

# PARVA PLASTIC SURGERY

## *Aesthetic & Reconstructive Surgery*



Vol 1 Issue 5 Thanksgiving 2009

### A THANKFUL SEASON

We have been excited in anticipation of bringing you this Thanksgiving issue of our Newsletter. We thank our patients (and our very own Sarah and Rose) for opening their hearts and sharing their lives with us. Life in busy Northern Virginia can often be discouraging and the challenges are often daunting. Being reminded of the many blessings we have through these tender stories is an encouragement to me and we hope to you as well. May we all have a thankful heart that is not dependent on "happy" circumstances, but that is content and joyful each and every day in the midst of difficulties. For "every good and perfect gift is from above, coming down from the Father of the heavenly lights." James 1:17 May God bless you and your family this Thanksgiving and throughout the year. -- Dr. Parva

#### THE WIND BLOWING IN MY HAIR

I am thankful for the little things in life that we all take for granted. I am thankful to have hair and eyebrows again. I am especially thankful for the feel of the wind blowing through my hair. --I.B.



#### A MERCIFUL GOD

This season I am thankful for a forgiving and merciful Savior. One who knows my weaknesses yet still gives me confidence and love. He knows my struggles, my desires and my heartaches. Despite my many failures He and my Heavenly Father have blessed my life with the most understanding husband, children who make life worth fighting for and friends who bring joy beyond description. How can this be repaid? I will begin with obedience to His commandments and kindness to my many brothers and sisters.

Have a wonderful Holiday Season,  
Linnea



#### A SUPPORTIVE HUSBAND

I am thankful for my husband Sean. He has always encouraged me to do what makes me happy: whether it be work, school, or having our 3 lovely children. He supports my endeavors and indulges me every time I

find some new project. He loved my then 2 year old daughter as his own when he first met her--not once balking at the fact that we were a package deal! I do not deserve him, but our magnificent children do. And so I give thanks for every day that I get to spend with my best friend. --Lindy

#### BEAUTY FROM THE DARK

Last May 2009, I was shocked and dismayed that at 41, I was diagnosed with triple negative breast cancer. Triple negative is aggressive and can only be treated with chemotherapy because hormone therapy isn't effective. I cannot express all the mixed feelings that I have dealt with since that day but it has been a very long road to recovery and I am still on it. I think the mental and emotional after effects will last much longer than the physical. Just 5 years ago, I lost my dad to a head on collision and I thought that was hard, but I have to say that this has been the biggest hill I have had to climb in my life.

However, much beauty and goodness has come from this dark cloud over my world. I would say that the number one thing I am most grateful for is my husband and his strength through all of this. To this point in our relationship, he has been a very Type A person in all that he does. He works hard and manages the east coast for his company; he also plays hard and runs ultramarathons. So, he is a very busy person and has always been on the go. I have missed him. But at the

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# SO MUCH TO BE THANKFUL FOR...

## BEAUTY FROM THE DARK

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moment I was diagnosed, he dropped everything. He has been to just about every single doctors appointment and chemo appointment with me and that has taken countless hours away from the time he can be at work. He took over pretty much all of the childrearing and household duties. He made it so I could rest and not worry about all the things that needed to be done. He has been there for me as I cried my way thru the fear and I will not forget it. This cancer thing has truly strengthened our relationship and I can say he was and is most definitely there for me when I needed him most.

I cannot forget to mention my in-laws. They, too, have dropped everything to be there for me. I know I am constantly in my mother-in-law's thoughts and heart. She has cooked so many wonderful Persian meals for me just to get me to eat. I love her food so I couldn't resist. They have been here for a year and would like to go back to Iran for a visit but they won't leave until my chemo is finished and I am on the mend. They have spent lots of time with my son and taken him at a moment's notice. They even did swordfights with him to keep him from being too bored--those are awesome grandparents! My brother-in-law has spent his time sending me very kind and supportive notes and I know that he would be there for anything I needed. We are all so much closer and for that, I am thankful, from the bottom of my heart.

I am also grateful for my son's resilience. He is 8 and has handled my sickness very well. All summer, he went willingly and happily to many different houses while others cared for him and I was allowed to rest. In fact, he feels as if he had a great summer and that he had a lot of fun. I was worried that this would be very hard on him because he is so close to me but he just went with it and became daddy's bud. I am so proud of him.

In a huge way, I am thankful for all the support from countless friends including people I didn't even know before. I have had people approach me and sit down and talk with me just to offer comfort. That has happened so many times, I can't count the numbers. I am thankful for all the meals, all the

special heartfelt gifts and notes. These gifts of love are really what have helped me get thru this time.

I am thankful for all the kindness and compassion shown by those in the medical field treating me. In just about every case, I have found nothing but caring and gentleness and that is what I have most needed. I told my chemo nurses I will truly miss them because they have been so good to me and worked hard to make sure I am comfortable. I am grateful that I found Dr Chiantella, my surgeon, who spent almost 2 hours with me and my husband during our first appointment. She made me able to deal with this big monster and provided much reassurance and knowledge. When searching for a cosmetic surgeon, I didn't really expect to find one that was in the same arena as those dealing with cancer as a full time profession, but Dr. Parva you and your office proved me wrong. As a matter of fact, I would put your office right up there with all the others. From the first day, I have found nothing but kindness and peace in your office. I would and do trust you with my life. I believe you care very much about each patient and are "living" your magic. Most of all, your hugs are the best and I hope you never stop giving them.

I know I could go on because there is so much to be thankful for and there is always good in bad times. If you look hard enough, you can find it and it will help to pull you through. I have my moments but I have tried to remember all the good that has come and writing this has simply reminded me of all the good in my life.

*With much gratitude,  
Laura*

## NO MORE EMBARRASSMENT

I'm so thankful for Dr. Parva and his staff, for doing something that I thought was impossible. I can now change in front of people, without hiding in a corner, I've gotten my first massage, (man have I been missing out), and she even asked, "Who did this surgery, they did such an incredible job, compared to the tummy tucks I've seen in the past". I was so embarrassed with the way my stomach looked after having a radical hysterectomy and C-Section, that I didn't even feel comfortable in front of my own husband. Now, there is no modesty. Dr. Parva continues to make sure I have the best result possible with minimal scarring and I feel incredibly blessed that he was recommended to me.

*Forever grateful!!! Leigh*



## SCIENCE OFFERS HOPE

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I am thankful that we live in a time when there are so many scientific and medical advances to help those who need them.

For instance, my son has an eye disease, kerataconis that changes the shape of the cornea and eventually destroys the vision. The disease was originally seen only in third world countries but is being seen more and more in more advanced countries. He is fortunate to live in a time, and in reasonable proximity to Johns Hopkins Hospital, one of the foremost research hospitals in the world and close to the top eye clinic in the world, where he is part of a study of the disease. He's had experimental treatments that have stabilized the disease in his "good" eye and will be having a corneal transplant in his "bad" eye sometime next year.

I am so thankful that there are those doing research into diseases and finding, if not cures then antidotes to so many diseases. Not too many years ago he would be doomed to sure blindness. —Chris

P.S. Sarah, I am also thankful for the discoveries that make it possible for one to age gracefully. Thanks to those who administer those treatments too! ;)

## UNCONDITIONAL LOVE

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This year has been a very tough one. Lots of change, hard decisions, family tragedy, and personal growth. but through all of this my Heavenly Father has loved me unconditionally.

He is always there to brush me off, tell me he loves me and wants what is best for me. He never turns his back, he is the ultimate Father. I am very thankful for my relationship with him.

Second I am thankful for my daughters and close friends who have loved and supported me through this time in my life.

And lastly I am thankful for the opportunities that I am being given with business, working with people I like, respect and see building long term relationships with.

Happy Thanksgiving!!!! Lisa

## AN AMAZING LITTLE BOY

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For years, I found myself dreaming, like most women, of finding the perfect husband and having the perfect family. Once I married my prince charming and found out two years later that I was expecting; I spent an additional nine months of pregnancy avoiding caffeine, raw meat, unpasteurized cheeses, and anything potentially harmful to my unborn child.

Inevitably life as a new mother changes forever the day you find out your first born, despite your every effort, is born with a disability. Immediate sadness and fear for your child's future is a natural reaction. However, reality sets in, and soon you realize that this wonderful new blessing has come into the world completely unaware of his surroundings or his "disability." All he has to offer his new mother is a sense of pure and unconditional love: a love like no other.



I am thankful that Ian is an amazing, beautiful, healthy little boy who will never be held down in life due to the hearing aids on his ears; for his huge heart and God's Grace will always keep him afloat. —Sarah Safa, PA-C

## THOSE CLOSEST

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I am certainly thankful for all of my friends and family!  
—Tammy

## OUR ARMED FORCES

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I am thankful that God has blessed me with friends and family, especially my children, and the life lessons they bring me. I am grateful for the brave men and women of our Armed Forces who give up spending the holidays with their families to protect our freedom. —Rose





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ACCOUNTS OF  
THANKSGIVING AND  
ENCOURAGEMENT!

