

COSMETIC SURGERY FOR THE  
OBESE PATIENT???

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COSMETIC SURGERY FOR THE  
"PREVIOUSLY" OBESE PATIENT

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INTEGRATED WELLNESS

Integrating Aesthetic Plastic Surgery with  
Wellness

Dr. Kenneth A. Smith  
Plastic Surgeon

KAS

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## INTEGRATED WELLNESS

- "Boomers"
- Cosmetic surgery
- Health and welfare
- Wellness related "business"
- Topical issues
  - "green" ("Inconvenient Truth")
  - "obesity" ("Supersize Me")

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## INTEGRATED WELLNESS

- Aesthetic plastic surgery
  - Elective
  - "cosmetic"
  - Benefits must outweigh the risks
  - Not a "solution" for all
  - Insightful

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## INTEGRATED WELLNESS

- Aesthetic Plastic Surgeons
  - Responsibility
    - Not what CAN be done, but what SHOULD??
  - Physician first, aesthetic surgeon second
  - What can be done "safely"?

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## INTEGRATED WELLNESS

- Concept of responsibility
- Integrate:
  - Nutrition
  - Activity
  - Lifestyle modifications
  - Appropriate medical care
  - Aesthetic plastic surgery

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## INTEGRATED WELLNESS

Physical Assessment

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## INTEGRATED WELLNESS

Physical Assessment

Lifestyle

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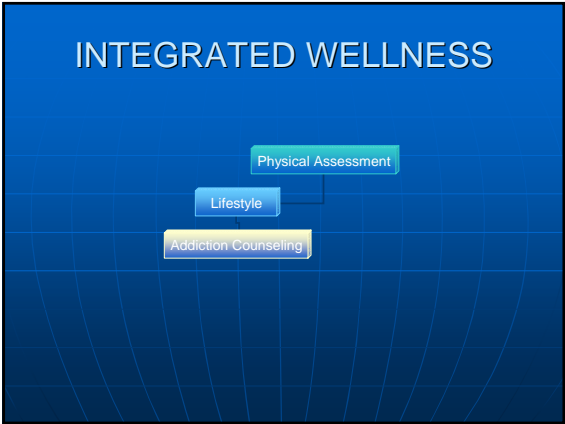
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- # INTEGRATED WELLNESS
- Common considerations in practice
    - Smoking
    - Obesity
    - General medical conditions
    - Psychological conditions

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## INTEGRATED WELLNESS

- Smoking and aesthetic surgery
  - Risks:
    - Increased dvt/pe
    - Increased coughing - hematoma
    - Flap/skin necrosis
    - Unsatisfactory final results
  - Solution:
    - Quit smoking prior to this "elective" procedure
    - MINIMIZE potential risks

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## INTEGRATED WELLNESS

- Sun Exposure and Aesthetic Surgery
  - Risks:
    - Poor collagen, elastin
    - Increased risks of skin ca
    - Unsatisfactory final result
  - Solutions:
    - Sun protection (not avoidance)
    - Skin care programs

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## INTEGRATED WELLNESS

- Smoking/Sun exposure



The image contains three photographs of the same elderly woman, arranged from top-left to bottom-right. The top-left photo shows her with relatively smooth skin. The middle photo shows her with more visible wrinkles and sunken cheeks. The bottom-right photo shows her with significantly more wrinkles and sunken cheeks, illustrating the effects of smoking and sun exposure over time.

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**INTEGRATED WELLNESS**

- Smoking/Sun Exposure



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**INTEGRATED WELLNESS**

- THE ENERGY BALANCE

INTAKE = OUTPUT  
(food calories) (activity calories)

SIMPLE FORMULA = COMMIT

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**INTEGRATED WELLNESS**

- "Potato" Nations
  - Fried variety (INTAKE)
  - Couch variety (OUTPUT)

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## INTEGRATED WELLNESS

### ■ PHYSICAL ACTIVITY

- 40% - NO leisure-time activity
- <1/3 engage in 30 minutes/day
- Television, automobiles, technology
- Diet
  - Quality of food
  - Quantity of food

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## INTEGRATED WELLNESS

### ■ OBESITY

- $BMI = \frac{\text{weight}}{\text{height}^2}$
- Healthy: 18.5-24.9
- Overweight 25-29.9
- Obese >30
- "Morbidly obese" >40

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## INTEGRATED WELLNESS

### ■ OBESITY

- Multifactorial
  - Genetic
  - Environmental
  - Hormonal
  - Behavioral



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## INTEGRATED "WELLNESS"

- OBESITY
  - 61%-64% overweight or obese
  - 13% ages 6-11
  - 14% ages 12-19
  - 300,000 deaths/yr in the US
    - Heart disease, diabetes, arthritis, respiratory
    - Psychological disorders (i.e.: depression)
  - Suggest: has taken over from smoking as the leading "contributor" to death in the US

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## INTEGRATED WELLNESS

- Canadian statistics
  - 2003 - >15% "obese"
  - Double from 1990

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## INTEGRATED "WELLNESS"

- OBESITY
  - BMI >30 have 50-100% increase in premature death
  - 80% diabetics overweight/obese
  - Hypertension 2x if overweight
  - Sleep apnea
  - Arthritis: 9-13% for each 2 lb.
  - Reproductive/pregnancy problems

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## INTEGRATED WELLNESS

- Obesity and Aesthetic Surgery
  - Risks:
    - Numerous medical risks
      - Hypertension, diabetes, respiratory, cardiac
    - PE/DVT
    - Fat necrosis and wound problems
    - Unsatisfactory contour/results

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## INTEGRATED WELLNESS

- Obesity and Aesthetic Surgery
  - Solutions:
    - Weight loss to minimize risk
    - Lifestyle modifications
      - Diet
      - Activity
    - Need professionals
    - Bariatric surgery

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## INTEGRATED WELLNESS

- Bariatric Surgery
  - Increased 6 fold 1990-2000
  - > 300,000 procedure/yr



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## INTEGRATED WELLNESS

- Bariatric surgery
  - "Restrictive" (lap banding", gastric stapling)
  - "Gastric bypass"
    - Roux-en-Y bypass
    - "Distal gastric bypass"
  - Combination Procedures
  
  - "Open" vrs Laparoscopic

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## INTEGRATED WELLNESS

- Cosmetic Surgery for Weight Loss Pt
  - Rapidly increasing in number
  - >52,000 procedures for massive wt. loss pts
  - ASPS expects increase of 34% in 2004
  - Majority following:
    - Gastric bypass procedures
    - Lap-banding procedures
    - Lifestyle changes/adaptations

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## INTEGRATED WELLNESS

- Cosmetic Surgery for Weight Loss Pts
  - Body contouring procedures
    - Abdominoplasty
    - Brachioplasty
    - Mastopexy
    - Reduction mammoplasty
    - Thigh lift
    - Rhytidectomy
    - Suction assisted Lipectomy
    - Buttock lift

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## INTEGRATED WELLNESS

- % change 2000-2006
  - Breast lift: + 96%
  - Buttock lift + 174%
  - Lower body lift +4887%
  - Upper arm "lift" +4304%
  - Thigh lift + 132%
  - Tummy tuck + 133%
  - Liposuction - 14%

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## INTEGRATED WELLNESS

- Abdominoplasty
  - Fit multiparous female



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## INTEGRATED WELLNESS

- Abdominoplasty
  - "overweight" multiparous female



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## INTEGRATED WELLNESS

- Abdominoplasty
  - "Obese" female (100 lb wt loss)



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## INTEGRATED WELLNESS

- Abdominoplasty/Mastopexy
  - >70 lb. wt. loss



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## INTEGRATED WELLNESS

- Abdominoplasty/Mastopexy



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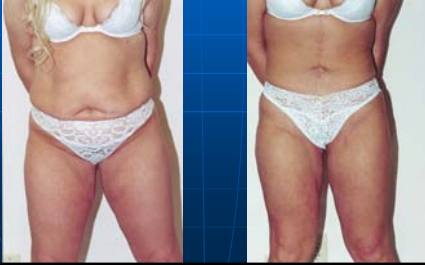
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## INTEGRATED WELLNESS

- Abdominoplasty/Thighlift
- > 100 lb. wt. loss



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## INTEGRATED WELLNESS

- Abdominoplasty/Thighlift
- > 100 lb. wt. loss



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## INTEGRATED WELLNESS

- Abdominoplasty/Thighlift
- > 100 lb. wt. loss



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INTEGRATED WELLNESS

- Brachioplasty



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INTEGRATED WELLNESS

- Brachioplasty



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INTEGRATED WELLNESS

- Buttock Lift/Liposuction



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## INTEGRATED WELLNESS

- Summary:
  - Health and “wellness”
  - Patient responsibility
  - Nutrition
  - Fitness
  - Surgical alteration

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## INTEGRATION WELLNESS

- Summary:
  - Nutritionist
  - Personal fitness trainers
  - Psychologists
  - Spa treatment
  - Estheticians
  - Family physician
  - Surgeon

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## INTEGRATED WELLNESS

- Self confidence
- Positive mental attitude
- Hard work
  
- Same principles apply to life success

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**INTEGRATED WELLNESS**

VICTORIA WELLNESS PROFESSIONALS

Narina Prokosch R.N.



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**Victoria Wellness Professionals**

- Mission Statement
  - To provide our clients with professional assistance to guide them on their road to physical and mental fitness



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**Victoria Wellness Professionals**

- Initial Consultations
  - Discussion of client needs and goals
  - "First Impressions" of prospective client



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## Victoria Wellness Professionals

- Assessment and Program Design
  - Assists in determining overall fitness level
  - Indicates presence of:
    - Muscle imbalances
    - Postural concerns
    - Flexibility issues
    - Resulting compensations from above



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## Victoria Wellness Professionals

- Implementation and Program Progression
  - Training sessions tailored to individual tolerances
  - All areas of fitness included in session
  - Constant professional supervision allows for continual reassessment and progression



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## Victoria Wellness Professionals

- Summary
  - A well designed and monitored exercise program
  - Incorporates both cardiorespiratory and resistance exercise
  - Benefit to the obese individual



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## Victoria Wellness Professionals

- Desire:
  - To take steps to make the obese client feel "comfortable"
  - Address the specific concerns of the obese client
  - Offer "support" and advice
  - Help them make "long term" lifestyle changes



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## INTEGRATED WELLNESS

June 10, 2006

Dr. Smith:

Sometimes people in life do things as a part of their everyday life and don't realize what profound effects they have on other people's lives that they touch. You and your staff have been those kinds of people. Here are the pictures of me in February 2002 that I showed you in the office and one taken May 2006. I know how hard I worked to change my body physically and adjust my mind mentally and I am very proud of that...

It wasn't easy and it took 2 years but I accomplished it, and still maintain it everyday of my life. Weight loss isn't about bypass surgery (although I do believe in some instances it is important due to life threatening circumstances); it isn't about a quick fix. Nothing in life worth doing is quick.

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## INTEGRATED WELLNESS

I know that you do very serious surgery for people that need help but I have to tell you that not only the talk we had about weight loss and your interest about it but also the excellent work on my breast lift has helped me so much I cannot even express in words what it has done. You and your whole staff are warm and caring & provide your patients with excellent care.

It is very important to me to express to you & your staff how profoundly thankful I am. It has been a big 2 years for me - after losing weight my husband left me (only one in so many things that changed for me these past 2 years) as I mentioned to you on my office visit June 6th, 2006; his leaving turned out in a funny way a blessing in disguise but as you can imagine starting out dating after so long and although I had lost the weight, it was embarrassing for me to think of the next step with someone if I wasn't comfortable with my body.

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## INTEGRATED WELLNESS

You mentioned about expanding your clinic to include a part that encompassed weight loss into your practice. If you ever need people with success stories to come in and provide some degree of support for this, I would be honoured to share my story. I know that having someone who has been in that situation and is willing to share their story & their photos helps other people believe they too can accomplish what sometimes seems like a hopeless and impossible feat.

Anyway, I will see you in the fall & again thank you very much.

Sincerely,

I.S.

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