

**GREATER PEORIA
area**

Promoting
Healthier Living
in Your Community

- Physical
- Emotional
- Nutritional

JANUARY 2011 **FREE**

HealthyCells™

www.healthycellsmagazine.com

MAGAZINE

Body Contouring

The Center for Cosmetic and Laser Surgery

Redefining Self-image

page 12

**Can Multivitamins
Help You Lose Weight?**
page 8

**Use It or
LOSE IT**
page 20

**Plans for Health
Information Exchange**
page 22

The Center for Cosmetic and Laser Surgery: Redefining Self-Image

By Mary Hilbert



Dr. Jeffrey Poulter, a speaker for the Women's Lifestyle Show last fall at the Peoria Civic Center, answers questions about the different types of body contouring following massive weight loss.

In 2009, Americans underwent more than 15 million cosmetic and surgical procedures combined, according to statistics released by the American Society for Aesthetic Plastic Surgery. The study shows that despite the economic recession and tightening of wallets among many working Americans, demand for cosmetic and reconstructive surgery has remained at a near all time high. Thanks to the work of board certified plastic surgeon Dr. Jeffrey Poulter and the staff of The Center for Cosmetic and Laser Surgery in Peoria and Bloomington, Central Illinois has become one of the sought-after destinations for individuals seeking to refine their image and regain a sense of self-esteem through cosmetic and laser procedures.

In the past 18 years, Dr. Poulter has treated more than 16,000 patients, some who have traveled back to Central Illinois from as far

away as New York and Los Angeles to undergo procedures with The Center's offices located at 1505 Eastland Drive Suite 350 in Bloomington and 808 West Trailcreek Drive in Peoria. "I think the attraction to my practice has to do with the attention to the individual and the care the whole staff provides. We have nurses who are gentle and try to make you comfortable," Dr. Poulter said, "I have a great team. We take it that extra step."

Plastic surgery is most known for its aesthetic results, however surgical and non surgical procedures may be performed not only for beautification purposes but health-related purposes as well. Breast reconstruction is performed on women who have undergone mastectomy, or surgical removal of the breasts due to breast cancer. Body lifting procedures are performed to reduce sagging skin on

patients who have recently undergone massive weight loss from bariatric surgery, or diet and exercise. Eyelid surgery and brow lifts in combination with JUVÉDERM® Injectable Gel are performed on patients suffering from drooping lids and baggy lower eyelids. In 2009, reconstructive procedures accounted for a little more than 40 percent of all plastic surgeries performed, an increase of 5 percent from 2008, according to the ASPS (American Society of Plastic Surgeons).

For Dr. Poulter, one of the most rewarding aspects of working as a plastic surgeon is to watch patients transform not just physically, but emotionally following their experience with cosmetic surgery. "In healthy people, it can change their lives and improve their self-esteem," Dr. Poulter said, adding that some patients who are initially shy in many cases become more outgoing and exude a higher sense of self-confidence when they have a positive body image. "People expect good results, and they should," Dr. Poulter said.

Through word of mouth and a reputation for quality of care, Dr. Poulter and his staff continue to see new clients undergoing consultations and procedures each year. Both locations of The Center provide an environment designed to appeal to the comfort, confidentiality and leisure of patients, including individual consultation rooms, a secluded operating room and recovery suite. Aside from enjoying a health spa atmosphere, clients also take comfort in being surrounded with the most up-to-date laser technology in skin resurfacing and hair and vein removal, as well as a state of the art operating room with fully equipped pre-op and post-op recovery rooms with Bear Hugger and Bear Paws patient warming systems and air compression boots to aid in preventing blood clots following surgery. The surgical suite's staff includes both joint commission accredited anesthesia providers and Certified Registered Nurse Anesthetists.

Various Cosmetic/ Reconstructive Procedures and Benefits

Available cosmetic and reconstructive procedures vary depending on the cosmetic surgery a patient chooses. Here are a few examples of plastic surgery options and what they achieve for the patient:

- **Body Contouring Procedures:** undergoing removal of excess fat or skin to achieve a more natural or desirable shape. Example procedures include tummy tuck, thigh lift, liposuction, etc.
- **Breast Enhancement/Reconstructive Procedures:** altering the size or shape of a woman's breast or breasts, sometimes with or without medical purpose. Example procedures include breast enlargement, breast lift, breast reduction and reconstruction.
- **Facial Rejuvenation Procedures:** restoring youthful appearance to facial features through cosmetic or medical surgical procedures. Example



Dr. Poulter begins to perform abdominoplasty surgery (tummy tuck) in his state-of-the-art surgical suites.

procedures include face lift, brow lift, eyelid lift, ear surgery and laser resurfacing.

Medical Spa Services

The Center for Cosmetic and Laser Surgery also provides medical spa services to clients. A medical spa is a combination of a day spa and a medical clinic, operating under the supervision of a medical doctor. Luxury atmosphere and long-term, satisfying results are two of the most important aspects of the Center's spa services. Whether a patient desires more beautiful skin or to reduce unwanted wrinkles and excess hair growth, the spa treatments offered by Dr. Poulter are effective at almost any age, only providing treatments that have been proven to be safe and effective. Among the qualified staff in Bloomington is licensed aesthetician, Cathy Greengberg, one of ten scholars in

the United States to receive the 2008 National Legacy Scholarship presented by the International Dermal Institute. In Peoria, Dr. Poulter is working with Mary Dix Hayse, founder of Skin by Mary, to optimize their skin care results. All treatments received through the medical spa are administered or supervised by Dr. Poulter. Among popular medical spa treatments available to patients are BOTOX®, dermal fillers, laser hair removal, skin resurfacing, and spider vein treatment, as well as skin care products and more.

Who is Dr. Jeffrey Poulter?

Certified by the American Board of Surgery and the American Board of Plastic Surgery, Dr. Jeffrey Poulter specializes in a number of cosmetic surgical procedures including laser treatments, body contouring and facial rejuvenation. A Bloomington resident and University of Illinois honors graduate with accreditation from the Southern Illinois University of Medicine, Dr. Poulter is actively involved in the Central Illinois community, having participated in Habitat for Humanity and the Women's Lifestyle Show. He currently serves as Vice President for the McLean County affiliate of the Susan G. Komen Foundation.

Requesting a Consultation

Consultations provide prospective patients the opportunity to discuss questions and concerns about undergoing a procedure, while simultaneously providing the plastic surgeon with a clear understanding of what end result is sought through treatment. In order to receive the highest quality of care possible it is important for patients to be open and honest about their feelings are in regard to physical appearance, how the patients see themselves and how patients believe others perceive them. Failure to communicate clearly may confuse the surgeon about the treatment wanted, and leave the patient disappointed with the outcome. Computer imaging and patient consultation assists Dr. Poulter in developing a realistic assessment of how to obtain optimal results with any given procedure.



Computer imaging helps Dr. Poulter educate his patients on the procedure they are considering and provides realistic expectations.

Consultations may be made by phone or online through The Center's website at www.drPoulter.com. Several financing programs are available through the center for the convenience of patients.

Before deciding on a care center and treatment option that will best suit your individual needs, Dr. Poulter recommends taking the following steps:

1. Do your homework. Research the procedure, the benefits and the risks. Go to www.plasticsurgery.org for the latest information on plastic surgery procedures.
2. Have realistic expectations. Discuss your surgery with your plastic surgeon. What are your expectations? What do you need to understand about side effects and recovery time?
3. Be informed. Ask to talk to patients who have had your procedure. Ask to see pictures of results of other patients who have had the same procedure.
4. Don't let just anyone inject anything into your body without the advice of a doctor.
5. When choosing your plastic surgeon, check for certification by the American Board of Plastic Surgery. You can check online at www.abplsurg.org or by calling 1-866-ASK-ABMS.
6. Many plastic surgeons with a focus on cosmetic surgery have earned membership in ASAPS (American Society for Aesthetic Plastic Surgery, Inc.).

Jeffrey S. Poulter, M.D. is a board-certified plastic surgeon with offices in Bloomington and Peoria. For more information you may contact Dr. Jeffrey Poulter in Bloomington by calling (309) 663-1222 or toll-free (888) 841-4108. Or email your questions to info@bodycontouringexperts.com. Visit online at www.bodycontouringexperts.com for additional information, before and after photos and videos of various procedures—in the privacy of your own home.