

Cincinnati **MAGAZINE** *Woman*

February 2009

*The Art
of Surgery*



The Art of Surgery



On the Cover

The Plastic Surgery Group, Surgery as an Art — Seated in front, Carrie Schaufraus, RN, nurse and skin care and micropigmentation specialist and Lyndsay Thom skin care specialist. Standing, Richard B. Williams, M.D., F.A.C.S., Robert P. Hamroff M.D., F.A.C.S., Michael G. Leadbetter M.D., F.A.C.S., Michael J. Columbus, M.D. and Gene E. Ireland, D.D.S. (Not pictured Lawrence C. Kutzman, M.D., F.A.C.S.) Photo courtesy of Life Photography Studio, Donna Lind, photographer.

Staff

- Publishers**
Alicia Wiebe
Jill Salamone
- Editor**
Cathy Haber
- Advertising Sales Manager**
Carrie Taylor
- Cover Designer**
Roger Dwenger
- Distribution**
Ken Torbeck

General Info

Cincinnati Women Magazine is available free of charge at libraries, bookstores, coffee shops, restaurants, and retail outlets throughout Greater Cincinnati. Subscriptions are available for \$20/yr. Send check to: Cincinnati Women Magazine, Subscriptions, P.O. Box 30, Milford, Ohio 45130-0030.

Future contents © 2009 by Niche Publishing and Media, LLC. All rights reserved. Reproduction in any form prohibited without the written permission of the publishers.

Cincinnati Women Magazine is published monthly by Niche Publishing and Media, LLC, of Cincinnati, Ohio. Cincinnati Women Magazine reserves the right to refuse any advertising for any reason. The opinions expressed by the contributors and writers do not necessarily reflect the opinions of this paper. Distribution of the paper does not constitute an endorsement of products, information, or services. Neither the advertiser nor the publishers are responsible for misinformation, typographical errors, omissions, etc. herein contained. For advertising and general information, call 513/697-6433 fax 513/697-6473 or e-mail cincinnatiwomen@cincw.com. Cincinnati Women Magazine welcomes story ideas and unsolicited materials. For advertising rates call Jill Salamone at 513/598-8007 or email jillsalamone@yahoo.com.

Features

- 5 **Permanent Cosmetics - Now You Can Look Great 24 Hours a Day** by *Beatriz H. Porras, M.D.*
- 12 **The Art of Surgery: Medicine's Sculptors** by *Jennifer Davis*
- 20 **On the Cutting Edge: Fertility and Birthing Resources in Cincinnati** by *Kathy Schlaeger*
- 30 **Seeing Returns on Your Friendship Portfolio** by *Carol Daubenmire*



Columns

- 6 **Food For Thought** Plan to "Keep It Simple Sweetheart" by *Susan Deye, R.D., L.D.*
- 8 **Be Well** Guided Imagery and Health: Dreaming of Spring by *Claudia E. Harsh, M.D.*
- 10 **Sunday Faith | Monday Life** February's Woman of Purpose - Margie Stocker by *Rev. David L. Story*
- 11 **Go Red for Women** Women's Heart Health: Risk Factors, Symptoms and Treatment Options by *Karen Gersch, M.D.*
- 15 **ARTitudes** Romance and the Arts by *Jaclyn Reynolds*
- 16 **Room to Grow** The Latest Trends for Your Nursery by *Vic Brotzman*
- 22 **Simply Motherhood** Arc of Lotus, Transformational Birthing Services for Mother & Family by *Aureal Williams, BSN, RN, LMT, VCSW*



The six surgeons with The Plastic Surgery Group take their motto, "Surgery as an Art," very seriously. Each of them has, of course, their personal take on what that phrase means to them, but in the end, it's more a *modus operandi* than a simple slogan.

"Surgery can be done a lot of different ways, and there is a certain artistic quality to it," says Dr. Robert Hummel, M.D., F.A.C.S. "It's fulfilling the patient's desire, and looking natural and not operated. It takes a certain amount of artistic ability and vision."

Dr. Michael Leadbetter, M.D., F.A.C.S., offers a more philosophical explanation. "I like to think of it in this way: 'Surgery as an art' pretty much refers to any type of surgery that is going to define a body part. It means that you're using your surgical skills and your three-dimensional perspective to reconstruct a body part as close to normal as possible."



Michael J. Columbus, M.D., Robert P. Hummel, M.D., F.A.C.S., Lawrence C. Kurtzman, M.D., F.A.C.S., Gene E. Ireland, D.D.S., M.D., F.A.C.S., Richard B. Williams, M.D., F.A.C.S. and Michael G. Leadbetter, M.D., F.A.C.S.
Photo courtesy of Life Photography Studio, Donna Lind, photographer.

Physical and Psychological

The doctors approach each case not simply as a means of fixing but as a way to recreate and give life to something that may have once left a patient filled with self-consciousness and timidity. Plastic surgery has come a long way in the past several decades, eschewing stereotypes and changing lives across a massive spectrum of patient needs. Plastic surgery has offered women, men and children alike the opportunity to live a normal - or perhaps simply improved - life.

Dr. Gene Ireland, D.D.S., M.D., F.A.C.S., puts a lot of stock into the way the right procedure can enhance the standard of living for his patients. "Physically, you're taking the abnormal and getting it back to normal. The way patients feel about themselves has a lot to do with how that process goes. The restoration has as much to do physically as it does psychologically to the well-being of the patient."

It's a sentiment echoed in the attitudes of his colleagues. "For congenital and traumatic deformations, obviously psychologically, it's kind of a restoration of self image," says Dr. Michael Columbus, M.D. "We're trying to give people the positives, the rebuilding, rather than the feeling of having control taken away from them."

Dr. Richard B. Williams, M.D., F.A.C.S., agrees. "There are a number of patients who I

think, both psychologically and emotionally, are devastated from injuries and deformities, from accidents, from breast cancer... these are patients who have difficult problems that make them uncomfortable socially. I think it is amazing how many people, after reconstructive surgery, will come to us and tell us that we've made a great difference in their lives."

Patient Education

It takes a particular appreciation for human form and function in order to provide the best possible care. There's a certain acumen required to provide a realistic portrait for a patient, even if it occasionally means denying their requests. There is much that can be done via plastic surgery, but the doctors at TPSG are not willing to risk the health and happiness of a patient in an effort to fulfill unrealistic desires or cater to a skewed body image.

"We call that 'body dysmorphic syndrome'," explains Dr. Leadbetter. "That is a dangerous situation. You have to be very, careful with people who come across to you with very unrealistic expectations. Sometimes you just have to say no."

It's because of this careful adherence to realistic results and expectations that the doctors take patient education very seriously. A typical consultation involves multiple visits, including an initial

informational visit and a second pre-operative meeting to further discuss patient concerns and ensure that the expectations of both doctor and patient are in harmony.

Dr. Lawrence Kurtzman, M.D., F.A.C.S., is very dedicated to the process of educating his patients. "We have a website that has a lot of information about every procedure, and the nurse talks to them about the procedure and their expectations. I'll examine them and explain possible risks and benefits. I think a well-informed patient can make a better choice for their self. I never want them to feel pressured into doing any procedure."

It's a dedication to optimal patient care that resonates with all of the doctors in the group. "That first consultation, I see it as my job to educate them. It's not a sales pitch that they get," says Dr. Hummel. "One of the physicians is on call 24/7. They will never feel stranded or abandoned."

New Options

Much as the mediums and tools used by the great artists throughout history have changed and evolved, so have the procedures and techniques utilized by plastic surgeons. Many patients, women in particular, have found the new non-surgical and minimally invasive options available to them to be a real boon.

According to Dr. Columbus, "Botox is really the most popular thing out there in the

plastic surgery world. It's been the leading non-surgical procedure." He does note, however, that liposuction and breast augmentation follow closely behind, perhaps due in part to the proliferation of woman who are no longer afraid to admit to "having work done." Rather than hiding behind a guise of good genes, women have finally begun to speak out and say, "Yes, I had surgery. Eat your heart out."

It's an idea that Dr. Leadbetter subscribes to. "Comparing now to thirty years ago, plastic surgery today is very much out front; and there's not the stigma that it used to have," he explains. "People look at plastic surgery as a very significant portion of day to day life. They're not afraid at all to talk about it, to use it to improve their lifestyles."

Extraordinary Rewards

At the end of a long day, that's really what it's all about. It's about taking something as it is and enhancing it, whether that something is due to a traumatic injury or a desire to build on what nature has given. Plastic surgery is, to the surgeons who have dedicated their careers to it, a means to leave the world a little better than they found it. A plastic surgeon will never see their work displayed in a gallery alongside the likes of Dali or da Vinci, but the personal recompense is no less extraordinary.

Dr. Kurtzman works with Operation Smile, an organization dedicated to improving the lives of children overseas who were born with deformities, such as cleft lips and cleft palates. "I've been on twenty-five trips with Operation Smile, and sometimes I feel like I get as much, if not even more, than the patient does by giving them a chance to live life to the fullest," he says.

When Dr. Leadbetter talks about the rewards of his work, his voice fills with a genuine humility. "The best reward that you can have from a patient is just a simple 'thank you' for doing what you did," he says. "The patient who smiles at the end of it all, who comes in and shows their self off in their new clothes... all of these things make you grateful for what you do. That's a very gratifying thing."

Jennifer Davis is a freelance writer based in Northern Kentucky, where she lives with her husband and daughter. She is currently studying theatre at Northern Kentucky University, and is working her way towards a career as a full time arts writer.



2009 General Chair Karen Hoguet invites you to

2009 FINE ARTS FUND KICK OFF

Tuesday • February 17 • 5 p.m.


Macy's Fountain Place

505 Vine Street

(Enter from Fountain Square side.)

Festivities will include a sampling of

FineArtsFund
SAMPLER WEEKEND

sponsored by 

Cocktails & Hors d'oeuvres

Campaign Goal planned for 5:30 p.m.

FineArtsFund

RSVP by February 11 to Sylvia at 513.871.2787
or sthomton@fineartsfund.org

The Christ Hospital FREE Health Seminar in February

Heart Makeover: What You Need to Know about Heart Failure

Feb. 13, 8:30 a.m. – 12:30 p.m., at The Christ Hospital, 2139 Auburn Ave., Level A, Auditorium.

Join us for a FREE seminar on everything you need to know about heart failure, featuring our heart failure experts from The Carl H. & Edyth Lindner Heart Failure Treatment Center. Registration begins at 8 a.m., followed by a free health fair and screenings from 8:30-10:30 a.m. and presentations from 10:30 a.m. – 12:30 p.m. Register FREE by calling 513-585-1000.