

# MICHAEL S. BECKENSTEIN, M.D.

## PLASTIC SURGEON

### Special points of interest:

Come see our newest state of the art

### MICRODERMABRASION SYSTEM

### In the next issue:

A feature on **NIACIN** and it's effect on skin care. We have a revolutionary product that delivers Niacin into the skin to yield it's beneficial effects! We have three more positions available for our clinical trial!

**call us at 933-9308!**

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## The Breast Surgery Center of Alabama

Michael S. Beckenstein, M.D. is pleased to announce the opening of **The Breast Surgery Center of Alabama**. This center was established to meet the specialized level of care women undergoing breast surgery require. This innovative and unique approach offers a wide array of services designed especially for breast surgery patients. This includes education, counseling, support groups, massage and physical therapies, and custom garments. The center offers similar services that are specifically designed for breast cancer patients .

Dr. Beckenstein personally selected a staff of women having extensive experience with breast surgery patients. The staff possesses the necessary sensitivity and **understanding** that Dr Beckenstein requires for the care of his patients.

The center provides all aspects of breast surgery including breast augmentation, reduction, mastopexy (lift), reconstruction, and the correction of suboptimal results. Through the **COMPREHENSIVE BREAST PROGRAM** all aspects of breast oncology is available. Specialists in breast oncology including general surgeons, radiologists, oncologists are available and seen in consultation in an organized and expedient manner. This individual, "family" approach to breast cancer eliminates the "impersonality" of larger institutions and assures personal attention. Lumpectomy through breast reduction is a new concept that is available to appropriate candidates.

Those interested in this center can call **205-933-9308**

### BREAST SURGERY

- AUGMENTATION
- REDUCTION
- MASTOPEXY (LIFT)
- RECONSTRUCTION
- LUMPECTOMY/ REDUCTION
- ONCOLOGIC

### SPECIALIZED SERVICES

- EDUCATION
- COUNSELING/ SUPPORT
- PHYSICAL THERAPY
- MASSAGE THERAPY
- SUPPORT PRODUCTS

## VISIT OUR NEW WEBSITE !! [www.MSBMD.com](http://www.MSBMD.com)

Our new website has been launched. While it is still under construction, it provides insight into our practice and the specialty of plastic surgery. A page dedicated to board certification provides patients and practitioners with useful information to help them make the appropriate decisions on consultations and referrals.

Several links to useful websites provides visitors with unlimited access to further educate themselves on the various procedures we perform.

An online newsletter will update our patients and referral sources on the latest and newest information in plastic surgery. Live online chats and seminars will be available at

selected dates.

Additional pages provide information about our procedures with pre and post operative photographs. Another page features comments from our patients. Please visit us at

**[www.MSBMD.com](http://www.MSBMD.com) !!!**

*Dr. Beckenstein has been inducted as a Fellow of the American College of Surgeons*

## **UPDATE ON BREAST REDUCTION**

Dr. Beckenstein performs approximately 100 breast reductions a year and to date has performed over 350. The **SUPERIOR PEDICLE TECHNIQUE** that he employs yields superior results over the inferior pedicle method which is used by the majority of plastic surgeons. This method maintains long term fullness and shape which is aesthetically desirable. The inferior pedicle method "bottoms out" due to the weight and location of the pedicle (which contains the nipple areola complex). The pedicle descends downward creating a lower pole "sagging" at the expense of the upper portion of the breast. The nipple rotates to a higher, unnatural position. The overall result is poor aesthetically. The superior pedicle does not "bottom out" because the pedicle is located at the top of the breast and remains there, long term, preserving the desired shape and fullness.

## **ABDOMINOPLASTY REVISITED**

Abdominoplasty remains one of the most popular body contouring procedures performed today. Patients who are ideal candidates for this procedure have excellent results and are the most satisfied. Abdominoplasty is **not** a procedure for weight loss or a treatment for obesity. Ideal candidates for this procedure should be within 15% of their ideal body weight, have excess skin and fatty tissue, and have a prominent diastasis (laxity of the abdominal wall).

There are several techniques for abdominoplasty; the short scar or "mini abdominoplasty" is suited for patients within their ideal body weight with minimal skin excess and abdominal wall laxity below the umbilicus (belly button). The endoscopic approach can be

used for this group of patients as well. The resulting scar from this method is approximately 7 to 10 centimeters. As the skin excess and abdominal wall laxity increases, the length of the scar does as well and progresses to the full abdominoplasty technique.

There are several methods to tighten the abdominal wall. In most cases, sutures are placed in the midline of the abdomen. In select patients **EXTERNAL OBLIQUE FLAPS** can enhance the aesthetic result. These muscles are dissected free and moved to the midline which results in an enhanced lateral contour and narrowing of the waistline. We will utilize this method in the ideal abdominoplasty candidates which yields optimal aesthetic results. Attention to minor details is essential

to obtain excellent results. The shape and location of the umbilicus is extremely critical in obtaining the "optimal" result. Dr. Beckenstein has been employing a method developed by Baroudi to assure an aesthetically pleasing umbilicus.

Abdominoplasty can be readily performed in conjunction with an abdominal hysterectomy. This is quite sensible, since an abdominal procedure is being performed, to add the abdominal recontouring. This does not add any additional morbidity or significant operative time. In *appropriate candidates*, we work closely with the Gynecologic surgeons and plan the surgery. If you have been considering an abdominoplasty and require a hysterectomy, ask your gynecologist's advice then call us for a consultation.

*Call us for your consultation*  
**205-933-9308**

*Visit us online at*  
**www.MSBMD.com**

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We are proud to be included in Brenda Ladun's book: *GETTING BETTER NOT BITTER* now available in bookstores. This book is featured on our preferred reading list for our breast cancer patients.