Body contouring is a rapidly growing field within plastic surgery. Safe and effective techniques have been developed in recent times with increased patient satisfaction indicated by visual analogue scores. This book brings together contributions from leading experts in the field.

Infertility can be a frustrating and heartbreaking disorder compounded by complicated treatments and so-called miracle cures on the market. But couples who have trouble conceiving need all their options laid out in one convenient guide. In this book, you'll find the medical and holistic information you need to conceive and bear a happy, healthy child, such as: Side effects of the latest fertility drugs Yoga poses that aid fertility What to expect when seeing a fertility expert Birth rates associated with various treatments Coping methods for dealing with loss Getting pregnant doesn't have to be a stressful process. Armed with knowledge and reassurance, you will be ready to make the choices that work best for you and start your family, today.

Over the past decades, surgical techniques have greatly progressed to improve and correct appearance. They are artistic procedures to give the highly demanded proportions. The growing public interest in aesthetic and plastic surgery interventions such as body contouring and sculpting requires clear description and differentiation of these highly sophisticated techniques, their results and combinations, as well as scientific information about the different instrumentation, devices and materials used. Such clarification will be hugely beneficial both for patients and doctors, having in mind the increasing number of such interventions and progressing interest for a better and healthy living including improved appearance in society. The book adds some scientific news to the understanding of body contouring treatments. Currently, the request for atraumatic, short downtime procedures predominates and demonstrates the importance of hi-tech and safe liposculpture and fat transfer, although they cannot totally replace surgical excision methods.

Discover Whether Plastic Surgery Is Right For You Plastic surgery isn't just for movie stars and millionaires anymore. Today, it's more acceptable and accessible than ever before. But whether you're a mom who wants your pre-pregnancy body back or you just want to look as young as you feel, educating yourself on the plastic surgery process is vital.

Experienced plastic surgeon Dr. Darshan Shah knows the intricacies of plastic surgery procedures and now, in Making the Cut, he offers insight and guidance for those interested in transforming their body and life. Split into two distinct parts, the book explains what you must consider before plastic surgery and delves into a variety of plastic surgery procedures, such as facial procedures, tummy tucks, and breast lifts. You'll learn how to prepare for and what to expect from your surgery, so that you can increase your likelihood of an incredibly successful outcome. Dr. Shah has witnessed firsthand the power of plastic surgery in changing lives. After a successful procedure, patients feel confident and ready to take on the world. But in order to reach that happy ending, you need to get informed about what you can do to drastically increase your chances of success. By doing so, you can join the millions of other people all over the world who have improved their lives through
The attraction of plastic surgery is its tremendous scope, and the multitude of approaches for every clinical situation. Yet it is precisely these aspects of plastic surgery that make its study and teaching especially challenging. Although there exist several excellent atlases and texts on this topic, there are few references that are compact, affo

An updated guide for prospective weight-loss surgery patients provides accessible coverage of the various available procedures, counseling readers on how to identify a compatible procedure while taking into account the risks and financial considerations of each.

To date, diet programs and medical therapies for the treatment of obesity have had limited success. Bariatric surgery, however, provides a means of effective weight loss for many of those with morbid obesity. Most of these weight loss procedures are performed with a variety of techniques that continue to evolve. Each technique is associated with unique challenges and complications and it is important for the clinician to be knowledgeable about the endoscopic management of these patients. Additionally, as endoscopic technology evolves it may offer more than just the diagnosis and treatment of complications.

Endoscopic therapy may soon allow less invasive bariatric revision procedures as well as a variety of primary obesity therapies for various patient populations. Bariatric Endoscopy reviews the management of obesity, normal post-surgical anatomy, endoscopic and medical management of post-surgical complications, and future endoscopic therapies for obesity management. Organized into five sections, the volume covers an obesity overview, traditional therapy, endoscopy and the bariatric patient, medical management of post-surgical complications, and the future role of endoscopy in obesity management. Detailed illustrations are also provided for surgical procedures, complications and obesity management chapters. Authored by authorities in the field, Bariatric Endoscopy is an indispensable tool for the gastroenterologist or surgical endoscopist as they care for patients with complicated bariatric issues.

Seldom does a book achieve status as a classic in its first edition, but The Art of Aesthetic Surgery by Foad Nahai has been hailed as a masterpiece since its inception. Reviews have been universally laudatory, and residents and experienced practitioners alike have embraced this work as the ultimate resource on all things aesthetic. Now, this landmark work has been totally revised and updated with over 40 new chapters (many with new authors) and every chapter has been revised to reflect the latest trends, techniques, and information. This three-volume set also includes seven DVDs with 24 operative videos. Comprehensively covering 93 chapters in three volumes cover the full range of cosmetic medical treatments and aesthetic operations. Topics include: Hair transplantation and brow lift Eyelid surgery Laser resurfacing and chemical peels Tissue fillers and fat grafting Rhytidectomy and face and neck lift Facial implants Rhinoplasty and ptosis lip rejuvenation Breast augmentation, reduction, and mastopexy Surgical, noninvasive, and minimally invasive body contouring Liposuction To address the modern physician’s need for business acumen as well as surgical skill, three chapters focus on practice management, ranging from practice model options, staff and financial management, marketing and communications, and legal issues. World-Renowned Authors Dr. Foad Nahai is an acknowledged leader in aesthetic surgery. He has personally written a third of the chapters for this three-volume work. His contributors, representing the “who’s who” of aesthetic surgery, provide detailed accounts of their techniques for the different operations, as well as the planning process so crucial to producing excellent results. Help with Decision-Making Of particular note are the clinical decision-making chapters authored by Dr. Nahai. This invaluable insight provides readers with a unique overview of the various options for each problem, along with his preferred solutions. Complete with algorithms and case studies, this problem-solving feature offers the expert guidance necessary to sort through options, understand their advantages and limitations, and make the best choice for each patient.

Necessary Anatomy Key chapters introducing each major anatomic region or topic area focus on applied anatomy and provide essential information that the surgeon needs to know to execute these surgical maneuvers safely and effectively. Reliable Format This new edition maintains the same features that made the previous edition so popular, including beautiful medical illustrations, large type for readability, and a consistent, comprehensive approach. The semi-atlas format features the applicable images located next to legend text for enhanced clarity.

The definitive full-color illustrated atlas of breast and body contouring surgical procedures includes DVDs with video clips Part of the McGraw-Hill Plastic Surgery Atlas series, Body Contouring is a full-color, step-by-step guide to learning how to perform both traditional and contemporary plastic surgery procedures relative to breast and body.
Panniculectomy And Liposuction

This comprehensive book covers anatomy, recent techniques, postoperative care, possible complications and outcomes in aesthetic surgery of the abdomen. The extensive section on aesthetic procedures includes many important innovations in abdominoplasty. Detailed consideration is also given to the various potential complications, with guidance on their prevention, diagnosis, and management. The book is written by acknowledged experts in the topics on which they write. It will be of value for residents and fellows and more experienced surgeons in the fields of plastic surgery, general surgery, cosmetic surgery and general surgery.

Patients Beyond Borders is the first comprehensive, easy-to-understand guide to medical tourism. Impartial and extensively researched, it is filled with authoritative and accessible advice - carefully culled from hundreds of resources around the world. Whether you're seeking dental work, heart surgery, orthopedics, cosmetic surgery, neurosurgery, or LASIK eye repair, Patients Beyond Borders is your best way to become an informed health traveler and get started on your medical travel journey.

Revision Rhinoplasty is an essential reference for addressing the manifold problems arising from unsuccessful rhinoplasty. In this book, internationally recognized experts provide their recommendations and describe techniques that will help the reader plan and perform a successful secondary rhinoplasty. The book opens by reviewing fundamental concepts of revision rhinoplasty, with thorough discussion of anatomy and functional considerations, as well as strategies for assessing the psychological characteristics of patients, such as the patients' motivations and expectations for surgery, appearance concerns, and psychiatric status and history. Chapters then focus on managing specific problems in different subsites of the nose, providing important information on the evaluation of the patient, indications, contraindications, surgical techniques, and postoperative care. Features: A separate chapter on each clinical problem to help the reader rapidly locate topics of interest. Expert guidance on how to manage critical steps and complications. Insights into the philosophy and personal experiences of leading surgeons in a unique section titled, Personal Philosophies of Revision Rhinoplasty. Nearly 700 clinical and intra-operative images clearly demonstrating key concepts. This book is an essential reference for facial plastic surgeons, plastic surgeons, otolaryngologists, and rhinologists seeking to master the complexities of revision rhinoplasty.

Successfully perform one of today's most frequently requested plastic surgery procedures. Written by a leading authority on the subject, this heavily illustrated operative guide examines all of the aspects and variations of abdominoplasty. Nearly 500 full-color illustrations and photographs show you in clear, clinical detail the pre-, intra-, and postoperative steps for each procedure, and videos on DVD present these techniques in action. Comprehensive coverage of a full range of topics related to this surgery—from patient selection and incision placement to ancillary procedures, contraindications, and complications—make you aware of key considerations and enable you to safely perform more of the latest procedures. Covers a full range of topics associated with abdominoplasty—from patient selection and incision placement to ancillary procedures, contraindications, and complications—highlighting key considerations and enabling you to safely perform more procedures. Examines the practice of liposuction in abdominoplasty procedures to show you how to combine both for the best results from each surgery. Offers coverage of endoscopic surgery techniques to equip you with the latest procedures. Uses nearly 500 full-color illustrations and photographs that depict in clear, clinical detail the pre-, intra-, and postoperative steps for each procedure for superb visual guidance. Addresses specific patient populations such as the massive weight loss patient and the obese, emphasizing the special operative considerations affecting these groups. Follows a consistent format throughout that makes reference quick and easy. Includes a bonus DVD containing videos of...
Jesus Christ came to proclaim the Kingdom of God, to offer His sinless body for our salvation, and to reconcile us to the Father. Reconciliation is to receive Him and to believe in Him. When such occurs, we are “born again”, equipped to lead the New Life in Christ.

Since their development more than three decades ago, lasers have become widely accepted as a valuable modality for treatment of cutaneous lesions. Today, many cosmetic surgeons commonly use laser techniques for a variety of procedures, with markedly improved results over traditional surgical methods. Propelled by technological advances, ongoing clinical progress, and the growing popularity of out-patient procedures, cosmetic laser surgery is a truly dynamic field. Cosmetic Laser Surgery is designed to serve as a much-needed, practical, and user-friendly guide to this expanding field. The book provides a summary of current uses of multiple lasers for a variety of cosmetic procedures, and offers expert guidance from leading specialists. Each chapter includes actual case studies with an in-depth background on each that details laser parameters and treatment protocols. The text features over 70 color photographs to illustrate the operative techniques and results of different procedures, and concludes with appendices providing detailed examples of referral letters, consent forms, and operative reports that can help physicians establish and run a viable cosmetic laser practice. Topics covered in this book include: Evaluation, installation, and marketing of a cosmetic laser practice; Skin resurfacing with high-energy, pulsed carbon dioxide lasers; Laser-assisted blepharoplasty and meloplasia; Hair transplantation using laser techniques; Laser-assisted uvulopalatoplasty for snoring; Laser treatment for scars, telangiectasias, tattoos, and pigmented lesions; The selectivity and precision of lasers make them excellent tools for cosmetic surgery, but only if used with a proper knowledge and understanding of their strengths and limitations. Cosmetic Laser Surgery provides detailed, specific guidance on making optimal use of various lasers. It is an authoritative and indispensable resource for all dermatologists, plastic surgeons, and otolaryngologists who employ lasers in their practices.

Deformities of the abdominal wall can be corrected with abdominoplasty supplemented with liposuction. Dr. Osvaldo Saldanha and his contributors are among Brazil’s leading plastic surgeons who have helped pioneer lipoabdominoplasty safely and effectively. This text illustrates the excellent results that can be obtained with this procedure. Heavily illustrated, it thoroughly describes the evolution of the technique, relevant anatomy, patient selection, preoperative planning, and safety considerations. With step-by-step surgical instructions, the book is essential reading for the plastic surgeon who wishes to perform this procedure with low risk of complications and superior results.

This book offers an essential guide to surgical approaches to the umbilicus. The navel is the only natural scar in the body, accepted for all human beings all over the world. Its absence or distortions can have negative psychological impacts, as it normally lends beauty and harmony to the otherwise unattractive abdomen. The aesthetic importance of the navel justifies the increasing amount of individuals undergoing abdominoplasty and omphaloplasty. However, these surgeries may lead to a series of complications or unintended aesthetic outcomes. Indeed, the postsurgical final aspect of the umbilicus is the main stigma and primary source of problems and complaints following abdominoplasty. In this book readers will find a complete surgical guide to the most important surgical approaches and strategies related to the navel, helping them to deliver a high standard of quality and patient-tailored surgical and aesthetic outcomes. Written by a renowned plastic surgeon with more than 20 years of experience, Omphaloplasty - A Surgical Guide of the Umbilicus offers readers an overview of general and innovative surgical techniques for the umbilicus, helping them to make the best choice when performing abdominoplasties.

Core Procedures in Plastic Surgery, edited by Drs. Peter C. Neligan and Donald W. Buck, II, is a one-of-a-kind medical reference book designed to help you master the 20 most in-demand operative techniques from Plastic Surgery, 3rd Edition - the definitive 6-volume masterwork in plastic and reconstructive surgery. Quick-access bulleted procedures, photos, and online videos provide the high-yield, highly visual guidance you need to perform these procedures confidently and achieve optimal outcomes. The result is a must-have for every plastic surgeon’s library! Master 20 essential plastic surgery procedures including open and closed rhinoplasty, abdominal wall reconstruction, expander/implant reconstruction of the breast (including latissimus dorsi technique), local flaps for facial coverage (including cheek and lip reconstruction), cleft lip and cleft palate repair, flexor tendon reconstructions, and more. Depend on the preeminent authority that has made Dr. Neligan’s Plastic Surgery, 3rd Edition the go-to reference for plastic surgeons worldwide.
Body contouring after massive weight loss has become a subspecialty of plastic surgery. This issue provides information on a few surgical techniques for each body area that might be of concern to a patient who has undergone massive weight loss. Also included are articles on psychiatric problems of obese and massive weight loss patients and safety concerns.

This textbook provides a state-of-the-art reference in the rapidly changing field of hernia surgery. With contributions by key opinion leaders in the field, this book describes the latest trends and detailed technical modifications for both routine and complex hernias. The reader will gain unique insights into robotic and laparoscopic repairs, anterior and posterior component separations, reconstructions in the setting of contamination, enterocutaneous fistulas and loss of abdominal domain. Important contributions from key reconstructive plastic surgeons detail modern trends on how to deal with complex skin and soft tissue challenges. The textbook provides unparalleled step-by-step instructions to perform both routine and complex repairs by incredible illustrations, intra-operative color photographs and a unique video collection of procedures performed by today’s top hernia surgeons. A s a comprehensive and most up-to-date reference to modern treatment algorithms, trends in prosthetic science and technique selections, Hernia Surgery: Current Principles will be an invaluable resource to all residents and practicing general, plastic, and trauma surgeons to help them succeed in the field of Hernia surgery.

When a doctor sees a patient, how does the doctor’s office get paid? If a claim for a service or procedure provided is denied, how does the doctor’s office get the patient’s insurance company to pay? Handling the Medical Claim: An 8-Step Guide on "How To" Correct and Resolve Claim Issues explains from beginning to end how to bill and collect on cla
aesthetic results. Scientific analysis provides the data to predict which approaches will be successful and safe. Both art and science connote a high level of skill or mastery. At the present time, our literature is replete with descriptions of specific procedures for body contouring. However, there remains a need for a definitive reference describing the basic principles to address the complete scope of body contouring including the postbariatric patient and their plastic surgery deformities. Dr. Shiffman and Dr. Di Giuseppe saw this need and sought to address the needs of plastic surgeons faced with the complexities of body contouring surgery. This is a comprehensive text aimed at providing multiple perspectives. The numerous sections, which include aposity and lipolysis, the breast, abdomen, chest, and buttocks, the extremities, and liposuction, offer various approaches from the foremost authors. Indeed it is with a tremendous amount of skill and mastery that Dr. Shiffman and Dr. Di Giuseppe have successfully edited and collated the numerous contributions to this work. In addition, they have authored individually or, in collaboration, over a dozen of the 87 total chapters. Their combined work as editors and authors are evident throughout their text. The final result is a comprehensive contribution that will benefit all plastic surgeons seeking to improve their approach to body contouring.

This book documents the important advances that have been achieved in abdominoplasty over the past 15 years, in particular through the introduction of a nontraumatic approach associated with minimal morbidity owing to the avoidance of resection of abdominal panniculus and damage to the perforating vessels. The surgical principles of this procedure, including in combination with liposuction, are fully described by its developer, Juarez Avelar, with the aid of a wealth of color illustrations. A miniabdominoplasty option is also discussed and recent significant technical contributions such as various new application techniques and means of minimizing complications are clearly presented. In addition, a series of chapters explain how the surgical principles underlying the described nontraumatic method of abdominoplasty can now be applied to other areas of the body, for example to improve rhytidoplasty, ear reconstruction, body contouring, and medial thigh lifting. This book enables the plastic surgeon to apply the latest abdominoplasty techniques effectively and safely.

The 2001 CPT Professional comes with all 2001 code information. This code book also includes colour keys, anatomical illustrations, medical terminology, thumb tabs and a convenient spiral binding.

Essentials of Plastic Surgery: Q&A Companion is the companion to Essentials of Plastic Surgery, Second Edition, which covers a wide variety of topics in aesthetic and reconstructive plastic surgery. As such, it is designed to test your knowledge of the source book, which may be helpful in the clinical setting and beyond. It presents both multiple choice questions and extended matching questions in single best answer format. The 1200 questions are carefully constructed to be practical and thorough, and are accompanied by detailed answers that help enhance understanding of both the right and wrong answers. Compact enough to fit in a lab coat pocket, its design and organization allow for quick and easy reading. The print book is accompanied by a complimentary e-book that can be accessed on smartphones and tablets. It is the go-to resource for all students of plastic surgery, whether residents in training or experienced practitioners.

Edited by leading authorities Bruce E. Katz and Neil S. Sadick, MD, Body Contouring is a brand-new volume in the Procedures in Cosmetic Dermatology Series. It showcases the hottest new body rejuvenation techniques and technologies, including laser lipolysis, focused ultrasound, mesotherapy, laser and light treatments, subcision for cellulite, and more. International contributions equip you to master the newest approaches from around the world. Succinctly written and lavishly illustrated, the book offers a wealth of pearls and pitfalls to help you refine your skills and avoid complications. A bonus DVD allows you to refine your skills by watching key techniques being performed by the authors. Shows you how to perform the hottest new techniques in body sculpting, including laser lipolysis, focused ultrasound, mesotherapy, laser and light treatments, subcision for cellulite, and more. Offers clinical pearls, pitfalls, and key points to help you get the best results for all procedures. Allows you to master the best and newest techniques and technologies from around the world, thanks to contributions from high-profile physicians with a wealth of international expertise. Includes a DVD that helps you learn key procedures by seeing them performed by the authors themselves.

We have come a long way since the days when abdominal wall contouring was performed by simple dermolipectomies, with no attention to diastasis correction and muscular reinforcement, and little regard for the final aesthetic result. Nowadays, an abdominoplasty may be indicated for even the most demanding of patients. Details such as placement of the incision and umbilicoplasty are meticulously planned so as to conceal...
undesirable scars. Since the advent of suction-assisted lipectomy, in association with a classical operation or as an isolated procedure, the plastic surgeon has become capable of remodeling the entire trunk, assuring removal of considerable amounts of adipose tissue. Drs. Shiffman and Mirrafati have brought all of these aspects together, in this most timely book, Aesthetic Surgery of the Abdominal Wall. Here the reader will find an all-encompassing textbook, written in collaboration with outstanding colleagues, all of whom have contributed to this field of plastic surgery that has been of particular interest to me. I am sure that, for both the younger and the more experienced surgeon, this book will become a reference text, covering all aspects of plastic abdominal surgery. Ivo Pitanguy, MD Preface This book on aesthetic surgery of the abdominal wall is an attempt to bring together the existing knowledge on body contouring of the abdomen. The major emphasis is on abdominoplasty and liposuction of the abdomen with the various combinations and techniques.

Conquer Medical Coding. Take a real-world approach to coding that prepares you for the AAPC or AHIMA certification exams and for professional practice in any health care setting. The book is also a handy resource you can turn to throughout your career. Unique decision trees show you how to logically assign a code. It's the only text that breaks down the decision-making process into a visual and repeatable process! You'll learn exactly how to select the correct ICD-10, CPT, and HCPCS codes. Each section parallels the Official Coding Guidelines, with a special emphasis on commonly used codes. A wealth of learning tools and tips, along with critical-thinking exercises and real-life case studies, provide the practice you need to master coding. Brief reviews of A&P and pathophysiology put the codes into perfect context.

A core text from the renowned Memorial Sloan-Kettering Cancer Center, Atlas of Procedures in Gynecologic Oncology, Third Edition covers the latest developments in both open and minimally invasive surgery. Supplemented with full-color photographs, practical explanations, and video clips, the book provides a detailed overview of the major gynecologic procedures covered in the text.

A compatible DVD-ROM contains "video clips of key procedures, performed by an expert surgeon."--Page 4 of cover.

The Ornish Diet has been named the "#1 best diet for heart disease" by U.S. News & World Report for seven consecutive years! Dr. Dean Ornish is the first clinician to offer documented proof that heart disease can be halted, or even reversed, simply by changing your lifestyle. Based on his internationally acclaimed scientific study, which has now been ongoing for years, Dr. Ornish's program has yielded amazing results. Participants reduced or discontinued medications; they learned how to lower high blood pressure; their chest pain diminished or disappeared; they felt more energetic, happy, and calm; they lost weight while eating more; and blockages in coronary arteries were actually reduced. In his breakthrough book, Dr. Ornish presents this and other dramatic evidence and guides you, step-by-step, through the extraordinary Opening Your Heart program, which is winning landmark approval from America's health insurers. The program takes you beyond the purely physical side of health care to include the psychological, emotional and spiritual aspects so vital to healing. This book represents the best modern medicine has to offer. It can inspire you to open your heart to a longer, better, happier life.

Of evidence-based recommendations -- Introduction -- Overweight and obesity: background -- Examination of randomized controlled trial evidence -- Treatment guidelines -- Summary of recommendations -- Future research.

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