



it's my turn

A quarterly newsletter for patients and friends of Abbott Northwestern Hospital's Center for Cosmetic Care

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The Consultation: The First Step to Great Care

Before embarking on any new journey, it's important to know all the different paths that can take you to your destination — and what you can realistically expect to find once you get there.

That's why the staff at Abbott Northwestern Hospital's Center for Cosmetic Care believes so strongly in the initial patient consultation. They know that the consultation process will help you assess your cosmetic care needs and determine the best direction for your own personal journey.

"During the consultation, which usually lasts about an hour, you can talk with both our nursing staff and a physician," says Susan Olson, the Center's director. "It's an opportunity for you to learn about all your treatment options and the details of specific procedures, including their risks, benefits, and costs — and what realistic outcomes you can expect." You can also ask about the professional qualifications of the Center's staff — an important consideration before undergoing any cosmetic procedure.

"You can return later, if you wish, and speak with another physician for a second opinion," adds Olson. "We want you to be absolutely comfortable with any decision you make."

A popular feature of the Center's consultation is the "Mirror Image" system, which uses a digital camera and a computer to show clients how they might appear after a particular cosmetic procedure. "People say it's a very helpful part of the consultation process," says Olson.



For your consultation, call Abbott Northwestern Hospital's Center for Cosmetic Care.



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How to Clean Your Skin

For most people, soap and water work just fine at ridding your face of daily dirt and sweat. What kind of cleanser you use, however, may depend on what kind of skin you have. You may wish to try cleansers that are specially formulated for your type of skin.

Tip 1

For oily skin:

Use plain cleanser and water several times a day.

Tip 2

For dry skin:

Switch back and forth every day between a plain cleanser and a cream cleanser.

Tip 3

For combination skin (oily on nose and forehead, dry on cheeks and chin):

Wash your face one to two times each day with a plain cleanser and water. Use a lotion on dry areas to keep them moist and soft.

Caring Across Countries

Center doctor volunteers time and skills to help children in Peru.

Twelve-year-old Fernando just wanted to look more like the other children in his Peruvian town. But born with several facial deformities to parents of small means, he had little hope of realizing that simple dream.

That is, until the winter of 2000. That's when he first met a group of American plastic surgeons organized and led by Frank Pilney, M.D. They had flown from the Twin Cities to Peru with a team of anesthesiologists, nurses, and others to help children like Fernando.

"We made a left ear for Fernando," says Jennifer Harrington, M.D., one of the plastic surgeons in the group. "He had been born without it." The rebuilding of the ear required more than one surgery. So this past January, the group returned to complete the reconstruction and to correct some of Fernando's other deformities.

"He was so excited to see us and thankful for what we did," Harrington recalls. "It was just incredibly rewarding to see what a difference the surgery was making in his life."

The team was part of the San Francisco de Asis program, which brings skilled American doctors to Peru to operate on children with cleft lips, cleft palates, burns, and other deformities and scars that can threaten their physical and emotional health. Working 12-plus hours a day for two weeks, the team operated on many children in Peru. But despite the long, hectic hours, they felt very fortunate to have been involved in the project.

"It's really the part of your year that you cherish," Harrington says. "Most people who go always want to go back."



A smiling Fernando meets with Dr. Jennifer Harrington after his surgery.

One Woman's Story

"How I look on the outside now matches how I feel on the inside."

As she entered her forties, Karen Pratt Smith, a Twin Cities on-line antiques dealer, decided it was time to get into shape. She started eating much more healthful foods and began a more aggressive exercise program, which soon included weight lifting. "I really changed my life," she says. "I felt great."

But when Smith looked in the mirror, she couldn't see the changes she felt. "I felt so good, but I looked so tired," she recalls. "It was so disheartening."

One thing she saw in the mirror was what she laughingly calls "mad brow disease" — a deep and persistent wrinkle in the forehead between the eyes. "I always looked crabby," Smith says.

Last year, Smith decided that she wasn't going to continue "going backward aesthetically." She went to the Center for

Cosmetic Care where, after a consultation, she decided to undergo two laser treatments to resurface the skin on her face. She also opted for a partial browlift to smooth out the crease in her forehead.

Smith has been very pleased with the results. "I feel much more confident about myself," she says. "How I look on the outside now matches how I feel on the inside."

She knows other people feel the same about her. One of the best compliments she has received since her treatments was from a friend's father, whom she hadn't seen for about five years. "When I saw him at a party he said, 'You look exactly the same as I last saw you,'" she recalls. "My heart just rose. That made me feel great."

Medical News

A presidential warning

The skin cancer removed from President Clinton's back last January is not considered life-threatening. But doctors say the former president is at huge risk of having this type of cancer (basal cell carcinoma) reappear elsewhere on his skin and will need to be watchful for signs of new lesions.

President Clinton's brush with skin cancer is a reminder to the rest of us to check ourselves regularly for skin growths or moles that change size, color, shape or texture. If you notice anything suspicious, call your doctor.

A promising gene discovery

Scientists believe they have found the gene that makes melanoma, the deadliest type of skin cancer, so resistant to treatment. The discovery, which was reported in the journal *Nature* earlier this year, may one day lead to more effective treatments for this disease, which annually claims more than 7,000 American lives.

Center News

**Tell us
your vision**

You have a vision of who you are. Discover how Abbott Northwestern Hospital's Center for Cosmetic Care can help you realize that vision. We will take you through the process step by step. At a pace you feel comfortable with. In a place you feel safe. With doctors you can trust. Come visit us. Just call 952-929-8888 and we'll set up a consultation.

Want more information about what you've read here?

Check out the Center's web site at www.abbottnorthwestern.allina.com.

Beyond Your Procedure

Want additional care in your home after a cosmetic procedure? Call Health & Caring Services of Allina Hospitals & Clinics. During your recovery, their trained professional staff can help you obtain necessary medications and supplies, apply ointments, perform dressing changes, prepare light meals, assist you with your bathing and grooming, and more. All services are tailored to meet your needs. For more information, call 651-628-4230.

Dermatologist Joins Center's Staff

Julie Winfield, M.D., a Twin Cities dermatologist with advanced training in pediatrics and women's dermatologic care, will begin having clinic hours at the Center later this spring.

Center Acquires Two New Laser Systems

The Center for Cosmetic Care has acquired an XTRAC excimer laser, the first laser system approved by the Food and Drug Administration for the treatment of psoriasis, a chronic, recurring skin condition that affects about 7 million Americans. Studies have shown the XTRAC to be a major improvement on other treatments for relieving the unsightly and sometimes painful lesions caused by psoriasis.

The Center has also purchased new laser equipment — the Lyra Laser System by Laserscope — for the treatment of pseudofolliculitis barbae, or “razor bumps.” This FDA-approved technology can be used to treat people of all skin types.

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NORTHWESTERN
HOSPITAL**
Allina Hospitals & Clinics

Center for Cosmetic Care
4100 W. 50th Street
Edina, MN 55424
952-929-8888

www.abbottnorthwestern.allina.com

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