

Looking and Feeling Your Best

The Langdon Center for Laser and Cosmetic Surgery

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The Eyes Have It: Dr. Langdon's Natural Eyelid Augmentation Restores Youthful Volume



You've always been pretty good at judging people's real age, but every now and then you meet someone whose age is a little more difficult to discern. A friend of yours introduces you to a person that you haven't previously met, named Jill. You talk a bit with Jill, asking her about how she knows your friend. You notice that Jill is slender and smartly dressed and has very healthy appearing skin, with hardly a wrinkle on her face. While talking to Jill, you are looking primarily at her eyes. After a few minutes of conversation, you somehow get the feeling that she is actually older than she seemed at first. You are surprised at this assessment because at first Jill seemed so youthful. What is it about her face that makes you realize her actual age? There's something about the area around her eyes that seems to age her. Without quite knowing how you've done it, you have accurately assessed Jill's age. Even though she doesn't have many wrinkles, she looks older because she has lost volume in the area around her eyes.

The Aging Process

The area around the eyes (referred to as the peri-orbital area) is very important to one's appearance because it is the most "looked at" part of the face. When people engage you in conversation, they are looking mainly at your eyes. This area undergoes aging along with the rest of the face. In his monthly seminars on laser and cosmetic surgery, Dr. Langdon discusses the aging process and how it affects facial appearance. He explains the three ways in which we age: 1) sun damage to the skin, 2) sagging caused by gravity, and 3) volume loss of soft tissues. All three types of aging occur in the peri-orbital area. Sun damage can cause wrinkles in the crow's feet and lower eyelids. Gravity can cause sagging of the eyebrows, resulting in heaviness and skin excess in the upper lids. These problems can be improved by laser resurfacing, brow lift and blepharoplasty (surgical eyelid lift).

Volume loss (the third major type of facial aging) around the eyes occurs because fat tissue that is present in this area during youth gradually dissipates with age. In the upper eyelids volume loss can result in a hollow or "deep set" appearance; the outer part of the eyebrow can drop when fat volume deep to (beneath) the brow is lost. Beneath the lower eyelids, a depression typically develops that creates an obvious junction between the lower lid and the cheek. In youth, none of these signs of aging exist; there is fullness of the upper lid and brow. Beneath the eye there is no obvious transition between the lower lid and the cheek, but rather a continuous smooth plane extending from just below the eyelashes onto the cheek.

Peri-orbital volume loss has until recently been very difficult to reverse. The "filler" injections such as Restylane, Juvederm and Radiesse are limited to use only in the "tear trough" area beneath the lower eyelids. Even here the "fillers" must be used cautiously because in this area of thin skin the injected material can cause visible lumps or discoloration.

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A Breakthrough Treatment to Restore Volume

Dr. Langdon has adapted a new method of restoring lost volume to the area around the eyes that was developed by a plastic surgeon in Switzerland. He reported his results at a recent national meeting of the American Academy of Cosmetic Surgery (AACS) in Las Vegas (January, 2012). In his Natural Eyelid Augmentation, Dr. Langdon transfers precise quantities of fat tissue (obtained from elsewhere in the body) throughout this delicate region. Because fat is lost with aging of the periorbital area, restoring fat volume to this area of the face provides a natural looking and beautiful result that “turns back the clock.” Fat is the only filling agent that can safely be used throughout the upper eyelids, eyebrows and lower eyelids, as well as the adjacent temples and cheeks.

Dr. Langdon performs Natural Eyelid Augmentation safely by using local anesthesia. A local anesthetic is used

to numb the eyelids and adjacent areas as well as the part of the body from which fat will be obtained. A small-scale liposuction technique (using a hand-held syringe to generate suction along with a tiny cannula) is used to “harvest” very fine clumps of fat tissue. Dr. Langdon then transfers the fat to a smaller syringe and gently injects the fat through an extremely small cannula into the recipient areas. This process is well tolerated because of the tiny (less than one millimeter wide) instrument that is used. The results are immediately evident, but there will be some swelling that may take one to two weeks to subside.

The volume that results from restoring natural fat tissue to the periorbital area is expected to persist for many years. This is because the living fat cells are actually engrafted (transplanted) to their new location, where they take up permanent residence.

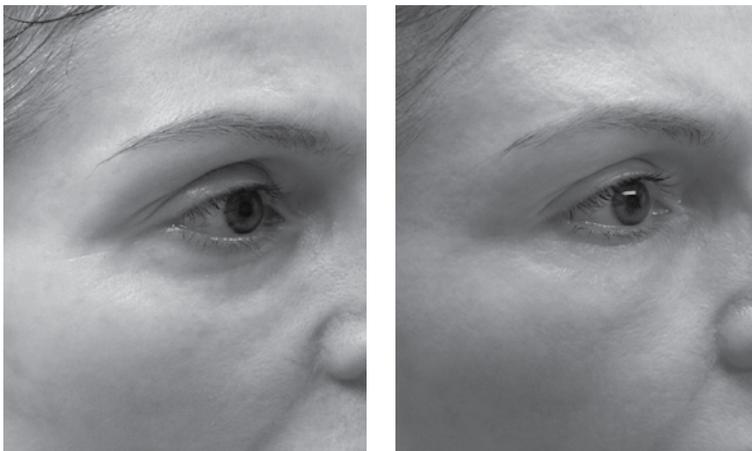
Another significant benefit of Natural Eyelid Augmentation is an enhanced vigor of the overlying skin. A renewed subcutaneous fat layer

improves blood circulation to the skin, resulting in a healthy glow, increased collagen production and decreased wrinkles. This skin renewal effect is even more obvious in the periorbital area because of the thin skin in this area.

To best appreciate how Natural Eyelid Augmentation can help restore youthful contours to your face, take a close look at your high school yearbook photograph. Notice especially the fullness around your eyes and the lack of an obvious demarcation between the lower eyelid and the adjacent cheek. These features of the peri-orbital area are some of the most important signs of a youthful face. With Natural Eyelid Augmentation, Dr. Langdon can help you restore lost volume to this area.

For more information about Natural Eyelid Augmentation at the Langdon Center, please see our website (www.langdoncenter.com) or call our office at 203-453-8625 to schedule a free consultation.

Volume loss around the eyes is a sign of aging.



Before

After

This 51-year old patient is shown before and after Dr. Langdon performed Natural Eyelid Augmentation. Fat tissue was transferred from the thighs to the peri-orbital area. Notice the increased volume of the upper and lower eyelid and brow areas.

Long-Term Weight Gain (or Loss): It's Not Just the Number But the Type of Calories that Counts

Everyone knows that it is important to count calories in order to maintain or lose weight. An important, recent study by Harvard public health and nutrition experts published in the *New England Journal of Medicine* (June 23, 2011) concludes that simply eating the right type of foods may be the key to controlling weight. In the study, increased physical activity, as expected, helped control weight; however, specific dietary choices, combined with physical activity, contributed to even better weight control.

Many studies about weight control involve small numbers of obese individuals who are followed for short time periods; these studies require extrapolation of results to a healthy, non-obese population. The value of the recent Harvard study is that it assessed long-term weight of healthy, non-obese participants who themselves were all health care professionals. In the study, nearly 120,000 women and men were evaluated every four years over a 12-to-20-year period to assess their habits and current weight. The analysis involved the effects on weight of dietary choices as well as several lifestyle behaviors including exercise, sleep, television viewing, smoking, and alcohol intake. This is the largest and longest-running study of its kind, including well-educated people who are concerned about their own health, and it provides some fascinating information about the impact of different types of food on long-term weight.

Even in healthy, non-obese people, weight gain occurs slowly over a long period of time; in this large study the average gain was 1 pound per year. An extra 50–100 calories a day is enough to account for this gradual weight gain. The most interesting results of this study were the effects of specific foods on weight. Some of the foods associated with weight gain were not surprising as culprits. Potatoes in various forms were high on the weight gain list. The single food item most associated with weight gain was French fries. A daily serving of French fries was calculated to add (all by itself!) nearly 1 pound a year. Potato chips

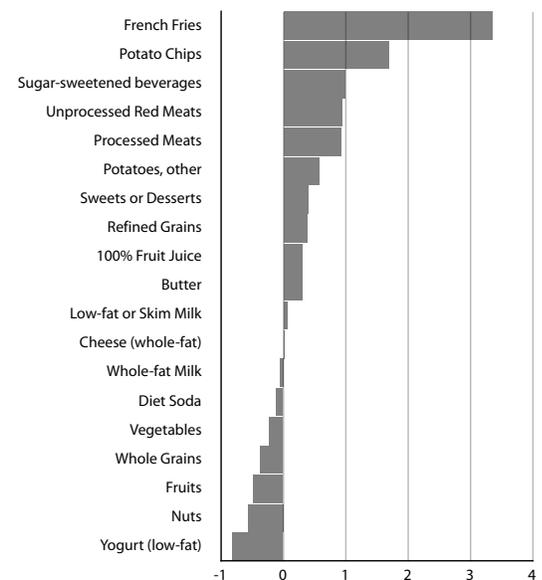
and other forms of potatoes were also high on the “gain” list. In decreasing order of weight gain effect were sugar-sweetened beverages, processed and unprocessed red meats, sweets and desserts, refined grains, 100 percent fruit juice, and butter.

In the nearly neutral effect (on weight gain or loss) category were cheese (regardless of fat content) and milk (whether skim, low fat, or whole).

On the list of foods associated strongly with long-term weight loss, the clear winner (with the strongest effect) was yogurt. In decreasing order of weight loss effect were nuts (all nuts are “high fat”), fruits, whole grains and vegetables.

This study (as well as several other recent studies) strongly suggests that not all calories are equivalent. As always, diet and exercise are essential to maintaining a healthy weight, but eating the right foods (and avoiding the wrong foods) may, over the long run, make the difference between success and failure.

Foods Associated with Weight Gain or Loss



Foods are in sequence from worst (French fries) to best (yogurt)

Natural Breast Augmentation

Much of the volume of the breast is provided by fat tissue. Breasts that are larger have a higher percentage of fat (compared to actual breast tissue) than do smaller breasts. The most natural way to augment breast volume is to add fat to the breasts. This is exactly how Dr. Langdon does Natural Breast Augmentation.

Natural Breast Augmentation is a type of fat transfer surgery, in which autologous fat (from the same patient) is removed from elsewhere in the body, purified, and then placed throughout the breast. After the nearly painless introduction of local anesthesia to the breasts and to fat “donor” areas, fat is removed using a modified liposuction procedure (at a lower suction level than is used in standard liposuction). The breast augmentation is thus combined with liposuction of body areas from which fat removal is desired. The fat tissue is purified in the sterile “LipoCollector 3,” then is transferred to syringes and concentrated (removing excess

anesthetic fluid) by gently spinning in a hand-powered centrifuge.

The purified, concentrated fat tissue (actually tiny clusters of fat cells) is then gently placed in small parcels throughout the recipient breast. A small cannula is placed through tiny skin incisions for this purpose. The incisions do not require stitches and are small enough that most heal with no detectable scarring. It is important to the success of the procedure that the small fat parcels are evenly distributed throughout the breast because each group of fat cells needs to be placed in a suitable micro-environment adjacent to nourishing blood vessels. Large “clumps” of fat tissue will mostly dissipate because fat cells in the center of such a clump will not be sustainable.

Natural Breast Augmentation offers several advantages over artificial breast implants. With the natural approach, only the patient’s own fat tissue is used to augment the breasts; there is no exposure to artificial implants or

silicone. The potential complications of implant placement, including silicone leakage and contraction of the scar tissue capsule that forms around the implants, are avoided. (Frequently after artificial breast implants are placed, a second surgery is required to correct this “capsular contracture.”) Also avoided is the unnatural rounded shape that frequently results from breast implants. With Natural Breast Augmentation, the breasts retain their natural shape (only larger) and thus do not appear to have been operated on in any obvious way.

Other advantages of Natural Breast Augmentation include safety of the procedure (only safe, local “awake” anesthesia is used), lack of visible scars, and quick recovery (two to three days is typical). Patients also benefit from concomitant liposuction to improve the shape of “problem” areas such as the abdomen and thighs. The main drawback of Natural Breast Augmentation is that the amount of volume augmentation is limited by



Advantages of Natural Breast Augmentation

- Avoids implantation of artificial materials such as silicone
- Maintains natural breast shape
- Combined with liposuction to remove fat from thighs, abdomen or flanks
- Typically results in no visible scars
- Performed entirely with safe, local (awake) anesthesia
- Provides rapid recovery (typically two or three days)
- Avoids complications of implant surgery such as capsular contracture

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Natural Breast Augmentation . . .

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the capacity of the breasts to absorb and support the living grafted fat tissue. The typical “upper limit” of augmentation is one cup size per procedure. In contrast, a wide size range of artificial breast implants can be used because there is no need for engraftment of living tissue. Usually the larger the implant, the less natural-looking the result.

For more information about Natural Breast Augmentation at the Langdon Center and to see before-and-after photos of Dr. Langdon’s actual patients, visit www.langdoncenter.com.

Dr. Langdon Presents Two Papers at AACS Meeting

Dr. Langdon discussed his surgical experience with two relatively new techniques at the January 2012 annual meeting of the American Academy of Cosmetic Surgery in Las Vegas, Nevada. At a forum on facial cosmetic surgery he described his methods of peri-orbital lipo-augmentation (see the accompanying article on Natural Eyelid Augmentation). This procedure restores volume to the delicate eyelids (and surrounding area) that is lost as part of the facial aging process. Dr. Langdon uses tiny instruments to precisely place a patient’s own fat tissue below skin level. The grafted fat tissue can provide long-term rejuvenation of the peri-orbital area.

Dr. Langdon’s other topic at the Las Vegas meeting was Natural Breast Augmentation. He delivered this lecture during a forum on cosmetic breast surgery. In this procedure, relatively large amounts of fat tissue are obtained using a modified liposuction technique and are safely transferred to the patient’s breasts (see the accompanying article on Natural Breast Augmentation). The fat tissue provides a permanent and natural volume enhancement to the breasts, while avoiding artificial implants or silicone.



AMERICAN ACADEMY
OF COSMETIC SURGERY

How to Make Sure Fat Stays Off After Liposuction

Liposuction is a shaping procedure that permanently removes subcutaneous fat (the fat beneath the skin and above the muscle layer). Two recently published studies of liposuction patients provide important information on what can happen to the body’s fat stores after fat is removed by liposuction. The first study (April 2011) found that liposuction patients who made no changes in diet or exercise after the procedure gradually regained almost the same amount of fat that was removed by liposuction. The patients were happy with continued improvement of the treated body areas but developed increased fat stores in the visceral fat (the deep fat within the abdomen and below the muscle layer). One year after the procedure, these patients tended to weigh exactly the same as they did before the liposuction, suggesting that the body makes an effort to maintain a constant amount of fat.

The second study (July 2012) showed that liposuction patients who, after the procedure, exercised 3 days a week (40 minutes of walking or jogging in addition to light weight training) totally prevented any new visceral fat from forming. They also seemed to reach a new “set point” and maintained a lower body weight.

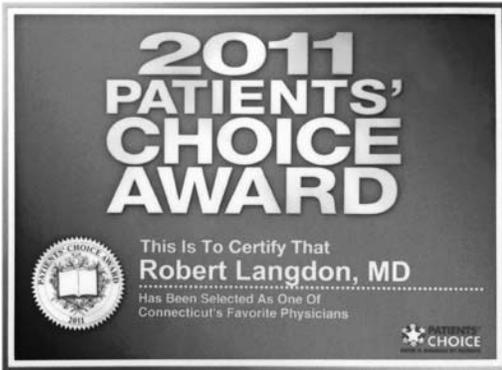
For years Dr. Langdon has told patients that they should see permanent improvement in the body areas treated with liposuction because the fat cells cannot return to these areas. He has always advised his liposuction patients to lose additional weight because this weight loss greatly improves the aesthetic result of liposuction. In light of these new studies, Dr. Langdon now advises liposuction patients to lose weight at least equivalent to the amount of fat that was removed. This weight loss will prevent any new visceral fat from forming as well as enhance the aesthetic result of the liposuction. Putting an emphasis on increased exercise can even lower the body’s “set point” to a new lower weight level!

Free Seminars Each Month at the Langdon Center

If you are wondering what are the best options to help you look and feel your best, feel free to call (203-453-8625) and RSVP for our next complimentary seminar. Dr. Langdon will explain the aging process and will review many “before and after” photos of actual patients that he has treated. The seminar is a great overview of contemporary laser and cosmetic surgery and gives you an opportunity to have your questions answered by Dr. Langdon.

New and Noteworthy

Dr. Langdon Receives 2011 Patients' Choice Award



Dr. Langdon was honored to receive the 2011 Patients' Choice Award, based on his highly favorable online patient reviews.

The Looking and Feeling Your Best newsletter is published for valued patients and guests of Robert C. Langdon, MD. For subscription information please contact our office: 5 Durham Road, Guilford, CT 06437, (203) 453-8625. Any portion of this newsletter may be reproduced or cited if full contact information is listed.

To Learn More . . .

Information about our services is available online:

www.langdoncenter.com

We encourage you to visit our recently revised website (August 2012) for comprehensive information about many of the procedures offered at the Langdon Center. You can join our email list to receive our monthly eNewsletter, which provides timely updates on events at the Langdon Center and announcements of special "online only" discounts on products and procedures.

There are also links to Dr. Langdon's blog featuring up-to-date commentary on topics related to laser and cosmetic surgery, special resource articles by Dr. Langdon, and PDFs of all recent editions of our print newsletter "Looking and Feeling Your Best," which include in-depth articles about Dr. Langdon's procedures. Also available are links to our Facebook page and Twitter feeds.

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