

PARVA PLASTIC SURGERY

Aesthetic & Reconstructive Surgery



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PROFILE OF A BREAST RECONSTRUCTION

When a woman has been diagnosed with breast cancer and the medical decision has been made to remove a breast, she may experience feelings of identity loss or inferiority. We want you to know that we're here to help you through this difficult time. We hope this article will help explain what is involved with reconstructing a breast following a mastectomy.

There are several options for reconstructing a breast: First, you can choose between having the surgery immediately, or delaying the procedure to a later date while obtaining further treatment from your physician. The reconstruction options are numerous. Recent advances allow for more of the breast skin to be preserved and your number of surgeries to be reduced. The psychological benefits of an immediate reconstruction are obvious. This option might not always be available, however, depending on your planned treatment of the cancer or other medical factors. Either way, we are here to educate and encourage you in whatever path you choose.

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The next choice you will have to face regards the mechanics of the surgery. We can reconstruct a breast using an implant or your own body tissue. Implants are an excellent way to recreate the shape of your breast, and the surgery is confined to the breast itself. The implant can be filled with silicone gel or saline, and each has certain advantages

and disadvantages. For women who are concerned about silicone, the FDA has determined that there is no conclusive medical evidence of danger from silicone implants, so there's no need to feel worried. Increasing numbers of women are comfortable choosing that option.

Reconstructing a breast using body tissue requires us to perform surgery in another area of the body where we can harvest skin and fat to recreate the breast shape. This tissue is usually taken from the lower abdomen. The advantage of this type of surgery is that you typically will not need an implant and the breast will feel as soft as the original breast. Once your initial surgery is complete, you'll need

to decide if you want us to recreate the nipple as well. This can be done by lifting segments of skin and fat to create a projection, which can then be tattooed to match the color of the other nipple.

Please keep in mind that while we can recreate your natural feminine shape, you might have areas of numbness. The

breast will look and feel similar on the outside, but it isn't possible to completely recapture the feeling that God created. That said, we do believe that restoring your form can be a major step on your road to emotional recovery. And rest assured that federal legislation requires insurance companies to cover breast cancer reconstruction.

If you, or a family member, are struggling with breast cancer, we want you to know that we are here to help. If you have any questions regarding this article or breast reconstruction, please feel free to call our office. We will do our best to answer your questions and to calm any concerns that you might have. Remember, you are not alone.

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PROFILE - DR. PARVA

Originally from Pittsburgh, PA, Dr. Behzad Parva has been serving the Northern Virginia area for the past 11 years from his practice in Leesburg. He graduated Magna Cum Laude from Westminster College and received his medical degree from Temple University School of Medicine with honors.

Dr. Parva was drawn to plastic surgery because of its broad approach, encompassing creativity and technical expertise in patient care. He loves the combination of art and science, and enjoys the planning and creativity involved in the surgical process. After 16 years of study and working with a group of plastic surgeons in Louisville, KY, he returned to the east coast and founded his practice in Leesburg in 1997. He has been serving the community ever since.

Dr. Parva and his wife have three wonderful children and continue to make Loudoun County their home. He loves interacting with his patients and establishing long-term relationships with the people he works with. He attends Cornerstone Chapel in Leesburg. *P*



FAQ

Q *Since having my children, I exercise regularly, I eat right, and I'm happy with my weight, but the skin on my stomach is still stretched and loose. Is there anything I can do to make it go away?*

A *When the skin is stressed through pregnancy or weight fluctuation, collagen and elastin can become damaged. This damage prevents the skin from tightening, even if the additional weight is lost. Exercise can help to contour your body, but your skin might not be able to keep up with that change. In that case, one option might be a tummy tuck, which will tighten your abdominal wall and reduce the excess skin.*

Q *What is plastic surgery?*

A *Plastic surgery is a specialized medical field dedicated to restoring form and function in the human body. The name is derived from the Greek word *plastikos*, which means to mold or shape, and it covers a variety of fields designed to reestablish something that's been lost, repair something that's damaged, or to achieve a more pleasing form.*

Dr. Parva,

I'd like to thank you for the procedure you performed on me this past Friday. Things seem to be going great & I'm looking forward to the new me! My mom raves about your work and I feel very fortunate to be operated on by such a skilled surgeon. I wanted you to know how much I appreciated your time & generosity. Thanks again.

A PATIENT'S PERSPECTIVE

Lisa wasn't surprised when she learned she had breast cancer.

After experiencing pain in the left side of her breast for several months, Lisa knew that something was wrong. She visited her OB/GYN for an exam, but her doctor was unable to find a lump. She was advised that perhaps she had pulled a muscle, but when the pain didn't go away, she paid a visit to her primary care physician. By the time she met with the doctor, she began to feel a lump. Strangely, Lisa had a mammogram only five months earlier, and everything turned up clear. But by this point, she had resigned herself that she had cancer, which runs in her family.

Coping with the knowledge of what was happening to her was difficult at first. Lisa is the mother of five children, the youngest of which is only three years old. She began to wonder what would happen if she left them behind, but her faith in the Lord was strong, and she believed with all her heart that God would do what was best for her and her family.

Lisa's doctors recommended a double mastectomy, and it was at that time that she began to consult with Dr. Parva. Her husband had been treated by him several years before by removing a cyst, and Lisa and her husband felt so strongly

about Dr. Parva that they decided to use him even though he isn't in their insurance network.

After her surgery, Dr. Parva came in right behind her other doctor and performed his reconstructive work. He placed a tissue expander filled with saline solution, and in a few months he'll replace the temporary expanders with long term implants. Lisa has a few thoughts for any women out there going through the same trial: To those who are non-believers, trusting Jesus Christ is your first order of business. You need to know the giver and taker of life. Without Him, there is no peace. Her father was not a believer and went through his cancer on his own. He was saved on his deathbed, but he missed out on God's peace. Lisa has had peace knowing that her fate is out of her control and is in God's hands.

God is all-knowing, all-powerful, and all-loving. She doesn't have to worry, because whatever He chooses is OK. For the believers, her advice is to trust in Him and ask everyone you know to pray for you. Her faith helped her to come to grips with her situation, and it continues to strengthen her as she goes through all the trials that breast cancer entails. Every day is a gift from the Lord, and Lisa tries to treasure every minute she has with her friends and family. *P*

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OUR NEW OFFICE...



WE'VE MOVED!

The office of Parva Plastic Surgery has moved to Cornwall Street in historic downtown Leesburg. Our new space, which is on the Cornwall Campus of Loudoun Hospital, provides a larger, more modern facility and enables us to expand our ability to care for our patients. It remains centrally located in Leesburg so that we can remain accessible to our clients in surrounding counties. Our office also has something our previous space did not: plenty of parking. Thank you for your patience as we transition to our new location. *P*



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“At Parva Plastic Surgery our purpose is to enhance a person’s body, mind and spirit. We want to support and promote a sense of wholeness and self-confidence.”



October
is Breast Cancer
Awareness Month

Please remember regular breast self-exams and mammograms!