diagnosed 2 years ago. Our family spent an entire year undergoing the emotional roller coaster of surgeries, chemotherapy, doctor visits, etc. Many of you have had the same experience or know someone who

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[www.bodyenhancement.com](http://www.bodyenhancement.com)

# BREAST CANCER RESEARCH 5K RUN (CONTINUED)

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has. Fortunately for us, my mother is doing well and is expected, by God's grace, to recover. For many, the story is very different. It is my desire to coordinate a race that allows our community to work together today, so that tomorrow's cure will become a reality." We applaud Niko for his hard work and act of love for his family and our community. Come out and join us next year!



***The Parva 5K Race Team***