



SPRING IS HERE!

Spring 2007

Days of Beauty:

April 14, 10am-4pm

**Lofty Salon and Wellness
Center, Vienna
354 West Maple Ave**

May 5, 10am-4pm

**Prince William Hospital,
Manassas
8650 Sudley Road,
Suite 203**

June 7, 10am-4pm

**Prosperity Medical Plaza,
Fairfax
8501 Arlington Blvd,
Suite 500**

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Or visit our website at:
www.DrBitar.com**

Dr. George Bitar is a Visiting Lecturer at UVA

For the past five years, Dr. George Bitar has been an invited visiting lecturer to the Department of Plastic Surgery at the University of Virginia, Dr. Bitar's *Alma Mater*.

On this last trip in January, 2007, Dr. Bitar enjoyed visiting with the plastic surgeons with whom he had trained and gave two lectures. The first lecture was on "Breast Augmentations from the Armpit with a Minimal Scar". The second lecture was about "Plastic Surgery after Massive Weight Loss".



From Left to Right: Dr. Thomas Gampper, Vice Chairman, Dr. Raymond Morgan, Chairman, Dr. George Bitar, and Dr. Adam Katz, Assistant Professor of Plastic Surgery.

All about Liposuction

By George Bitar, MD

Liposuction, or liposculpture, has become a household name. It is especially popular when summer is right around the corner, and the bikinis are not as flattering as they could be!

For people who diet and exercise, but have a few pounds which are stubborn, liposuction is the answer. In men, it is usually in the love handles and abdomen. In women it is in the hips and thighs. Once liposuction is performed, the fat cells are removed forever, but the remaining ones can enlarge if the patient gains weight. The risks of liposuction are fairly minimal, and it is one of the safest cosmetic procedures if performed correctly.

Liposuction is the removal of fat by suctioning it out of the body with a metal wand through a small incision. It may allow minimum tightening of the overlying skin at best, and it will do nothing to improve lax muscles underneath, for example in the abdominal area. This is important to know because a lot of women who come for liposuction to the tummy after having had children are better candidates for a tummy-tuck, where the excess skin is removed and the muscles are tightened.



Neck Liposuction performed by Dr. Bitar

Please see more on liposuction on page 2



A six pack abdominal etching by liposuction performed by Dr. Bitar

More on Liposuction

The vast majority of liposuction procedures are now performed with the tumescent method. The tumescent method is basically injecting a solution, known as a tumescent solution, under the skin where liposuction is to be performed, to decrease the blood loss, bruising, and discomfort, as well as to facilitate excellent results.

Different techniques of liposuction include regular liposuction, ultrasound-assisted liposuction, power-assisted liposuction, Liposelection, etc. The final outcome is, for the most part, dependant mostly not on the machine, but rather the surgeon's ability, experience, and artistic finesse to sculpt a beautiful result, as well as the compliance of the patient's body. A newer technique for removal of small amounts of fat by dissolution is Lipodissolve, which may have a limited use for small amounts of fat; the jury is still not out on that yet, in my opinion.

One of the specialty liposuction procedures that we offer our patients is abdominal etching, or a six-pack abdomen, where I can create a nicely sculpted abdomen for the appropriate patient in an hour with liposuction alone. Liposuction is an operation, which when performed by an experienced surgeon, can yield great satisfaction for the right patient at a minimal risk. With proper maintenance, the results can be very long lasting and impressive.

Gone Today, Hair Tomorrow!

By Dr. Michael H. Rassael

Eight out of ten men experience hair loss in a lifetime. Male pattern baldness is a disorder that causes men, and some women, to lose hair over the front, top, and crown of the head. Every hair follicle on a person's scalp is genetically programmed. It can be sensitive to the male hormones, DHT, which begins to appear after puberty causing the follicle to shrivel and die after a certain time. The solution to this problem is hair transplantation.

A hair transplant surgeon takes a patient's own permanent hairs from the back and sides and relocates them to areas of hair thinning and balding on the front and top of the head. The transplanted hair retains its genetic properties and grows as it did in its original location. Hair transplantation is the only permanent, natural way to correct hair loss.

As a Head & Neck cosmetic surgeon, I developed a method of utilizing different sized hair grafts for different regions of the scalp. In addition, I have developed a technique to allow for easy entry of the grafts to ensure a natural appearance along the hairline. These techniques produce aesthetically pleasing results with hair density that is better than other outdated techniques. Nobody wants to have unnatural looking hair, and a properly done hair transplant looks and feels more natural.



Before and After Hair Transplantation picture from Dr. Rassael

For a complimentary consultation with Dr. Rassael, Call us at 1800-BEAUTIFUL

Why Do I Hate My Body?

By Diane McFarland, Image Consultant

I was stunned recently when a darling 8 year-old student of mine stated that she was concerned about her weight and was very upset knowing that her friends didn't think she was pretty enough to hang around with them. I thought to myself, "Goodbye to Girlhood"!

As an image consultant and a life coach, I strongly believe that today's society, via peer pressure, television, the internet, or teen magazines puts too much emphasis on appearances and goes after this market of youngsters in a very predatory manner. This constant media bombardment eliminates any possibility of arguing in favor of traditional values and standards of behavior. Eating disorders, low self-esteem, and various perceptions of inadequacy plague our girls. The message is clear: Beauty rules.

The solution to this problem is to surround our young girls by strong positive role models who, through loving pro-active relationships, deliver a powerful message. They need strong arms to catch them when they fall, a steady rudder to steer them toward good decision-making. We must listen between the lines to what they are saying, and we need to open up our conversations to include what we know might be more relevant to their likely areas of concern. They need a best friend, a hero, and a confidant. At the *Bitar Cosmetic Surgery Institute* we deal with the prominent issues of teenagers on a regular basis. A few of the most popular and frequently addressed issues are:

- *"When can I have my breasts enlarged?"*
 - I am very self conscious
 - I know it would improve my self-esteem.
- *"I hate my nose!"*
 - My dad says it's a "family nose" and I need to live with it.
 - I am 14 years old. Can you help me?
- *"My friends make fun of me - they say I'm fat"*
 - Can I have liposuction done on my tummy and legs?
 - I am 18 and can't seem to control my weight by diet or exercise.
- *My ears really stick out!*
 - I know I am only ten but it hurts and I cry a lot.
 - Can you fix them in your office?
- *I've tried everything on my skin but still have zits!*
 - Is there a procedure that can eliminate this problem?
 - Are there any products that can help?

Self-esteem and confidence are extremely important to everyone. They are the ingredients essential in feeling good about one's self, in radiating beauty, and in actually being perceived as beautiful. Our team uses a caring approach to first make our young friends feel special and then decide whether cosmetic surgery, skin care, or image enhancement skills are appropriate for them specifically. Sometimes they may need nothing other than a little reassurance and feeling appreciated. This approach can increase a girl's self worth and the development of the confidence necessary to function in today's world. We like to educate them, care for them, and send them on their journey knowing that each one of us has something special to offer to the world.



Diane McFarland, Life Coach and Image Consultant



Bitar Cosmetic Surgery Institute in the News

Clockwise from Top

- 1. Dr. George Bitar featured in Washingtonian Magazine as an expert on injectables.
- 2. Dr. Bitar featured as one of the top 12 plastic surgeons in the DC area in Glamour Magazine
- 3. The Bitar Cosmetic Surgery Institute celebrates its 5th anniversary.
- 4. Dr. Bitar's article on male cosmetic surgery featured in the national magazine "Bariatrics Today"
- 5. Dr. George Bitar interviewed on the program "Healthline" on a special about facelifts for men
- 6. Dr. Bitar performing a facelift on TV for the Retirement Living Channel



1.



2.



3.



4.



5.



6.

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