

Dr. James E. Vogel



Solutions

Dr. James E. Vogel
Voted 2011

Top
Doctor

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On behalf of everyone at the office of Dr. James E. Vogel, we welcome you to our new quarterly issue of *Solutions*.

The purpose of this newsletter is to help communicate some useful information about the vast array of procedures we offer, both surgical and non-surgical and share with you the upcoming events, specials, and news taking place in the office.

As part of our mission, we want to provide education about what we do. We also invite you to submit questions for Dr. Vogel. One of our future columns will focus on answering these patient questions. Please submit your questions to info@drvogelplasticsurgeon.com and look for the answer in upcoming issues.

So grab a nice cup of something warm and spend a few minutes with this *Solutions* issue.



Enjoy **0%** Financing
for **18 months!**

We offer low monthly payment plans through CareCredit so you can get the cosmetic procedure You Want - Today!

Learn more >>

CareCredit



Solutions is the official newsletter from the office of Dr. James E. Vogel
Board Certified Plastic Surgeon
Associate Professor of Plastic Surgery
Department of Plastic Surgery
The Johns Hopkins Hospital



Events and Seminars

COS-

METIC SURGERY SEMINAR

An informative evening with Dr. Vogel discussing surgical options including breast augmentation, facial rejuvenation, body contouring and hair restoration

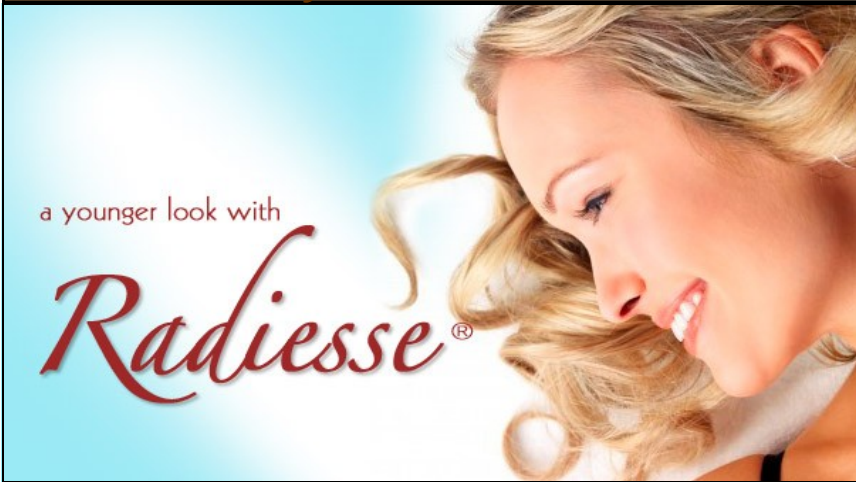
Wednesday, March 21

NON-SURGICAL DEMONSTRATION SEMINAR

An evening of Education and Live Demonstrations of Fillers, Botox, Chemical Peels, and Permanent Makeup

Wednesday, March 28

[Click Here for Additional Information](#)



**Restore Collagen.
Replenish Volume.
Refresh You.**

Would you like a more youthful appearance? *Radiesse* volumizing filler can restore collagen, and refresh your look.

The best way to refresh your appearance is by replenishing the volume your skin has lost. *Radiesse* filler also diminishes wrinkles and provides immediate volume correction.

The Benefits of Radiesse®

- *Radiesse* is safe & effective
- *Radiesse* is a non-surgical, injectable dermal filler treatment for wrinkles and scars
- *Radiesse* treatments produce immediate results
- *Radiesse* treatments provide long-lasting results – generally up to 12 months
- *Radiesse* corrects facial depressions, restores contour, improves the appearance of scars
- *Radiesse* is bio-compatible with the human body – no allergic reactions
- *Radiesse* stimulates your body's own collagen growth

What to Expect

As *Radiesse* is injected under the skin, the level of discomfort is best described as a pin prick or burning sensation. Bruising at the injection site rarely occurs, but when it does it is minimal and will resolve within hours or over a few days. Avoiding aspirin and ibuprofen will help minimize bruising.

The results from *Radiesse* have shown it to be the longest-lasting injectable filler. Results vary from person to person, but are generally evident for up to 12 months. As the aging process continues you may experience additional volume loss. It is recommended adding a touch-up size syringe of *Radiesse* to extend the longevity of your results around 6 to 8 months following the initial treatment.

Radiesse® Special

Buy one syringe get second 1/2 off!

Mention this Newsletter now through March 31st 2012 to receive this offer. Offer not valid with any other discounts, specials or VIP card.

Testimonials

After visiting with different doctors, I chose to meet Dr. Vogel. He was the best, most professional, well-spoken doctor I had come across in my research for my surgery. I referred many friends who have also experienced amazing visits as well as amazing results!

-Brittany

Dr. Vogel was excellent. He was very informative and knowledgeable. I told him what I wanted and he delivered the look I wanted. Dr. Vogel and his staff treated me beautifully. My husband and I are very happy with the results. I wouldn't dream of going to someone else. Dr. Vogel is the best.

- C. Keeve

I highly recommend Dr. Vogel and his entire team. I had a breast aug there in August 2011, and his entire team totally exceeded my expectations. He was professional, knowledgeable and delivered a result that I am so pleased with. Thank you

- Mary M.

I thoroughly enjoyed my experience with Dr. Vogel and Staff! They were very informative, kind, patient, skilled, and honest every step of the way. They clearly understood the apprehension folks feel when surgery is involved and eased all concerns with honest, sincere, and direct answers. I clearly knew what to expect and my results were AWETASTIC!

Luv it! I had lipo from my stomach and fat transfer to the buttocks and I am absolutely ecstatic! The results are incredible! My stomach is super flat and my butt has a nice curve to it. My recovery was super fantastic and I owe that to the high skill level of Dr. Vogel and his staff possess. They were all so kind, caring, and honest! I am sooo happy I decided to go with this team! No regrets!

I couldn't be more happy with the results of my surgery! I found Dr Vogel & his staff to be extremely professional & coordinated through out the whole process. Diane, the nurse was so caring & knowledgeable with my care. Danielle, the coordinator made sure my preparation for surgery went smoothly from start to finish. I could not imagine a better team to work with.

What's New in Breast Augmentation

Recently we have seen a large increase in the number of women interested in the new cohesive gel silicone implants. The silicone in these implants is the same basic material as previously used but it has been greatly improved. The new preparation has converted the liquid silicone into a cohesive consistency. Unlike the liquid silicone used in earlier days in which a rupture of the implant would result in a silicone leak, one could now cut this implant in half and the silicone inside would resemble the cut surface of a large "gummy bear". In practical terms the softness of the implant is greater and it

provides a more natural look while still providing some real shape and structure to the augmented breast.

Another trend we are witnessing is increasing placement of these excellent implants above the muscle rather than automatically placing them behind the muscle. This is particularly true in patients with moderate breast size to begin with and also in those whose breasts need a bit of extra lift from the implant. An additional positive feature of the cohesive implants is their range of size and shape. Especially useful in many

patients is the high profile implant which maximizes the lifting quality of the implant through emphasizing projection and minimizing widening of the breast.

Through the use of these cohesive gel implants we are able to provide as natural a result as possible and customize the result to meet and exceed our patients goals.



\$550 OFF

Breast Augmentation!!!

Mention this Newsletter now through March 31st 2012 to receive this offer. Offer not valid with any other discounts, specials, financing or VIP card.

Renew and Refresh Your Skin

A message from our Licensed Esthetician Lucy Wineke

How exciting our first office newsletter! Many thanks to all of our patients who have been so faithful in trusting for their esthetic needs-Here's to a healthy and productive New Year.

What a great time to renew and refresh your skin. Designed to treat dark spots, fine lines, and mild acne the *ViPeel* allows you to have a clearer, younger complexion with little or no down time. Medical studies show that this superior peel, when done in a series of 3, also helps to form and de-age the complexion. It is great for facial skin as well as other areas of the body such as back and décolletage with the same great results!

Schedule your complimentary consultation and see if this peel clears the way for 2012!

TAKE
\$150 OFF **ViPeel**
A NEW GENERATION PEEL FOR ALL SKIN TYPES
 Offer expired March 31st 2012. Not valid with other offers, discounts or VIP card



Product Highlight



iS Clinical Youth Complex is the first cosmeceutical anti-wrinkle formulation to offer immediate, intermediate and long-term improvements in aging skin. This breakthrough anti-wrinkle formula contains a unique blend of potent antioxidants, natural hydrators and the exclusive compound, innovasé, to instantly plump up fine lines and wrinkles. Youth Complex is designed to provide rapid hydration for "plumping" fine lines and wrinkles, promote controlled exfoliation and stimulate the production of key support structures such as collagen and elastin.

Mention this add to receive

20% off

Offer not valid with any other discounts, specials or VIP card



Tummy Tuck Vs Liposuction The Importance of Proper Weight and Skin Tone

Many patients call requesting liposuction to get rid of excess fat and weight. While Liposuction is an effective means for removing fat deposits it is not intended as a weight loss procedure. Liposuction is actually most effective if you are at or close to your ideal body weight.

It is important to note that liposuction will not result in substantial weight loss. Liposuction is meant to compliment your body by treating specific problem areas that do not respond well to exercise.

Many patients wonder whether the fat cells will return after liposuction. The answer is that if you have liposuction and gain weight, the fat will not collect in those same areas as readily as it would if liposuction had not been performed. On the other hand if you gain weight the fat has to be deposited somewhere since the body still has to absorb those calories. Typical areas for the calories to deposit include the face, breasts and deep fat in the abdomen. That is why it is so important to maintain your weight and good habits following the procedure.



Another very important question that comes up is quality of skin tone and whether liposuction or a tummy tuck is more appropriate. Generally speaking, liposuction is not intended to treat loose skin. In fact, once the underlying fat is removed, loose skin can sometimes appear more pronounced. A tummy tuck can better treat loose skin and can still be combined with liposuction of other areas for additional contouring.

These are a few questions you should ask yourself as you consider ways to improve your figure:

#1 Am I close to my ideal weight?

If Yes—Liposuction or Tummy Tuck depending on skin tone.

If No—Consider weight loss and exercise.

#2 Is my skin tone loose/springy or tight/firm?

If Loose Skin—Tummy Tuck

If Tight Skin—Liposuction

We will be happy to help you answer these questions as well and can show you examples of people who have had the type of procedure recommended for you. In addition we have posted several examples on our website at www.drvoegelplasticsurgeon.com

Coming From Out -Of-Town?

We are conveniently located a short cab ride from BWI airport and just minutes off the 695 beltway.

There are excellent local accommodations (The Pikesville Hilton is approximately 2 miles away) and great local restaurants.

Please let us know if you require assistance.

Company Rebates

- ◆ Choose **Natrelle** Gel Breast implants and Get a **FREE** Botox Treatment for you **AND** a friend!
Click Here for More Information
http://www.natrelle.com/natrelle_gel_bonus_gift.aspx
- ◆ Save \$50 on treatment with **Dysport**® (abobotulinumtoxinA)
Feb 1st-Mar 31st 2012 by Mail in Rebate
- ◆ \$50 off each milliliter (mL) of **Perlane**® or **Perlane-L**® purchased
Feb 1st-Mar 31st 2012 by Mail in Rebate

Hairlines

Non-Surgical Options for Treating Hair Loss

There are currently only two medications approved by the FDA to promote hair growth in the scalp. These medications include Finasteride (Propecia) and minoxidil (Rogaine). Recently betamoprost (Latisse), has been approved to enhance eyelash growth. In this **Hairlines** column, only Finasteride will be discussed. In our next issue we will cover Rogaine and hair transplants as well.

Finasteride (Propecia)

Dihydrotestosterone (DHT) is the body's hormone that triggers hair loss in men. Finasteride (trade name is Propecia) is a medication that significantly lowers DHT by blocking the metabolic conversion of testosterone to dihydrotestosterone (DHT). Finasteride appears to have positive effects related to hair growth or stopping hair loss in 90% of patients. The FDA only allows the manufacturer to make claims regarding growth in the crown area of the scalp but we and many other physicians and patients have noted that the drug has a generalized effect on the scalp hair. The medication is FDA approved for men only. Shhh...Don't tell anyone but Dr Vogel takes Propecia!

All medications have benefits as well as side effects so an individualized consultation is certainly needed before starting this medication



Look at the amazing results one of our patients had after taking Propecia for one year

