

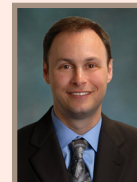
MIGRAINE HEADACHES: A NEW OPTION

Migraine headaches affect nearly 35 million people in the United States alone. Almost 18% of women and 6% of men suffer from migraines. In fact, 1 of every 4 households have at least one person who suffers from migraine headaches making it more common than asthma and diabetes combined. Unfortunately, 1/3 of migraine patients are not helped by standard therapies, and even the most efficacious medications only reduce their severity and frequency, rather than completely eliminate them. The results can be substantial - 112 million workdays are lost per year at a cost of over \$14 billion. This obviously doesn't take into account the intangibles like quality of life and ability to do the everyday things you want to do, but can't, because of migraine headaches.

Fortunately there is a new option available - the use of Botox and surgery to treat migraine headaches. This concept, pioneered originally by Dr. Bahman Guyuron at Case Western Reserve University, has been researched since 2000 by both Dr. Guyuron and by Dr. Jeffrey Janis, Associate Professor and Program Director in the Department of Plastic Surgery here at the University of Texas Southwestern Medical Center. Through extensive anatomical and clinical studies done here in Dallas as well as in Cleveland, techniques have been developed which can offer even the most difficult-to-treat migraine headache patients a new alternative which has proven to be effective in the majority of patients.

Dr. Janis is one of only a very small handful of surgeons in the world that performs this type of procedure. He also continues to do significant research in this area, publishing extensively on the subject as well as lecturing both locally and nationally, thereby helping to advance the science of this frontier.

If you suffer from migraine headaches and have been officially diagnosed with migraines by a neurologist and would like to explore alternative options to traditional treatments, please call the plastic surgery clinic today to make an appointment.



JEFFREY E. JANIS, M.D., FACS
Associate Professor

NEW TREATMENTS FOR ARTHRITIS OF THE HANDS

As Americans age, increasing numbers of patients are developing hand joint problems related to osteoarthritis. This chronic, progressive, degenerative process involves the cartilage of the joints. It develops from daily wear or after traumatic injury. Symptoms include pain, swelling, and enlargement of the joints. These changes can dramatically affect the use of the hands in daily living. Our patients often describe difficulty with fine tasks and with hobbies that rely on good hand function.

Our team of three fellowship-trained hand surgeons can help with both nonsurgical and surgical treatment of hand arthritis. Nonsurgical treatment begins with accurate diagnosis and a detailed explanation of the patient's specific arthritic condition. Treatments may include splinting, therapy, injections, and anti-inflammatory medications. For selected cases, surgery can be helpful.

New and existing treatments for arthritis of the thumb-base, finger joint, and wrist can alleviate pain and improve motion. Also, small joint arthroscopy, and pyrolytic carbon and titanium joint replacements are among the latest advancements.



JONATHAN CHENG, MD
Assistant Professor

PLASTIC SURGERY NEWSLETTER

REJUVENATE YOUR WINTERED SKIN

Although our skin is an excellent and resilient barrier, the superficial layers are easily disturbed by low humidity, wind, cold weather and sun exposure. It's winter time so we tend to hibernate inside with our heaters cranked up and our snuggies on. The result being DRY skin. Your skin feels rough, looks dull and could show visible signs of scaling and irritation. What can I do? We hear this question a lot this time of year.

There are many things you can do to combat dry weathered skin.

● Increase moisture application to skin

As the weather changes so does our skin so adjusting your skin care regime may be in order. Phytomer's Rich Thermo-Protective Cream is a great moisturizer for this time of year. The rich and nourishing cream provides intense protection and comfort to dry and dehydrated skin. Its exclusive formula covers the surface of the skin with an ultra-thin insulating film that protects it from harsh external conditions. It acts like a second skin to allow the epidermis to maintain its ideal hydration levels.

● Sunscreens

Sunscreen is always a must. Even in winter you need to protect your skin from the sunlight, don't be fooled into thinking because it is cold or cloudy that the sun has no affect. SPF of at least 30 is good for daily use. SPF of 40 and greater should be used and reapplied often if you are outdoors. Key ingredients of Zinc and Titanium Dioxide at high percentages give the best protection in sunscreen. We recommend Elta MD UV Sport SPF 50 for winter and summer outdoor use.

Call us today and make appointment for a skin care consultation. We can customize a skin care regime to meet your needs and improve the overall health of your skin.

ON BEHALF OF THE PLASTIC SURGERY DEPARTMENT WE WISH YOU A HAPPY VALENTINE'S DAY

Rod J. Rohrich, MD

Jeffrey M. Kenkel, MD

Jim Thornton, MD

Jeffrey Janis, MD

Joel Pessa, MD

Sean M. Bidic, MD

Michel Saint-Cyr, MD

Shai Rozen, MD

Ron Hoxworth, MD

Andrew Trussler, MD

Jonathan Cheng, MD

Sumeet Teotia, MD

The Department of Plastic Surgery

Is offering a 20 % discount that includes injectables, lasers, skin care products, and skin care services

This offer expires 03/31/10

To schedule your appointment please call

214-645-2353 and mention this ad.

For more information visit www.utswhplasticsurgery.org

