

WINTER 2008

# Health Matters

at Aspen Valley Hospital



The realities of *Plastic Surgery*

# *New Plastic Surgeon* helps you put your best face forward

The Roaring Fork Valley's quiet, spacious vistas are far removed from New York City's noisy, bustling streets. However, the locations have one thing in common: both offer a full range of advanced plastic and reconstructive surgical procedures.

"Many people travel from Aspen to Manhattan for plastic surgery. I am helping to bring that Manhattan element to Aspen — the same procedures and expertise, with an improved quality of care," states W. Jason Martin, MD, a new plastic surgeon on the medical staff at Aspen Valley Hospital (AVH).

Dr. Martin understands the "Manhattan element" firsthand, having practiced at Manhattan Eye, Ear & Throat Hospital prior to moving to Aspen in August 2007. Not only did he and his wife want to raise their two children here, but he was also impressed with the hospital's facilities and extremely well-trained staff. "AVH is a top-tier community hospital," notes Dr. Martin.

Despite his big-city training, Dr. Martin does not have a big-city attitude. Friendly and approachable, he speaks enthusiastically about his patient-centered approach to healthcare and his role as an advocate for patient safety and satisfaction.

"Surgeons have a reputation of not sitting down and talking with their patients," explains Dr. Martin. "That role is very important to me, because I really enjoy getting to know my patients and understanding their medical and emotional needs. I find that people in the Aspen area appreciate the opportunity to have an open discussion with their doctor. In a lot of places, that's not possible."



*W. Jason Martin, MD, examines a patient.*

Although experienced in all aspects of plastic surgery, from the treatment of congenital abnormalities to aesthetic techniques for the face and body, Dr. Martin is also enthusiastic to meet with patients about preventive skin care. "Due to the extreme elevation and intense sunlight in this area, I see a lot of confusion about how best to preserve the skin's integrity and youthful appearance," he says. "Much of the aesthetic damage and skin cancer risk can be reduced with a proper skin care regimen. People in our community really need this kind of information and reinforcement."

*Dr. Martin is dedicated to patient education.*

## **Answers to your plastic surgery questions**

Given his dedication to patient education, Dr. Martin is eager to answer questions concerning the many aspects of plastic surgery. Here are some of the questions he receives most often from patients:

### ***How will cosmetic surgery change my life and the way people perceive me?***

**Dr. Martin:** The decision to undergo cosmetic surgery should be based solely on a patient's self-perceptions and their desire to make a positive improvement in their life. These decisions should not be clouded by external factors and should be addressed in a confidential consultation. In my experience, the changes that cosmetic surgery brings to a patient's life are almost always positive.

### ***Will breast augmentation correct sagging of the breast?***

**Dr. Martin:** In most cases, breast augmentation alone is not the best solution for correction of breast ptosis



(sagging). Although there are surgeons who opt to place large implants for this type of problem, the benefit to the patient is only temporary. Within a few months to a year the ptosis will most likely be more severe than before the surgery. For women who have a small amount of ptosis, implants can help. But the majority of these cases require a mastopexy (breast lift). The minimally invasive mastopexy techniques I offer at AVH provide benefits such as minimal scarring and bruising. Further combining these mastopexy techniques with a breast augmentation offers excellent results.

**Does liposuction offer the same results as a tummy tuck?**

**Dr. Martin:** In most cases, no. Liposuction is an excellent procedure for removing fat in specific areas of the body, such as “love handles” or small areas of fat in the lower abdomen or thighs. A tummy tuck is more appropriate, for instance, in getting rid of excess tissue throughout the abdominal area following pregnancy. A tummy tuck greatly improves the abdominal contour, removes excess tissue, and tightens the abdominal wall internally. A tummy tuck and liposuction can also be performed at the same time to address separate or related issues.

**Is cosmetic surgery an option for older people?**

**Dr. Martin:** With the development of new minimally invasive techniques and with an emphasis on pre-operative testing, even patients 80 or older can be candidates for plastic surgery. No matter a patient’s age, all pertinent medical issues must be evaluated pre-operatively by trained medical specialists before considering any elective cosmetic procedure.

**What is the risk for complications?**

**Dr. Martin:** All surgeries have a risk, and that risk will never be zero. However, I can say with confidence that plastic surgery is safer today than ever. As with any medical care, the patient needs to research the surgeon and operative facility thoroughly. Unfortunately there are people out there offering plastic surgery services without proper training or experience.

**What can I do to protect my skin and stay youthful without surgery?**

**Dr. Martin:** First, you need to be evaluated by a professional who can recommend a medical-grade skincare regimen. This offers the best method for maintenance of the skin’s youthful appearance and offers prophylaxis from future damage. Certain nonsurgical medical treatments like chemical peels,

*Most popular cosmetic procedures*

The popularity of cosmetic surgery continues to grow. Here are some of the most popular procedures and the number performed in 2006 (\*minimally invasive procedure):

Botox*	4,090,517
Chemical peel*	1,063,423
Laser hair removal*	887,039
Microdermabrasion*	816,774
Hyaluronic acid*	778,285
Breast augmentation	329,396
Liposuction	302,789
Nose reshaping	307,258
Eyelid surgery	233,200
Tummy tuck	146,240

*Source: American Society of Plastic Surgeons*

laser therapy, microdermabrasion, fillers, and injectibles such as Botox can also improve a patient’s general appearance. However, all of these factors need to be considered together by someone who understands the aging process and is experienced in the full range of treatment options.

**Aspen Institute of Plastic and Reconstructive Surgery**

**W. Jason Martin, MD**

**Dennis Cirillo, MD**

**400 W. Main Street, Aspen**

**544-0500**

**W. Jason Martin, MD, Plastic Surgery**

Dr. Martin earned his medical degree from the University of Kentucky College of Medicine. He completed a general surgery residency and a fellowship in plastic surgery at Rush University Medical Center, in Chicago, studying with renowned craniofacial surgeon John W. Polley. Before moving to Aspen in August 2007, Dr. Martin also completed a cosmetic surgery fellowship at the premiere plastic surgery hospital in New York City: Manhattan Eye, Ear & Throat Hospital.

# A story of facial reconstruction

Although they didn't know one another, Judy Garrison and Jason Martin, MD, had a lot in common on Tuesday, October 16, 2007. For both of them, it was a day comprised of family, work, and unexpected events.

After work as an X-ray technologist, Judy picked her son up from his dry-land training for the snowboard team. Following dinner at home and a few household chores, she settled in for the evening. Meanwhile in Vail, Dr. Martin, a plastic and reconstructive surgeon at Aspen Valley Hospital (AVH), was finishing a complex reconstructive surgical case. Around 11:00 p.m., they both went to bed — Judy at her home in Aspen and Dr. Martin at a hotel in Vail.

At 1:00 a.m., Judy heard a noise and got up to check it out. The first thing she noticed was trash all over the floor, and before she had further time to think, she was “swiped” across the face by a bear that had made its way into her home.

“I didn't see it coming,” she says. “The force spun me around, and when I faced the bear again, it left the house.”

One hour later, Dr. Martin was paged by AVH's on-duty E.R. doctor, who knew Judy's injuries required the expertise of a plastic surgeon.

“It was one of the strangest calls I've ever received,” says Dr. Martin, “because bears don't find their way into homes in Manhattan where I'm from.”

After quickly dressing, Dr. Martin paid a middle-of-the-night visit to the hospital in Vail. “I really couldn't leave until I checked in with the nursing staff and my patient,” he notes. Fortunately all was well, and after a snowy, challenging drive from Vail to Aspen, Dr. Martin and Judy Garrison met at about 4:30 a.m.

In addition to extensive lacerations across the right side of Judy's face, there was a



Aspen resident Judy Garrison — at work at the Snowmass Clinic — had reconstructive/cosmetic surgery after being swiped across the face by a bear.

“I feel *very lucky* to have had a doctor with

Dr. Martin's knowledge and experience. He's caring, personable,

down to earth, and he did an *awesome job*.”

— Aspen resident Judy Garrison

severe disruption of the underlying soft tissue down to the facial bones.

“The entire mid-face was affected,” explains Dr. Martin. “Based on the extent of her injuries, she was actually very lucky. The area of trauma missed the critical components of the eye by less than a centimeter, and the main facial nerve branch that animates the face by less than five millimeters.”

Judy's wound was thoroughly cleaned, the lacerations were repaired with extensive suturing, and the soft tissue of the cheek was re-suspended. Judy will probably need another reconstructive

procedure in the next six to 12 months. As the facial lymphatic system in this area was severely disrupted, she has persistent swelling around the eye.

But according to Dr. Martin, “All the important structures were salvaged. We reconstructed the muscular and soft tissue support of the right side of the face utilizing the principles of reconstructive and cosmetic surgery, so asymmetry of the face was avoided.”

“I feel very lucky to have had a doctor with Dr. Martin's knowledge and experience,” says Judy. “He's caring, personable, down to earth, and he did an awesome job.”

# AVH physician reaches out to women with ‘embarrassing,’ but correctible problems

For years, the woman would not allow her husband to see her unclothed. She was too embarrassed because, for most of her adult life, she had had elongated labia that made her self-conscious about her appearance. She assumed it was a condition she would have to live with. Then she heard about Gail King, MD, and a surgical procedure called labiaplasty.

“The surgery changed my patient’s life,” says Dr. King, MD, board-certified obstetrician and gynecologist on the medical staff at Aspen Valley Hospital. “Now, she is much more open and self-confident, not only in the intimate relationship with her husband, but also in everyday interactions with family and friends.”

Dr. King is working to raise awareness about labiaplasty and vaginal rejuvenation, surgical solutions for two common but seldom-discussed conditions. “It’s similar to women who have unusually large or small breasts: If it does not bother you, it’s not a problem,” Dr. King says. “Unfortunately, I have patients who suffer needlessly for years with labial and vaginal conditions before they realize that help is available.”

## Labiaplasty procedure

Labiaplasty is a cosmetic procedure to remove excess labial tissue, a condition that is often congenital but may also be the result of childbirth. It can affect women of any age, including teenagers. “A lot of women come to me because they are embarrassed by the appearance of the labia, or they may experience discomfort due to chafing or pinching,” Dr. King says.

Typically lasting about two hours, the surgery requires no special preparations. It is performed with lasers that provide precise incisions to enhance results and healing. Dr. King likens the procedure to sculpting. “It takes an artistic eye to achieve the proper aesthetic results,” she says. “Not every physician has that artistic eye.”

## Vaginal rejuvenation

Vaginal rejuvenation, on the other hand, tightens muscles that have been weakened, stretched, or traumatized usually during childbirth. “Any woman who has had a baby vaginally is a potential candidate,” Dr. King says. “The husband may notice changes during intimacy, or the woman may experience symptoms such as vaginal pressure or urinary stress incontinence.”

To optimize tissue health, a postmenopausal patient may need localized estrogen therapy prior to vaginal rejuvenation. The surgery typically lasts about three hours.



*Labiaplasty and vaginal rejuvenation can correct two common but seldom-discussed conditions for women, according to Gail King, MD.*

Common concerns for both procedures include recovery time (about two weeks following labiaplasty; two to six weeks after vaginal rejuvenation), effect on sexual intimacy (typically enhanced after full recovery), and scarring (minimal).

## Incredible results

“This is a very sensitive area of a woman’s body, and it can be sensitive for a while after surgery,” Dr. King notes. “But, in the long run, the results are consistently incredible. After they have healed, patients come back and hug me. It’s like a weight has been lifted off them.”

If you are a woman who may benefit from labiaplasty or vaginal rejuvenation, Dr. King has simple advice for you: “Stop being afraid and embarrassed. Help is available, so seek reputable sources of information and educate yourself about the possibilities.”

For a free consultation, call Dr. King at **925-8005**. Or, to learn more, visit [www.lvriaspens.com](http://www.lvriaspens.com).

## Gail King, MD, Obstetrics/Gynecology

Board-certified in obstetrics and gynecology, Dr. King earned her medical degree from the University of Colorado School of Medicine and subsequently completed her OB/GYN residency there. She studied with David Matlock, MD, a pioneer in vaginal rejuvenation. Dr. King has been in private practice since 1995, including 3½ years in Aspen.

# Physical therapy offers effective help for women with pelvic problems

When you see the words “physical therapy,” what is the first image that comes to mind? Like most people, you probably conjure a mental picture of a skier recovering from an injury on the slopes or a person learning to walk again.

So it may surprise you to learn that physical therapy can also be effective in helping women who suffer from pelvic-related medical problems, such as urinary incontinence and pelvic organ prolapse.

“At least half of all women have some pelvic floor dysfunction,” says Tina Anderson, physical therapist specializing in women’s health at Aspen Valley Hospital (AVH). “An understanding of the pelvic floor and one’s ability to improve the function of this muscle can have a significant impact on symptoms.”

Specifically, physical therapy can help women with problems such as:

- Urinary incontinence
- Abdominal pain and dysfunction
- Interstitial cystitis
- Low back pain
- Pelvic pain
- Physical changes pre- and post-partum
- Posture
- Scar tissue
- Urinary urgency and frequency issues

Typically, an initial treatment session will last up to two hours, including an in-depth interview and patient education. “Patients need to understand the causes of the problem, as well as steps they can take to actively manage their symptoms,” Tina says. “We spend time explaining the anatomy and physiology of pelvic structures, causes of dysfunction, treatment options, exercise, dietary influences, and self care techniques.”

The initial meeting will also include a posture screening and evaluation of the



*Tina Anderson, PT, specializes in women’s health.*

musculoskeletal system and connective tissues. If appropriate, the therapist may perform a biofeedback evaluation of the pelvic floor muscles.

Physical therapy may be used in conjunction with other treatment options, such as medications, medical devices, electrical stimulation, or surgery. The results are usually very positive.

“With physical therapy, all patients can benefit on some level. Outcomes can vary based on the diagnosis, severity of symptoms, and the length of time since symptoms first appeared,” Tina says. “That is why I strongly suggest that a woman seek help at the first sign of a problem.”

Tina can be reached at **544-1177**.

## Calendar of Events

### Free Brown Bag Lecture Series

*“Aging Gracefully”*

Presented by Aspen Valley Hospital, the Aspen Given Foundation, and the Given Institute of the University of Colorado

**Thursday, February 7**

11:30 a.m. - 1:00 p.m.

*“Medical and Personal Observations on Aging”*  
with Barry Mink, MD, Internist  
and Gordon Gerson, MD, Cardiologist

**Thursday, February 14**

11:30 a.m. - 1:00 p.m.

*“When Memory Fails”*  
with Gary Weiss, MD, Neurologist

**Thursday, February 21**

11:30 a.m. - 1:00 p.m.

*“Plastic Surgery: Is It Right for You?”*  
with W. Jason Martin, MD, Plastic Surgeon

**All lectures take place at the Given Institute, 100 E. Francis, Aspen**

### Community Blood Drive

**Tuesday, February 19**

11:00 a.m. - 3:00 p.m.

Health and Human Services Building

**Call 544-1296 for more information.**



0401 CASTLE CREEK ROAD ASPEN, COLORADO 81611

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