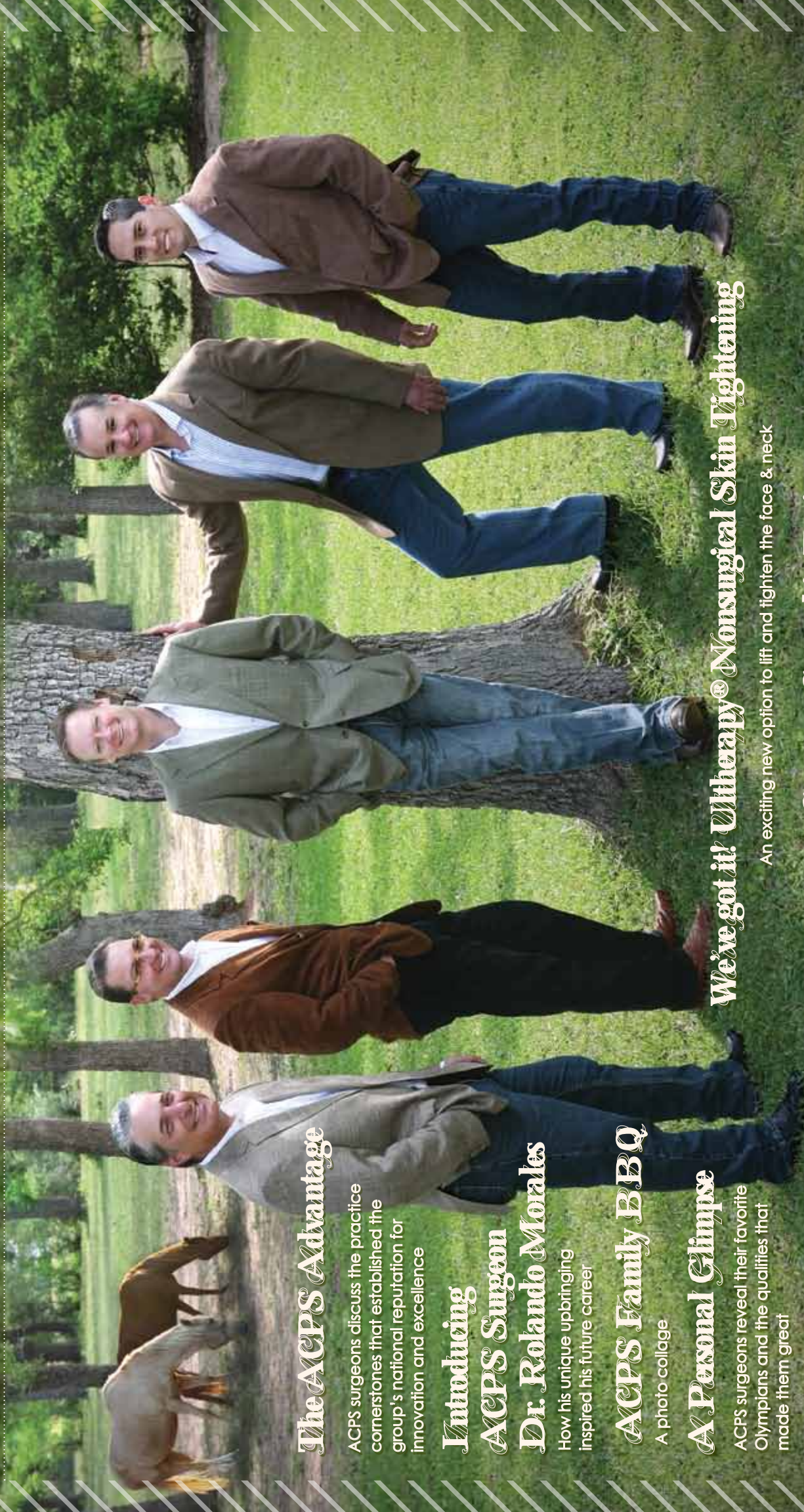


# SUMMER

## NEWSLETTER 2012

# ACPS

The Aesthetic Center for Plastic Surgery



### *The ACPS Advantage*

ACPS surgeons discuss the practice cornerstones that established the group's national reputation for innovation and excellence

### *Introducing*

### *ACPS Surgeon*

### *Dr. Rolando Morales*

How his unique upbringing inspired his future career

### *ACPS Family BBQ*

A photo collage

### *A Personal Glimpse*

ACPS surgeons reveal their favorite Olympians and the qualities that made them great

### *We've got it! Ultherapy® Nonsurgical Skin Tightening*

An exciting new option to lift and tighten the face & neck

### *Summer Smoothie Recipe*

A refreshingly delicious & nutritious way to stay cool and energized

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## The ACPS Advantage

Expertise  
Artistry  
Safety

**Dr. Germán Newall**

The greatest innovations and most timeless artistic creations are often a seamless blend of science and art. Renaissance artist Leonardo DaVinci incorporated his detailed observations of human anatomy and light along with mathematical principles of ratio and proportion to bring the

subjects and scenes of his paintings to life. In the business world, Apple CEO Steve Jobs propelled computer technology into an art form that revolutionized the industry, and in the process, our culture. Members of the original team he assembled to develop the Macintosh had backgrounds in art, history, poetry, and anthropology.

Perhaps more than any other medical specialty, plastic surgery requires its most talented practitioners to be as skillfully adept in their artistic ability as they are versed in scientific knowledge and plastic surgery's extensive range of operative techniques.

ACPS surgeon Dr. Germán Newall noted, "The achievement of excellent results is 50 percent surgical expertise and 50 percent artistry. First and foremost, safety is always the primary goal—we want to give our patients the best result possible with the least amount of risk. We try to listen to patients, understand their needs, and then incorporate this into a plan that fits the needs of each individual."

Their diligent pursuit of excellence and track record of success across all three spectrums: surgical expertise, artistry, and safety firmly established Newall and his ACPS colleagues as some of the most respected surgeons in their industry, both locally and abroad—a reputation that draws physicians and medical students to the practice to observe and learn from the surgeons.

Newall commented, "Scientific individuals want to see and touch what works and what doesn't. We have a proven, positive formula that we have used successfully for many years. By working together, everybody benefits from the formula."

*"The achievement of excellent results is 50 percent surgical expertise and 50 percent artistry. First and foremost, safety is always the primary goal—we want to give our patients the best result possible with the least amount of risk. We try to listen to patients, understand their needs, and then incorporate this into a plan that fits the needs of each individual."*

**Dr. Germán Newall**

ACPS Center for  
Clinical Research  
& Education

**Dr. Henry Mentz**

ACPS was one of the first private aesthetic plastic surgery practices in the nation to establish its own in-house research center, with the mission to advance the science of plastic surgery in both the national and international communities. At a cost of \$1.5 million, the installation of the center in 1993 was "a big commitment," said ACPS surgeon Dr. Henry Mentz, but one that was

instrumental in helping the private group expand its scope to become a part of the nation's scientific leadership.

Under the guidance of plastic surgeon and research center director Dr. Amado Ruiz-Razura, the group developed cutting-edge new surgical techniques and safety methods, which they evaluated through clinical studies. Their published research garnered worldwide recognition, leading to speaking invitations to plastic surgeons at both national and international meetings and a best published article of the year award from one of the industry's most respected publications, the Aesthetic Surgery Journal. In addition, a teaching and mentoring program was inaugurated at the center, drawing plastic surgeons and residents from around the globe who visit to sharpen their surgical expertise.

Through these endeavors, ACPS established an influential presence within the scientific community, providing patients with the best of both worlds: the personalized setting of a private facility that is on par with Houston's famed Medical Center in the quality of its research.

Mentz commented, "We are honored to be considered leaders in plastic surgery research and innovation. At the same time, we strive to always stay focused on our primary goal, to provide our patients with attentive, skillful care in a warm and comfortable environment."





## The ACPS Advantage

### The Staff & Surgeon Partnership

*A bond of mutual appreciation, respect, and like-minded purpose*

**Dr. Chris Patronella**

*"We've shared our lives with the surgeons, and they've shared their lives with us. Our loyalty extends beyond business; it's at a spiritual level—a very deep level. Our doctors have surrounded themselves with real people, and our patients gravitate to that."*

*Adelina Falfan*

*ACPS patient coordinator for more than 10 years*

Most of us can recall a situation in which poor service unfavorably colored our opinions about an otherwise pleasant experience at a restaurant, shop, or other venue. When it comes to cosmetic plastic surgery, the consistent delivery of great customer service from a warm and attentive staff is as essential as providing superb aesthetic results, says ACPS surgeon Dr. Chris Patronella.

Fostering a positive workplace environment that encourages staff loyalty and dedication has been key to achieving this goal at ACPS, with many staff members celebrating more than 10 years working for the practice. The satisfaction and contentment employees have with their jobs ultimately is transmitted to patients, noted Patronella. "In an environment where we encourage professional growth and longevity, the service we can deliver becomes even better. If you have constant turnover, then the ability to grow and improve is stunted."

In a city that has hundreds of plastic surgeons from which to choose, the commitment to developing a team that has a "passion for the care they deliver and strives to be better at it every day" has been integral to ACPS' success.

ACPS practice administrator Karen Husmann commented, "Our doctors understand the power of a great staff. It may sound cliché, but the ACPS staff is truly like a family. The doctors have demonstrated that they really do care about us and our loved ones, and they have promoted an environment that encourages us to care for one another."



### ACPS Added Touch Services

**Dr. Paul Fortes**

Whether the arena is in sports, business, or the arts—behind nearly every well-executed performance is a carefully formulated plan of action put in place to ensure it is smoothly and consistently carried out. ACPS practice manager Karen Husmann commented, "When the surgeons hired me more than 17 years ago, they expressed a clear vision of what they wanted ACPS to be. It's one thing to have a vision but quite another to have a clearly defined plan that details the steps to achieve it and actually stick with the plan to meet or exceed the goals year after year."

Aspiring to provide patients with an unsurpassed level of comprehensive care throughout every stage of the surgical process, the surgeons developed "Added Touch" services which are fully integrated into patients' surgical experience to complement the surgeons' roles. This includes a gentle therapeutic postsurgical massage—a blend of lymphatic and Swedish massage techniques designed to speed healing—and ACPS' signature "Home Health Visit" program, through which patients receive a visit to their homes on the day after surgery from an ACPS medical professional who monitors their recovery, changes their bandages, and provides recovery updates to their surgeons.

Beyond making patients' overall experiences more pleasant and enjoyable, these services and the staff who provide them serve as an invaluable communication link between the doctors and their patients.

ACPS surgeon Dr. Paul Fortes commented, "Our medical assistants, massage therapists, and aestheticians are really extensions of us in maximizing the results of patients' procedures." Between these care providers and the surgeons, there is a "back and forth dialogue" about patients' recovery, areas of swelling, scar formation, and other postoperative issues that may arise. In addition these staff members reinforce what the doctors have previously discussed with patients, providing for an exceptional level of overall continuity in each patient's treatment plan.

Fortes commented, "They know each one of us as surgeons—our expectations, styles of managing patients and the potential issues that can occur; it's not somebody outside of us who doesn't understand our philosophy as a group. Very few places offer that."



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MODEL

## Introducing Ultherapy® Uplifting Ultrasound *for a firmer, lifted facial appearance*

We are excited to offer our patients Ultherapy as a new nonsurgical option to tighten and lift the face and neck. Ultherapy uses ultrasound energy to precisely target and deliver low levels of heat into the deep foundational layers that support the skin—some of the same areas addressed in surgery—all without cutting or disrupting the skin's surface. Your body responds by producing new collagen and repairing existing collagen—the valuable natural protein that helps skin to stay firm and smooth. As the collagen rebuilding process takes place over the next two to three months, the skin gradually becomes firmer and more uplifted. Further improvement can appear up to six months following your treatment.

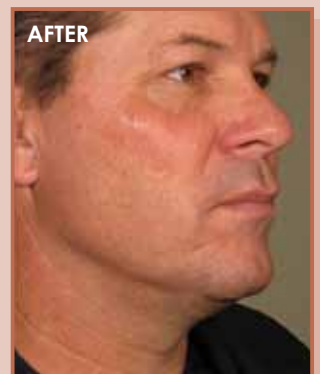
### ***Did you know?***

*Our skin's collagen building process begins to break down when we hit our 30s, causing the skin to increasingly lose its firmness and elasticity. Ulthera provides a way to jumpstart the production of this youthful commodity.*

### ***Who is a candidate for Ultherapy?***

Ulthera is designed for men and women whose skin is starting to look less firm. A lower browline and loose eyelid skin are some of the first signs that skin is becoming more "relaxed." The treatment works best for individuals between the ages of 30 to 65 who have mild to moderate skin laxity.

In addition, some facelift patients have found Ultherapy useful as a type of "booster" treatment that helps them maintain their youthful results from cosmetic facial surgery for a longer period of time.



### ***Can Ultherapy replace surgery?***

While Ultherapy gives the face a firmer, uplifted appearance, it does not provide the same extensive level of skin and muscle tightening and lifting that take place through facelift, eyelid, and browlift surgery. However, for those who would like to see aesthetic improvement but wish to delay or avoid surgery for various reasons, Ultherapy provides a safe option that requires no downtime.

### ***How many treatments will I need?***

Most patients require only one treatment though some may opt for an additional treatment for further improvement.

**Interested in Ulthera? Call our office at 713.799.9999 for a consultation with one of our aesthetic nurse specialists to discuss the ideal treatment plan for you.**



# Introducing ACPS Surgeon Dr. Rolando Morales



*"It's a tremendous honor for me to begin my career with the highly respected, talented plastic surgeons of ACPS. The surgeons' continual striving for excellence, the welcoming family atmosphere, the experienced and engaged staff, and ACPS's reputation as the premier plastic surgery group in Houston made it the clear choice for me."*

*Dr. Rolando Morales*

ACPS surgeons and staff welcome a talented and dynamic plastic surgeon to the practice, Dr. Rolando Morales. For Morales, the desire to become a plastic surgeon was inspired by his unique upbringing, growing up in a home with a mother who was a nurse and his father, who worked as a medical sculptor for 40 years at the esteemed Shriners Burn Institute in Galveston. As one of the nation's few experts in this field, the elder Morales created customized silicone replacements for noses, ears, and other anatomical parts—designed to blend seamlessly and naturally with the body—for individuals disfigured by burn injuries and cancer.

Dr. Morales credits his mother for instilling within him a compassion for helping others, an ambition to strive for excellence in every pursuit, and the determination to persevere. As one of ten children and an immigrant to the United States, she overcame a challenging upbringing to eventually obtain a college Ph.D. and become an accomplished and beloved nurse practitioner in her community.

His background provided Morales with a view into a fascinating realm that blended artistry and medicine, along with a few humorous and unconventional childhood experiences. Halloween afforded his family the opportunity to fashion the ultimate holiday props: silicone Spock ears and a ghoulish arm that beckoned from a cauldron. To test out the quality and strength of new silicone adhesives, his dad would sometimes attach a silicone ear to his arm with a new adhesive and ride

his motorcycle to see if the prosthesis would fly off. During one such test run, the elder Morales decided to pay a visit to his teenage son at the grocery store where he worked sacking groceries. "My dad would come in with an ear stuck to his arm, and it would just embarrass the heck out of me," the surgeon remembers fondly.

During summer breaks, Morales accompanied his father to work each day, assisting him in sculpting silicone ears for young burn victims. This gave him the opportunity to work with plastic surgeons who—recognizing his talent, sharp mind, and skillful ability to work with patients—encouraged him to consider pursuing a career in their medical specialty.

Morales was honored to be selected from among the nation's top medical student applicants for a position in a highly-competitive six-year plastic and reconstructive surgery residency program. Upon completion of his residency, he trained with Dr. Charles Lee in Beverly Hills, California—one of the nation's foremost experts in cosmetic plastic surgery for the Asian population. Through this experience, he gained expertise in providing aesthetic plastic surgery techniques that are tailored to the unique anatomy and concerns of Asian patients—many of whom travel outside the United States to Asia to receive cosmetic plastic surgery procedures that are customized to their needs.

While his rigorous and extensive medical education equipped him to skillfully and successfully perform all of the complex operative techniques of his profession, Morales considers the lessons his parents taught him—a pursuit of excellence, perseverance and compassion—an equally valuable influence that has shaped his work as a plastic surgeon. He is thankful to have a career that allows him to combine his passions for art and science to help others achieve their aesthetic dreams. In his free time, Morales enjoys spending time with his beautiful wife and daughters, playing racquetball, mountain bike riding, drawing, and sculpting.



*While growing up, Morales enjoyed accompanying his father, a medical sculptor, to his workshop. In this photo, his father takes a facial impression of him, demonstrating the process he used to create medical prostheses for burn victims.*



# The ACPS Family Barbecue

Good times at El Chalán Ranch



*In April, Dr. Germán Newall and his wife Micheline welcomed ACPS staff members and their families to the couple's ranch for an ACPS family barbecue. ACPS surgeons took part in a Texas-style photo shoot, and afterwards everyone enjoyed good food, time to visit, and the gorgeous country views.*

## Another Good Reason to Eat Your Fruit and Veggies

If you need a little motivation to squeeze more servings of fruits and vegetables into your diet, a new study that correlates these nutrient-rich foods to better looks and skin tone may provide the perfect incentive.

Study participants were judged to appear more healthy and attractive after increasing their consumption of fruits and vegetables over a six-week period. Researchers from the University of St. Andrews in Scotland found that the 35 people who took part in the study had more red and yellow tones in their skin over the course of the study, giving them a healthy, golden glow. Carotenoid pigments such as beta-carotene and lycopene are thought to be the natural ingredients behind the beauty-boosting skin hue. Colorful foods including carrots, yams, spinach, peaches and apricots are high in beta-carotene, while watermelon, tomatoes, and pink grapefruit are good sources of lycopene.

And even more good news: you don't have to ingest massive quantities of these foods to reap the benefits.

Adding just two more servings of fruits and vegetables a day was enough to produce a visible improvement in participants' skin tone. Because all of the study subjects were lighter-skinned, more research will be necessary to determine the effects this dietary routine has upon darker-toned individuals.

As an additional measure to improve your skin tone and texture, nonsurgical procedures such as microdermabrasion and chemical peels are quick, easy, affordable methods to brighten and refresh your skin's appearance by gently stripping away the older, weathered skin cells that can dull and discolor the facial complexion.

### Summertime Smoothie

Courtesy of Emeril Lagasse  
& The Food Network

#### Ingredients

- 1 cup whole milk
- 1 cup plain yogurt \*
- 1/2 cup freshly squeezed orange juice
- 1/4 cup honey
- 2 bananas, peeled and cut into 2-inch pieces
- 1 pint fresh strawberries
- 1/2 teaspoon pure vanilla extract
- 1 to 2 cups crushed ice

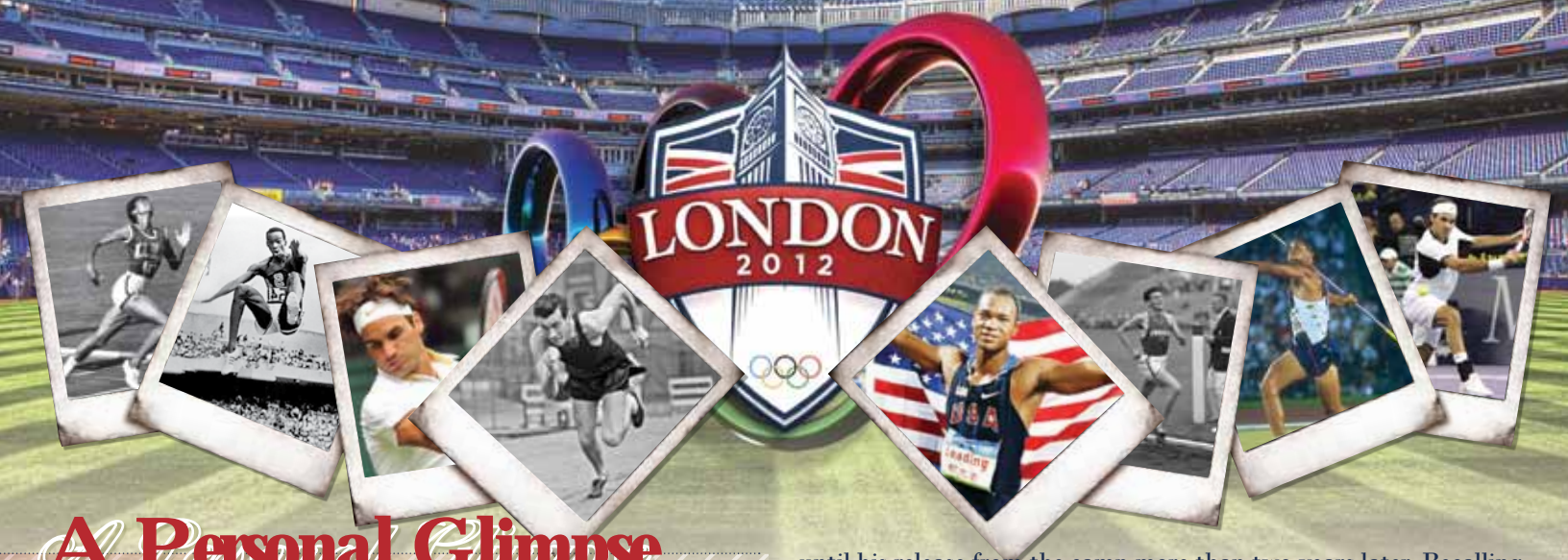
*\*try Greek yogurt for added protein and thickness*

#### Directions

In a large-capacity blender combine all of the ingredients and puree until smooth. (Alternatively, puree in batches if necessary.) Serve the smoothies in chilled tall glasses. Serves six.







## A Personal Glimpse

In celebration of the 2012 summer Olympics in London, we thought it would be fun to discover our doctors' favorite Olympians and the qualities that made them champions both on and off the field.

### Dr. Henry Mentz

"My 9-year-old daughter and I both consider runner Wilma Rudolph one of the most inspirational Olympians of all time. She was all about overcoming—she brought people up with her. Born prematurely into a poor family—the 20<sup>th</sup> of 22 children—she spent much of her childhood in bed due to scarlet fever, double pneumonia, and polio. After losing the use of her left leg, she was fitted with metal leg braces that she wore until she was nine. Driven by her determination to overcome her physical challenges, Rudolph went on to become an all-state basketball player in high school and later discovered her passion and talent for running when she joined a newly-formed women's track team at Tennessee State.

"Competing in the 1960 Olympics in Rome, Rudolph's gift of speed led her to become the first American woman to win three gold medals in track and field during a single Olympics, an achievement that earned her the nickname "The Black Gazelle." Her teammates remembered her for her grace, beauty, and kindness, and Rudolph herself, who died of brain cancer at age 54, considered her greatest accomplishment the creation of the Wilma Rudolph Foundation, a non-profit community-based amateur sports program."

*"My doctor told me I would never walk again.  
My mother told me I would. I believed my mother."*

*Wilma Rudolph*

### Dr. Chris Patronella

"I've always admired individuals who display courage, perseverance, and the self-discipline to withstand, survive, and succeed through the hardest of conditions. As an Olympic distance runner and, later, a prisoner-of-war, Louis Zamperini was the definition of these qualities. He never let any defeat define himself; he defined himself on his own terms.

"Defiant by nature and often in and out of trouble while he was growing up, Zamperini found a positive channel for his mischievous energy when he became involved in track. He went on to set records for the mile in high school and college and competed at the 1936 Olympics. Zamperini's life as a world-class athlete took an abrupt turn when, after joining the U.S. Air Corps during World War II, his B-52 bomber crashed, leaving him and his surviving crewmates drifting on a small life raft in shark-infested waters for 47 days. Their joy in finding land quickly turned to disappointment when they were captured and sent to a Japanese prisoner-of-war camp.

"Singled out by a brutal prison guard who was determined to break the former Olympian's indomitable spirit, Zamperini remained unbroken despite enduring extreme physical and verbal cruelty

until his release from the camp more than two years later. Recalling his struggle to survive, he said, 'I was too busy thinking about living to think about dying.'

"At the invitation of the citizens of Nagano, Japan, Zamperini once again returned to the Olympics, but this time to carry the Olympic flame for the 1998 winter games in Nagano. His inspirational story was chronicled in the best-selling book, *Unbroken*, by Pulitzer-prize winning author Laura Hillenbrand."

### Dr. Germán Newall

"Although I greatly admire all of the extraordinary athletes that push the limits of athleticism to new levels, Swiss tennis player Roger Federer is one of my favorites. He's a classy individual who always demonstrates the greatest sportsmanship, never losing his cool under pressure. As a prominent athlete who is in the media spotlight, he is a very vocal voice for philanthropy, which is very important for someone who has achieved his level of fame and accomplishment."

### Dr. Paul Fortes

"Bob Beamon made history at the 1968 Olympics in Mexico City when he produced one of the most extraordinary long jump records of all time. The road to get there was not easy: he was suspended from the University of Texas at El Paso for refusing to compete at a university that he believed had racist policies in place at the time. This left him without a coach, so he was unofficially coached by a fellow Olympian.

"Beamon almost didn't make the Olympic team at the qualifying finals because he overstepped the boundaries on his first two attempts, but secured his spot in his third and final effort. In his pursuit of a gold medal, he not only broke the world record, he crushed it. While most world records are only broken by small increments, Beamon achieved this feat by almost two feet, jumping an astounding distance of 29 feet, 2 ½ inches—a record that stood for 23 years."

### Dr. Rolando Morales

"The decathlon has always been my favorite Olympic sport because the amount of athleticism the contenders exhibit is incredible—they have to be great at so many events: the discus throw, high jump, pole vault, and 110 meter hurdles to name several. I remember watching Dan O'Brien take Olympic gold in 1996 for the decathlon. He seemed to be just superhuman.

"O'Brien's victory was especially powerful because, just four years earlier at the Olympic qualifiers, he had failed to clear the pole vault bar. His unsuccessful attempt to make the 1992 Olympic team was a humiliating and much-publicized defeat for the athlete, who had been considered a top contender for the Olympic gold medal. To come back from that to to secure a place on the 1996 team but to also take the gold medal showed a tremendous amount of mental and physical fortitude."





## Summer 2012 Newsletter

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## The Aesthetic Center for Plastic Surgery

12727 Kimberly Lane, Suite 300  
Houston, TX 77024

4400 Post Oak Parkway, Suite 2260  
Houston, TX 77027

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