

PARVA PLASTIC SURGERY

Aesthetic & Reconstructive Surgery

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BREAST CANCER DETECTION AND BREAST RECONSTRUCTION

Once the kids return to school and Moms settle into the school year routines, it is a good time to remind women of good breast health. Besides the vampires and goblins that draw our attention, October is well known as Breast Cancer Awareness month. Simply being a woman is the main risk factor for developing breast cancer. However, both men and women can develop breast cancer. Women have more breast tissue than men and the female hormones, estrogen and progesterone, have effects on breast cell growth. So the fact that women have more breast tissue and those breast cells are constantly stimulated by hormones that promote growth, results in the prevalence of breast cancer at a rate 100 times more common among women than men. The risk of developing breast cancer increases as we get older. Recent questions regarding the age to get the first mammogram may have caused confusion. However, the American Cancer Society (ACS) maintains the recommendations below:

- *Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.*
- *Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over.*
- *Women should know how their breasts normally look and feel and report any breast changes promptly to their health care provider. Breast self-exam (BSE) is an option for women starting in their 20s.*

Further information regarding breast cancer and early detection can be obtained from the ACS website at www.cancer.org/Cancer/BreastCancer/index.

If a woman is faced with the news of having breast cancer, it is important to be an advocate for your own health. A multidisciplinary team approach is very important so a woman fully understands the recommended treatments and her options. An unfortunate statistic is that 70% of women eligible for breast reconstruction are not informed of their choices. In fact, it is estimated that only 30-40% of women undergoing mastectomy also have breast reconstruction.

Breast cancer patients in New York will benefit from a new law signed by Gov. David Paterson on Aug. 15 that requires hospitals and doctors in that state to discuss options for breast reconstruction with patients before performing surgery. American Society of Plastic Surgeons (ASPS) President, Michael McGuire, MD. says "The vast majority of breast cancer patients are missing out on a critical conversation that should take place at the time of diagnosis. Involving key specialists early in the process and having them work as a team allows for more coordinated care and fosters the most beneficial outcome for the patient, as the election for breast reconstruction affects the techniques surgeons use to remove the cancer."

New York is to be applauded for supporting women's health with this legislation. It is simply not enough to remove a diseased breast without offering a woman the options available to reconstruct the breast so that she not only feels safe from the disease but she feels whole and complete as a woman.



October
is Breast Cancer
Awareness Month

Please remember regular breast self-exams and mammograms!

WELCOME LINDA

Linda Gibson

Linda was born in Bryn Mawr, Pennsylvania, a suburb of Philadelphia. She attended Kutztown University, where she majored in Art Education. Linda and her husband, Don, have been married for a short 42 years and have three wonderful sons and a rather elderly Pekingese. All of the boys grew up in south Florida, where she and Don resided for almost 40 of those years, and they all attended Florida State University. She and Don have been truly blessed by five grandchildren that range in ages from 11 to 16 months. When each of their sons came to reside in Northern Virginia, it was an easy decision for them to join the family, which they did a year ago. Linda enjoys spending as much time as possible with her grandchildren; attending baseball and soccer games as well as all their other activities and events. Her leisure time includes creating a variety of art projects, gardening, walking and listening to music-especially musical theater.

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WE WANT TO HEAR FROM YOU WHAT ARE YOU THANKFUL FOR?

Our second annual Thanksgiving edition is just around the corner. Many of our readers were touched and blessed by the stories that were shared last year. As you prepare for the Holiday with your family and friends, you will likely be reminded of events that warm your heart. The human spirit is lifted by the stories of love, courage, and triumph as ordinary people experience the ups and downs of life. Please consider sharing a part of your life with us and our readers. You can be an encouragement to others.

Send your stories or questions to Petra at
patientcoordinator@bodyenhancement.com.

*It is best to concentrate
on what we have and
what we are grateful
for rather than what
we don't have.* *P*



FAQ



**Are “extreme
makeovers” commonly
performed by plastic
surgeons?**



No, not very often. Reality shows may portray extreme makeovers as a routine occurrence but that is simply not the case. Most people seeing a plastic surgeon have one particular concern that they would like to address. They are often very satisfied once that one specific area has been treated. Additionally, safety becomes a real concern when multiple procedures are performed at one time over many hours in the operating room.

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

PUT ON THOSE SNEAKERS *and Join Us for the Cherry Blossom Breast Cancer Event*

The Cherry Blossom Cancer Foundation is dedicated to helping Fauquier and Loudoun County women and men detect and treat breast cancer. Our community has been served by this very worthy cause through local grants to organizations such as the Loudoun Community Health Center and INOVA Loudoun Hospital. This year's walk and 5K run is being held in three locations, Leesburg, Middleburg and Warrenton, on Sunday October 10, 2010 at 1:00.



**Mark the
date:
Sunday
October 10th
1:00 PM**

We encourage everyone to participate in your local community. Parva Plastic Surgery will field a team and we invite you to join us in Leesburg. No, you don't have to be a runner. In fact, Dr. Parva is happy to have companionship as he "strolls" the beautiful Leesburg countryside! Please contact Petra with any questions at patientcoordinator@bodyenhancement.com and reserve your spot on "Team Parva" by October 1.

PARVA PLASTIC SURGERY HELPS TEACH FUTURE PHYSICIAN ASSISTANTS

2010 has been an exciting year for both Dr. Parva and Sarah as they continue to support and assist Shenandoah University's Masters Program for Physician Assistant Students. Shenandoah's Accredited Program is located in Winchester, Virginia and matriculates over 40 students into the program on an annual basis. Dr. Parva and Sarah currently serve as professional preceptors for physician assistant students during rotations at which time they can spend time in the office and gain first hand experience in patient care.



This July Sarah and Dr. Parva served as adjunct faculty at the University. For a week Sarah taught skills such as suturing, surgical gloving, surgical gowning, and additional operating techniques to the bright and ambitious class of 2011. Dr. Parva joined the class at the end of the week to discuss the role of Physician Assistants in the Medical Office and to help with hands on suturing techniques. Parva

Plastic Surgery wishes the best for the upcoming graduating class of 2010!

LOOK VIBRANT ALL YEAR LONG

We hope that everyone has had plenty of time this summer to share laughs and love with family and friends. Inevitably, most of those precious moments are spent outdoors. As the summer quickly comes to an end, the damage to our skin still remains. While we will never forget our fondest memories of summer 2010, it is possible to reduce the physical signs of sun damage. This fall is the best time to consider the newest laser advancements to correct overall skin damage. Light therapy, referred to as **Broad Band Light**, can safely and quickly remove years of unwanted sun damage, red broken vessels, and even calm Rosacea-prone skin. If you are noticing a dull, lack-luster appearance to your skin, **Laser Micropeel** will soften the overall texture of your skin and remove accumulating dead cells. If you are concerned about loose, thinning skin on the face and neck, **ProFractional Laser** boosts your body's own collagen stores leading to a tighter, more youthful appearance.

Each individual is unique and may have one or more concerns about their skin quality. We encourage patients to come learn about the exceptional laser and light therapy options available at Parva Plastic Surgery. Please call for your complimentary consultation.

Sarah L. Safa, P.A.-C, MS

