

PARVA PLASTIC SURGERY

Aesthetic & Reconstructive Surgery

Vol 1 Issue 4 FALL 2009



BREAST REDUCTION SURGERY

Neck pain, back pain, shoulder grooving; all are common complaints of women plagued with excessively large breasts. The disproportionate weight distribution to the upper body pulls the shoulders forward, causes a hunched posture and places significant strain on the neck and back. Often women are limited in their physical activities because of pain from supporting the large size and weight of their breasts. Clothes do not fit well and women of all ages often become self-conscious. So what can be done and what are the options?

Weight loss can be beneficial if someone is above ideal body weight, but interestingly, many women with large, heavy breasts are less responsive to weight loss. They may lose general body weight but the breast size is not affected. Other efforts such as NSAID's (Motrin and Advil), supportive bras, physical therapy or chiropractic care may provide temporary pain reduction but are not long term solutions. Any measure that addresses just the symptoms really serves only as a band-aid, since it does

not deal with the actual problem – there is too much breast weight for the body to support.

Breast reduction surgery is designed to remove a portion of the excess breast tissue and elevate and reshape the breast so the final result is a more proportional breast size for the body frame and a more youthful shape and position.

If symptoms and physical exam meet certain criteria, some health insurance plans will cover breast reduction surgery, but even if insurance denies the procedure, many women will still proceed with surgery because of the pain they have had to endure for many years. The relief in pain is often felt the very first night after surgery and the satisfaction rate is very high.

If this story sounds familiar, we are happy to answer any questions you may have.

DR. PARVA'S TRIP TO GUATEMALA

Dr. Parva and his family spent 10 days in Guatemala this August working with Servants 4 Him. It was an amazing experience working with the Guatemalan people and seeing the joy most of them possess even though they have so little according to our standards. Dr. Parva used some of his finer construction skills as part of the team that added a second floor addition to Ana Julia's home. Ana Julia is shown here in the red shirt with five of her six children. She now will have plenty of room for her children and the laundry business she operates out of her home.

Alex (19) and Ellie (14) Parva take a short break from mixing cement - just long enough to smile for the

camera. The cement that was all mixed by hand was used to pour a floor for Fernando and his family. The family had been living in a two-room home with a dirt floor. Now they have a beautiful red cement floor that can be swept and washed.

continued on pg. 3



WELCOME STESS

When you contact our office, chances are your call will be answered by Stephanie Chapman also known as Stess, our new Front Office Coordinator. Stess' warm and friendly personality and amazing organizational abilities are a welcome addition to our growing team. Mainly raised in Pennsylvania, Stess has called northern Virginia home since 1989. Having managed a busy dental office, Stess brings with her both an interest and experience in patient care. When not in the office, Stess enjoys gardening, working on her 100 year-old home and wandering through local yard sales and flea markets.

Stess is also a talented painter and sculptor. Her next artistic endeavor will be to design a mural on one of the walls in the surgical/procedure room. We are all excited to see what she will create. The next time you talk with Stess, you may want to ask her about her cats. *P*



NATIONAL BREAST CANCER AWARENESS MONTH CELEBRATES 25 YEARS

Open House October 22, 2009

October is National Breast Cancer Awareness Month and Parva Plastic Surgery will be hosting our 2nd Annual Hope and Courage Celebration on Thursday, October 22nd. We invite all of our breast cancer patients and their families to join us as we encourage one another and celebrate life. The Open House begins at 5:00 pm at our office at 224-D Cornwall Street, NW, Suite 300 in Leesburg. So save the date and if you have any questions please call Nancy at 703-777-7477, ext 204.

If you would like more information on breast cancer, National Breast Cancer Awareness Month, or what you can do to get involved go to www.nbcam.org. *P*

WHAT ARE YOU THANKFUL FOR?

It is best to concentrate on what we have and what we are grateful for rather than what we don't have. Thanksgiving is right around the corner and the next issue of our newsletter will be entirely devoted to "What we are thankful for." If you would like to contribute to the newsletter with your own personal story, please send or email patientcoordinator@bodyenhancement.com and tell us what you are most thankful for. Please get your responses in quickly so we can include them in the newsletter – space is limited. Please feel free to include your family members in this activity. We look forward to hearing from you. *P*

FAQ



What are SOFT TISSUE FACIAL FILLERS?



Soft tissue fillers are FDA approved solutions consisting of natural building blocks found within your tissue, such as Hyaluronic Acid (Juvederm™ and Restylane™) and Hydroxylapatite (Radiesse™).

Fillers are delicately injected to plump, fill, and enhance features of the face; to include cheeks, parenthesis around the mouth, furrows between the eyes, lips, jowls, and even aging hands.

On average, fillers may last from six months to two years, depending upon individual aging and the selected filler. With each treatment, patients immediately look rejuvenated with minimal recovery or downtime.

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

A PATIENT'S PERSPECTIVE

I have been told that "attitude is everything" when it comes to difficult things in life. My decision to undergo breast reduction was the ideal situation to test this theory.

I have struggled for years with shoulder and back pain. I have been hospitalized for what initially looked like a heart problem only to find out it was nerves pinching from heavy breasts. I have experienced the awkwardness of trying to buy clothes that were one size in the skirt or pants but two sizes larger in the shirt or jacket. I have been embarrassed by people staring at my chest instead of my face. I finally decided to seek help to resolve this condition.

I began the rounds of interviews with doctors. This was painful for me. I wasn't the largest woman they had seen so they were slightly dismissive with me and sometimes patronizing. I almost quit at this stage of the game, but "attitude" began to surface as I realized this surgery could change my life for the better. I finally found Dr. Parva through an acquaintance. From the first office visit I decided that this was the doctor who could do this the way I needed it to be done. He answered every question, took time in the office exams, was sensitive in the exams and photo sessions, and had wonderful and supportive staff that followed through with everything I needed to make this decision. From the day I decided to go forward with surgery, I

Having "attitude" has given me a chance at a happier and richer life!

felt very little anxiety. I credit those feelings with the confidence I had for Dr. Parva and his team. This confident attitude made all the difference in my recovery.

I came home after the surgery and followed the directions I had been given. I ate and slept the way a post-operative patient should and I gave myself time to heal. I was able to call the office whenever I needed more information. I had my pain medications, but found that I did not need them after the second day. By the fourth day I felt so good, even with a drain in and support bras to wear. I was so surprised at how well it had gone and how little pain I felt.

My surgical area was healing nicely. I put Mederma Scar medication on the area several times a day and my skin healed beautifully. I was so glad that I had decided to do this surgery. The smile on my face and the lack of pain made it something I wished I had done years ago instead of putting up with it. This is where "attitude" helped. I got the information I needed from Dr. Parva. I had confidence in his skill and compassion. I wasn't afraid to go forward. Having "attitude" has given me a chance at a happier and richer life! - Pam

DR. PARVA'S TRIP TO GUATEMALA

Continued from pg. 1

It was such a blessing to not only be a part of the team but to be given the opportunity to provide this seemingly small gift which is going to make such a huge impact in the daily lives of this family.

Griselda, Fernando's youngest, looks on as the team is busy mixing cement and preparing to pour the new floors. Griselda, her sister and three older brothers kept the team members entertained all day at the work site.

Ana Parva (16) cuddles with one of the attendees of the several vacation Bible schools the team helped lead while in Guatemala. The children sang songs, did crafts, listened to a message, and were fed a hot meal or snack. During the week over 80 children came to Christ. What a joy to witness and be a part of that!

If you would like more information on Servants 4 Him and the work they are doing in Guatemala, please go to their website www.servants4him.org.



INTRODUCING SARAH L. SAFA, PA-C, MS

The staff at Parva Plastic Surgery is excited to announce the newest member of our team, Sarah L. Safa, PA-C, MS. Sarah is a Certified Physician Assistant (PA-C) with extensive experience in plastic surgery. She received her Master of Science in Physician Assistant Studies from Shenandoah University and her Bachelor of Science degree from Longwood University.

Sarah's vast experience as a skin rejuvenation consultant includes injectables, such as Botox, Juvederm and Radiesse, as well as laser treatments. In fact, because of her experience, expertise and focus on patient care and satisfaction, Allergan has chosen her as a national speaker in teaching other physicians and health care professionals advanced injection techniques. Sarah will be a valuable member of our practice as she works alongside Dr. Parva in our continued commitment to caring for our breast cancer patients, as well as our breast and body rejuvenation patients.

When not working, Sarah enjoys running, hiking, camping, traveling, SCUBA diving, reading and spending time with her husband, Pouya, their dog Jake and the new love of their life, 6 month-old son Ian.

We welcome Sarah and invite you to come in to meet her!





PARVA PLASTIC SURGERY

Aesthetic & Reconstructive Surgery

224-D CORNWALL ST., NW • SUITE 300 • LEESBURG, VA 20176



Presorted Standard

US Postage

PAID

Permit No. 51

Dulles, VA

“At Parva Plastic Surgery our purpose is to enhance a person’s body, mind and spirit. We want to support and promote a sense of wholeness and self-confidence.”



October
is Breast Cancer
Awareness Month

Please remember regular breast
self-exams and mammograms!