



## Fall 2008

### Days of Beauty:

October 18, 9am-5pm  
and

November 15, 9am-1pm  
Lofty Salon and Wellness  
Center, Vienna  
354 West Maple Ave

November 8, 9am-5pm  
Prince William Hospital,  
Manassas  
8650 Sudley Road,  
Suite 203

December 11, 9am-5pm  
Prosperity Medical Plaza,  
Fairfax  
8501 Arlington Blvd,  
Suite 500

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## The Top Five Myths about Breast Augmentation

### 1. Breast implants cause cancer

The facts are that no relationship has been shown between breast implants and cancer.

### 2. A woman cannot breast feed if she has breast implants

Breasts implants performed through the armpit and placed under the muscle (Dr. Bitar's preferred technique) have a negligible risk of loss of ability to breastfeed.



### 3. Silicone implants feel more natural than saline.

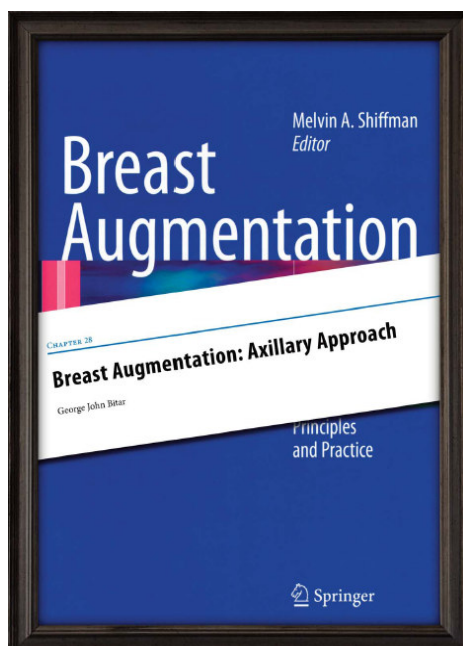
Saline implants can feel as natural as silicone implants if a reasonable size implant is chosen and placed behind the muscle.

### 4. Mammograms are not possible with breast implants.

Breast implants performed properly and placed behind the muscle should not interfere with mammogram performance and accuracy.

### 5. Breast implants need to be replaced regularly.

Breast implants can last a lifetime. They may need to be replaced in the long run and their replacement can be straightforward and easier than the initial procedure.



Dr. George Bitar recently wrote a book chapter on axillary (armpit) breast augmentation.

## Plastic Surgery: Not just for Women Anymore!

by George Bitar, MD



Six pack abdomen liposuction and rhinoplasties are among the most common procedures requested by men

Men's reasons for having aesthetic surgery are to become more attractive, to look less "tired," to be able to better compete in the workplace by improving their looks and self esteem. The first step for a man is to consult with a board -certified plastic surgeon to discuss the procedure he is seeking with its risks, benefits, and expected outcome. Ask to see before-and-after photos of men who have had procedures similar to the ones you are discussing, and ask to talk to some of these men. Three of the procedures frequently sought by men are explored here.

**1. "Six-Pack" Abdominal Etching with Liposuction.** This operation yields immense satisfaction to men who exercise, but cannot achieve that "six -pack" that they have always wanted! It is achieved by a specialized form of tumescent liposuction. No implants are inserted; however, this is an operation where the plastic surgeon's artistic skills and experience can make a great difference. Men who seek liposuction usually have a proper diet, and exercise, but they cannot seem to get rid of the unwanted fat. If a man is muscular with good definition of the abdominal muscles, but has some overlying fat, abdominal etching is all he needs. If the man has more fat to be suctioned from his abdomen, a traditional abdominal liposuction is performed, followed by a "six-pack" etching. This operation serves as a springboard to working out the abdominal muscles more, improving the diet, and receiving positive feedback, especially at the gym!

**2. Rhinoplasty.** A man may seek a Rhinoplasty for reasons including self-consciousness about a "big" nose and the belief that it makes him less attractive. Sometimes a Rhinoplasty is sought for functional reasons such as difficulty breathing due to a deviated septum or enlarged inferior turbinate's, and "maybe a little touch-up of the tip while I'm under anesthesia, doc." The man has to articulate what bothers him about his nose, and the more detailed the discussion with the plastic surgeon, the better to ensure excellent results. The Rhinoplasty operation varies in length based on the difficulty of a particular nose. Aftercare for a Rhinoplasty patient is very important to ensure excellent results.

**3. Neck Lift.** The suture-suspension neck lift, with a scar hidden behind the ear, was designed for men who did not want the scar in front of their ears. Men who want a more youthful neck find this alternative to a full facelift very appealing, because it gives significant facial rejuvenation with less downtime and fewer hidden scars without the stigma of a full facelift. Issues to discuss with your plastic surgeon at the consultation would be whether you are a good candidate for liposuction only of the neck, a neck lift, or a facelift.

Male cosmetic surgery is on the rise. Good planning, excellent communication with your plastic surgeon and realistic expectations will go a long way in achieving your cosmetic enhancement goals!

Bitar Cosmetic Surgery Institute in the News

On a More Personal Note



Article written by George and Rima Bitar featured in Capitol File Magazine



Dr. George Bitar featured on the cover of French Magazine, Mondanite



BCSI Staff enjoyed their annual picnic at Great Falls Park recently

## What You May not Know about Acne

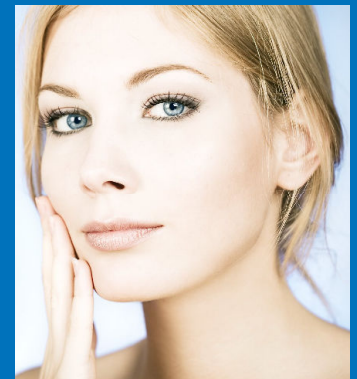
By Amy Rinehart, LE

The American Dermatologist Association finds that over 60 million Americans have active acne. 17 million adults are diagnosed with acne every year, so it is not just for the stereotypical teen-ager!

Generally speaking, “acne” refers to the condition known as *Acne vulgaris*, the most common form of acne. While genetics is to blame for most acne problems, acne is also triggered by stress (which relates to hormonal changes), cosmetic and skin care products, environment, medications, pregnancy, and diets high in dairy products as well as carbohydrates.

To explain how we develop an acne *breakout* is simple. Our facial follicles, often called pores, become blocked with sebum (oil) and an accumulation of dead skin cells. This in turn blocks oxygen from getting in, allowing the bacteria, *Propionibacterium acnes*, to grow within the skin. A “whitehead” is formed when the sebum and bacteria fill a follicle below the skin surface. A “blackhead” occurs when the pore is open to the surface, allowing the sebum to oxidize, turning it black/brown in color. A “blackhead” is not caused from dirt and cannot be washed away. If the follicle wall ruptures below the skin surface, an inflammatory acne lesion will appear. This is called a papule and often appears red, raised and inflamed. One should never pick or squeeze any acne lesion, as this can result in the spread of bacteria in the lower layers of the skin and possibly leave a scar.

There are many options available for acne management. For more information or to schedule a complimentary consultation with Amy, call our med-spa at 703-255-2757



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***Interested in learning about our 2009 Seminars / "Days of Beauty" Schedule?***

**Check out our upcoming winter issue**

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