

Complimentary
Cosmetic Seminar

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Wednesday, April 18th
6:00 – 8:00 PM
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Cosmetic Surgery: Look *and* Feel Better

Having cosmetic surgery may help you to look better, but now studies are showing that it can also improve your mood and your quality of life by making you feel better. Many people who consider cosmetic surgery are usually just concerned about minor affects aging has had on their bodies. But there are many more people out there who have poor body image, low self-esteem, anxiety and depression because of the way their bodies look. Feelings of being different can interfere with social activities, especially "body-exhibition situations" such as going to the beach or using public locker rooms or dressing rooms. Because of this,

people generally turn to antidepressant medications, but then suffer or are concerned about adverse reactions.

In one study, patients were questioned before surgery and then three and six months later about their health-related quality of life and self-esteem. *It was determined that the treatments provided improvement that increased with time.* Improvement was noted in all eight areas of the quality-of-life evaluation such as physical and social functioning, degree of pain, and general health status.

Another study grouped

patients into groups with similar age, sex, and types of surgery performed. It concluded that six months after surgery 31% of the patients on antidepressants had stopped taking the medication. Other stressors such as divorce and death in the family were ruled out prior to the surgeries. Self-esteem was better all around. 99% of those not taking antidepressants before surgery and 98% of those who did take antidepressants before surgery cited better self-esteem.

Source: Kathleen Doheny, "Cosmetic Surgery Can Boost Mood," WebMD Medical News, Oct. 9, 2006.

My New Makeover – A Huge Success!

Aging, gravity, sun exposure, and the regular stresses of life can be seen on everybody's faces as we age. Fine wrinkles appear, then gradually turn into creases, jawlines turn jowly, and folds and fat deposits appear around our necks and under our eyes. A facelift, which can't stop the aging process, can improve these most visible signs of aging. *Recently, our very own Dr. Raghu Elluru teamed up with 5 other area doctors to perform this, and many other procedures on two area women – for no cost!* Karen Brandt, 63, and Carolyn Hora, 52, were chosen as recipients of face, eye and neck lifts, vision and hearing correction and dental work. "My New

Makeover," similar to "Extreme Makeover," followed these two women through six to eight weeks of transformation. The 29 minute show aired on CBS on January 21st. "Some of the signs of aging can be subtle and develop so slowly that patients may not appreciate them," said Dr. Elluru. "With lid tightening and lifting, you can get a smoother, more youthful contour in these areas, and often patients are impressed with the degree of improvements they see." Since the surgery, Hora has come out of her shell. "I love to smile now," she said. "I don't avoid people now. And the other stuff. I love looking in the mirror and not seeing any wrinkles." Brandt, who

always felt like an outgoing person on the inside, was not so confident on the outside. "I'm not a different person. To myself, I just look like I've been on a great vacation," Brandt said. "I feel lighter in spirit."

To see these two women's amazing transformations, visit www.mynewmakeover.com. Copies of "My New Makeover" can be obtained by calling our office at 269-329-2900 or writing to suzanne@glphs.com.

For detailed information about facelifts and other cosmetic procedures, visit our new website at www.glphs.com.



New Advances in Dermal Fillers

As the seasons change, so does the need to liven up and look your best. We know how to get the body in shape for trendy fashions and modern styles – it's back to the gym! But what can you do to shape up your face, especially those noticeable nasolabial folds around the mouth? The answer is long-

lasting *Radiesse*, which not only smoothes facial wrinkles and folds, but aggressively combats deeper creases and restores fullness for a volumetric improvement that keeps you looking better even longer without surgery, downtime or the risks associated with permanent implants.

Great Lakes Plastic & Hand Surgery is excited to announce the addition of FDA approved *Radiesse* to our office. To schedule a no-obligation consultation, call our Portage office at 269-329-2900, or our Battle Creek office at 269-979-0900. To obtain more information about *Radiesse*, visit our website at www.glyphs.com.

Source: BioForm Medical, Copyright 2006.

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About Our Surgeons

Scott D. Holley, MD, FACS, and Raghu G. Elluru, MD, FACS are dedicated to their patient's wellness and health. It is important to them to customize a treatment plan that will suit each patient individually and

meet that patient's needs and desires. Both surgeons hold certifications with the American Board of Surgery and the American Board of Plastic Surgery. They each maintain a Certificate of Added Qualification in Hand

Surgery and are affiliated with many professional organizations. Drs. Holley and Elluru, along with their experienced staff, welcome you to Great Lakes Plastic and Hand Surgery.



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