



# it's my turn

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

## In this issue

### Page 2

*Focusing on safety.*

### Page 3

*A new liposuction technology.*

### Page 3

*Acne linked to menstrual cycle.*

### Page 4

*Unique Lives & Experience series returns.*

## Center Acquires New Ultrasound Equipment

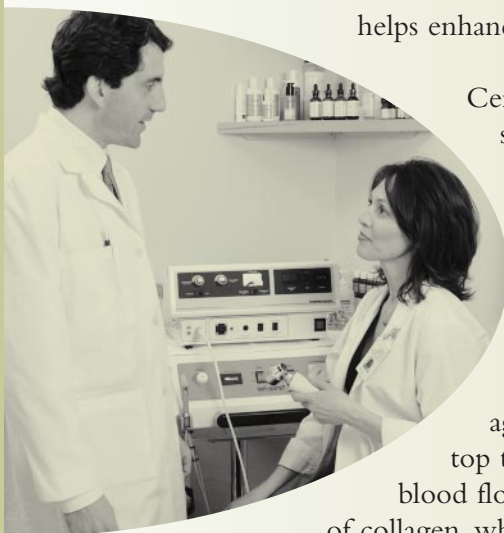
To help ensure even better results for patients undergoing skin-revitalization treatments, Abbott Northwestern Hospital's Center for Cosmetic Care has acquired new high-energy ultrasound equipment.

"High-energy ultrasound is a great new aid in treating damaged skin," says Brian Zelickson, M.D. "We are using it in conjunction with our other skin renewal treatments, such as microdermabrasion and photorejuvenation. It really helps enhance those treatments."

With the new equipment, the Center is also able to offer ultrasound facials, which moisturize and "pump up" the skin, leaving it looking radiant.

A gentle and safe procedure, high-energy ultrasound uses vibrating sound waves to exfoliate the skin, removing old, dead cells and oily blockages. The waves also stimulate the top two layers of the skin, improving blood flow and activating the formation of collagen, which is often deficient in sun-damaged or aging skin.

"It's also been shown to help deliver topical skincare products, such as vitamin C and bleaching creams, deeper into the skin," says Dr. Zelickson.



*For more information about ultrasound skin treatments, call Abbott Northwestern Hospital's Center for Cosmetic Care.*



ABBOTT  
NORTHWESTERN  
HOSPITAL

*Allina Hospitals & Clinics*

**CENTER** | *for Cosmetic Care*

### Preparing for Your Cosmetic Surgery

#### Tip 1

To ensure the best and safest outcome, pay careful attention to your physician's pre-surgery instructions.

#### Tip 2

Exercise helps to prepare for surgery. It increases the flow of blood to the skin. If you aren't used to exercising, however, be sure to start slowly — perhaps with a daily walking program.

#### Tip 3

Toss away your cigarettes. Smoking constricts blood vessels and slows down healing.

#### Tip 4

Avoid dieting during the two weeks before your surgery. Your body will need all the nutritional help it can get during the healing process.

#### Tip 5

Check with your physician before taking any over-the-counter medications before surgery — including herbal remedies and vitamin supplements. Many of these products can interfere with the blood's ability to clot.

## Staying Focused on Safety

When most people are thinking about undergoing a cosmetic procedure, they tend to focus more on the expected outcome of the procedure than on its safety. But safety should be on everyone's mind before, during, and after a procedure.

At Abbott Northwestern Hospital's Center for Cosmetic Care, the focus is always on safety. "We have a very high standard of care," says Cyndee Cummins, R.N., "because we are part of Abbott Northwestern Hospital and because we have an exceptionally well-trained staff."

Here are a few ways the Center ensures patient safety:

- **A thorough pre-screening process.**

"We pre-screen each patient carefully, using the same pre-screening rules as Abbott Northwestern Hospital," says Cummins. If a patient is discovered to have significant health risks, Cummins adds, his or her procedure is performed at the main hospital campus.

- **Exact safety procedures.** "We follow the same safety procedures — and use the same safety features in our operating rooms — that you'll find at Abbott Northwestern Hospital," says Cummins. The Center's nurses must meet the hospital's qualifications for providing critical care. "We are certified in advanced cardiac life support and have years of experience," Cummins notes.

- **Physician anesthesiologists.** In addition to nurse anesthetists, the Center has five physician anesthesiologists. The anesthesiologists stay with their patients throughout surgery and recovery, which assures the patients the safest care and greatest comfort possible.

- **Medical supervision.** Many procedures, of course, are performed only by physicians at the Center, but others are performed by the Center's licensed nurses and aestheticians. "All procedures are closely monitored by our physicians," Cummins stresses, "which assures that our patients are getting the finest care possible."

- **Professional accreditation.** The Center is certified by the Joint Commission on Accreditation of Healthcare Organizations, an independent organization that evaluates and accredits medical facilities based on state-of-the-art, professional-based standards. Not all surgery centers qualify for this accreditation.

- **State-of-the-art equipment.** "We constantly update our equipment," says Cummins. "We received new anesthesia machines last year, and we just received a new liposuction machine. Our lasers are also the latest and greatest."



## Introducing P.A.L. – The Latest in Liposuction

The Center has recently acquired power-assisted liposuction (P.A.L.) equipment, the latest option for men and women who want fat removed from specific areas of their bodies.

"This equipment represents an evolutionary leap forward in liposuction technology," says Richard Werner, M.D. "It has many more capabilities than the old techniques."

P.A.L. works like conventional liposuction, but is much more powerful. As a result, it removes fat from the body more thoroughly and efficiently.

"It can also go through tissue that is harder than normal," says Dr. Werner. "This is particularly helpful when doing liposuction on men, whose fat tends to be more generalized and diffuse than women's."

Because P.A.L. is effective in areas of very dense tissue, it has proven very helpful in reducing enlarged breasts in men. The technique can also be used on areas of the body that previously underwent liposuction.

"Because tissue becomes a little bit stiffer after liposuction, it's sometimes difficult to get back into the same areas," explains Dr. Werner. "But with P.A.L., you have the opportunity to successfully do that."

*To learn more about this latest liposuction technique, call Abbott Northwestern Hospital's Center for Cosmetic Care.*

### Medical News

#### Study Confirms Acne's Link to Menstrual Cycle

A recent study confirms what many women have long suspected: They are more likely to have acne flare-ups right before their monthly menstrual periods. The probable cause: cyclical hormonal changes.

The study, which appeared in the December 2001 issue of the *Journal of*

*the American Academy of Dermatology*, found that severity of acne, ethnicity, and use of oral contraceptives did not affect premenstrual break-outs. Age did, however. Women in the study over age 33 experienced a higher rate of premenstrual acne than those under age 20.

#### Popularity of Cosmetic Surgery

Recent data from the American Academy of Cosmetic Surgery shows that the demand for cosmetic surgery continues to remain high. Especially popular are Botox injections and microdermabrasion — two procedures that can improve people's looks without much "down time."

# Center News

## Unique Lives & Experience Series

The Center is proud to return as a sponsor of the popular Unique Lives & Experiences events at Orchestra Hall in Minneapolis. This multi-evening lecture series presents some of America's most accomplished women discussing the most important moments of their lives.

Here are the women featured at this year's remaining events:

- **Lynn Johnson**.....April 16
- **Whoopi Goldberg**.....June 10
- **Betty Mahmoody**.....May 13

**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](http://www.abbottnorthwestern.allina.com).

## Elsewhere @ Abbott Northwestern Hospital

*The Center for Cosmetic Care is a department of Abbott Northwestern Hospital, one of the Midwest's premiere medical facilities. We'd like to take this opportunity to tell you about other exceptional care being offered by Abbott Northwestern Hospital.*

### The Birth Center

The birth of a baby is an event that involves the entire family. No one knows that better than the caring staff at The Birth Center of Abbott Northwestern Hospital.

"The staff at The Birth Center is honored to join families on their personal journeys of pregnancy, birth and parenting," says Linda Halverson, R.N., program development specialist. "We take pride in having created within the hospital a truly family-friendly environment."

Known throughout the Upper Midwest for delivering the highest quality care to mothers and their infants, The Birth Center offers a full-range of services and programs that begin long before the baby is born and continue through the postpartum period.

Although most pregnancies and births are uncomplicated, in some cases families need highly specialized medical care. To serve these families, The Birth Center and Children's Hospitals and Clinics/Minneapolis have created The Perinatal Center, which can provide for the most critical needs of mothers and infants.

For more information about The Birth Center, call Medformation at 651-697-3333.

© 2002 Allina Health System ® Registered Trademark of Allina Health System



**ABBOTT  
NORTHWESTERN  
HOSPITAL**  
Allina Hospitals & Clinics

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

[www.abbottnorthwestern.allina.com](http://www.abbottnorthwestern.allina.com)

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
MINNEAPOLIS, MN  
PERMIT NO. 3462