

# Real Changes

What's new in helping you look as young as you feel from Dr. Earl H. Parrish and the professional staff of the Parrish Cosmetic & Plastic Surgery Center.

*Enhancing your beauty... from within!* Summer 2011

## SUMMER SUNSCREEN SPECIAL

**20% OFF ALL SUNSCREEN PRODUCTS DURING JULY & AUGUST!**

**Stock up now!**

Some of our top sunscreens are-

**OBAGI Nu-Derm Sun Shield SPF 50**  
- Voted #1 by SELF Magazine readers. This product combines UVB absorption and UVA blockage for complete anti-aging sunscreen protection in an elegant matte finish that can be used on nearly all skin types, with or without makeup.

**GLYMED PLUS Photo-Age Protection Cream 30+**

- Ideal for sensitive skin, this cream provides a moisture barrier throughout the day while SPF 30+ protects against damaging rays. Daily use helps prevent photo aging as it enhances your skin's ability to heal itself.

**JANE IREDALE Powder-Me Dry Sunscreen** - That's right, a powder sunscreen! Can be used on the body and face for an SPF 30 protection. Comes in 2 colors, translucent which disappears on the skin, and tanned which is perfect for legs and arms adding a golden bronze.

**We have many sunscreens suitable for all skin types!**



## Summer Time!

*There's absolutely nothing like summer time. Fall is great for the breezy nights, Winter is fun for the holidays, and Spring is always welcomed as the season of change.*

*But let's face it - Summer is the best! Before we know it, summer will be over, and we'll have a list of things we said we wanted to do and didn't, so don't let it pass you by. Whatever your shape, weight or age, make a decision to look and feel your best this summer. Celebrate the season, enjoy your kids and prepare to have the best summer ever!*

## 2010 Most Popular Cosmetic Procedures

The American Society for Aesthetic Plastic Surgery reported in April that almost 9.5 million cosmetic procedures were performed in 2010. The most frequently performed surgical procedure was Breast Augmentation and the most popular non-surgical procedure was Botox or Dysport injections.

*The top five surgical procedures in 2010 were:*

- Breast Augmentation ■ Liposuction ■ Eyelid Surgery
- Abdominoplasty (Tummy tuck) ■ Breast Reduction

*The top five non-surgical procedures in 2010 were:*

- Botox® ■ Hyaluronic Acid (dermal fillers) ■ Laser Hair Removal
- Laser Skin Resurfacing ■ Chemical Peel

## SUMMER FUN

Have an upcoming wedding or vacation you want to look great for? Get Eyelash Extensions! Eyelash extensions add length, thickness and fullness to natural eyelashes. Instantly fun and gorgeous!

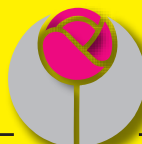
BEFORE

AFTER



Patient of Kacie, our Esthetician

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www.dr-parrish.com

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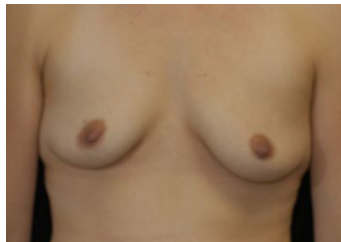
### About Breast Augmentation

According to the American Society for Aesthetic Plastic Surgery, Breast Augmentation was the most frequently performed cosmetic surgical procedure in 2010. That's consistent with our practice as well as it continues to be one of the most common procedures Dr. Parrish performs. Breast implants date back many years using a variety of fills and products.

Silicone implants were used starting in the early 1960's. There was a period from 1991 until 2006 when they were unavailable for cosmetic use based on being evaluated by the FDA. In November 2006, they were released and deemed safe by the FDA. During the 14+ years they were not available the only option for women was the saline filled implant. These implants consist of a silastic shell that is filled with sterile saline. Typically the saline implants are placed under the pectoralis muscle due to the fact that they can be more detectable in small breasted women and need more tissue for camouflage. In addition, there can be rippling in the lateral breast area where no muscle coverage is present. Saline filled implants have been used for many years and continue to be used for breast enlargement surgery.

Silicone implants are the preferred choice in our practice. They can be placed on top of the muscle or under the muscle fascia with little or no detectability. The fascia is a thin support layer covering the chest muscle. By gently separating the fascia from the muscle and inserting the implant under this lining, Dr. Parrish creates a thin yet strong barrier between the implant and the breast. An advantage of this approach is that the fascia keeps pressure on the periphery of the implant so the edges are better camouflaged even in very thin patients. Another benefit is that the surgery is much less painful with an easier recovery time since the implants aren't being placed under the muscle.

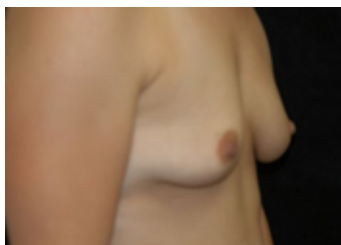
Dr. Parrish has been successfully performing all types of breast surgery for over 25 years. In our practice we find women choose it for many different reasons. Whether it is to enhance their body contour, correct a reduction in breast volume after pregnancy, or to balance different breast sizes, Breast Augmentation can improve a woman's quality of life.



BEFORE



AFTER



BEFORE



AFTER

Patient of Dr. Parrish. Before & after Breast Augmentation using Silicone Gel implants, placed subfascial.

### Our Latest Patient Testimonials

"A few years ago, I began to feel more discouraged about my appearance. I've always felt quite well physically and have had lots of energy. Though, when I looked in the mirror, it seemed as though a tired individual was peering back at me. It was finally time to see what could be done. When initially meeting with Dr. Parrish and his staff, I was so reassured by their professionalism, knowledge, and sense of caring.

Dr. Parrish listened very thoughtfully as I spoke about what I thought could be improved upon. He offered some very practical ideas for facial rejuvenation along with an excellent explanation of how the procedures would be complete. Dr. Parrish and his staff gave me ample time to ask questions and listened carefully to my concerns.

When I scheduled the procedure, I remember Dr. Parrish told me, "Don't worry, we will take very good care of you." The day of the procedure went exactly as planned and everyone could not have been more supportive, attentive and sensitive. The care I received after the procedure was superb. Dr. Parrish and his staff were obviously very invested in my well-being, comfort and happiness.

I am still amazed at how much improvement I have seen with my procedure! I highly recommend Dr. Parrish and his staff to anyone who is looking to improve upon their appearance." -Patient of Dr. Parrish

"OMG!!!! just...OMG!!!! :- )!!!! Sculptra is AMAZING!!! I know I'm not supposed to see results yet, but I DO!!! So did my boyfriend...four days after the treatment. I usually avoid my reflection in the gym mirror, but this morning I couldn't stop staring at my face. Thank you so much! You're the best! Any doctor who trains with you should be counting his or her blessings!!!!" -Patient of Debra, our dermal filler specialist

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Below right: Our anesthesiologist, Dr. Robert Karoukian, putting one of our tiny cleft patients to sleep. Dr. Robert is an expert at pediatric anesthesia. His skills enable us to do a 2 1/2 hour bilateral cleft lip on a 9 lb. baby.

## 2011 Guatemala Trip

Our trip to Guatemala was the first week of May this year. We sailed through Customs in Guatemala City which was a big surprise after last years two plus hours! We had an hour bus ride to Antigua where we unloaded to get ready for the next days unpacking at the Hospital. Many of the team members have made several trips to Antigua and are very familiar with the protocol of unpacking, sorting and getting the operating rooms set up. The nurses are usually doing this while the doctors are in the clinic that is filled with patients and their families who are patiently waiting to be seen and hopefully scheduled for surgery. Our list was about 50 patients of whom 20 or so would be scheduled. Our first priorities are always scheduling the cleft lip and palate children. Many of these children come from the villages up in the mountainous areas and can take days to get to Antigua.

This year we had a cleft lip child who weighed 9 pounds and we thought she was 10 weeks old, turns out that she was 10 months old. Apparently the Grandmother just took over care of the child from the child's mother who was obviously neglecting her. No one could believe that she was in fact 10 months of age. Nutrition in developing countries is frequently misunderstood. Cleft lip and palate children can be challenging and require lots of care and attention with their feeding. The hospital has a new area for kids with malnutrition issues. It was heartbreaking to see these kids but encouraging to know that they are being helped.

Our days started about 5 am, then breakfast at the Inn, followed by morning prayer by the trips spiritual leader, then a mile walk to the hospital, getting the OR set up, preparing the patients, starting the anesthesia, prepping the patients and draping them with sterile drapes, then starting the surgery. Afterwards we clean the room and instruments and start a similar routine of getting the rest of the days cases underway. Usually we finish by 5pm or so and walk back to the Inn where we have dinner at 6pm.

Surgery was busy all week long. This year we had to deal with no outside power one day, running on the generator and being told we had to finish up soon before the generator was overloaded. Of course this meant no air conditioning in the OR's so they got pretty hot. One day the autoclaves went out but they were quickly repaired so no big delay or cancellations. Other minor issues are always occurring so it requires being flexible and patient. But these issues are minor compared to the incredible amount of people operated on by all the doctors doing General and GYN surgery along with the plastic surgery we do. The people are so appreciative of all that is done for them.

Every trip has it's highlights and this year we had many! Our trip leader, a doctor from the SF Bay area, took us to "his" orphanage. Years ago he visited, by chance, two Catholic nuns who had just come over from Spain to take care of orphaned children. The conditions were sparse, no food or diapers beyond that day. Eventually he returned home, called an attorney friend and started a charity to support the orphanage. Now they have almost 60 children. Some are disabled, some have Down's Syndrome, and some were just abandoned at their front gate. They now have a large area for housing, a school, a huge playground, gardens, and an arts building for putting on plays and doing karate, etc. The atmosphere was joyous. Besides the two Catholic nuns there are only four or five helpers working there. It was amazing to see how this orphanage evolved and what one person can do when they act from their heart and respond to others needs. He taught us a lot about getting out of our comfort zone, looking for what needs to be done and doing it.

Our hope after this trip is to fund a nutrition center. Just before departing Guatemala we had a talk with the Hospital administrator. He mentioned their two big areas of concern are funding for their nutrition center and medications for outpatients who cannot afford them. We are working on the details of how we can best do this and continuing to explore the possibilities of making this happen!

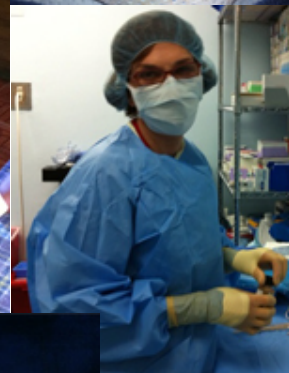
The week went fast, but we did have some time to explore the shops with native crafts, namely the beautiful Guatemalan weaving. It is colorful and happy and of course we all filled our carry ons to the max! We look forward to our next trip and will keep you updated as we go. - Dr. Parrish and Rosemary



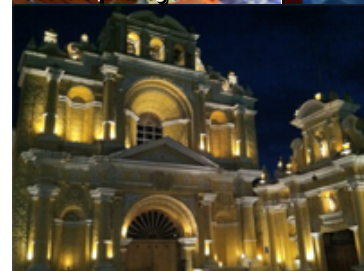
Above & right: Infant with bilateral cleft lip and palate before and after surgery



A nun with infant at the orphanage.



Above: Rosemary getting the instrument table ready for surgery.



Above: The hospital and chapel at night in Antigua. Right: a happy mom with her baby after surgery.



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## Some of our Favorites

We asked our staff to recommend some of their favorite products - here they are - enjoy them today!

**Anne** - TAN IN by GlyMed. This is my must have product! Being a redhead who is pale and burns, I've used tanning lotions for years. This product is a great color, has a great scent and I never have streak problems. A little trick I've learned is to put it on when you are just out of the shower. Your skin is still moist and it goes on better!

**Susan** - If I have to pick one, I would say it is the JANE IREDALE SUGAR AND BUTTER LIP EXFOLIATER/PLUMPER. I like it because it makes the lips smooth and silky. I also really like the OBAGI NEW DERM SKIN CARE SYSTEM. It is literally changing my skin to feel like it did in my early 20's! It makes it smooth and even looking. The program is simple and is not as much of a chore to do as I thought it would be.

**Debra** - My favorite product is SCULPTRA. It truly is an anti-aging agent in my opinion which may give the longest lasting natural results. Of course, I have many favorites in the filler and botulinum world!

**Diana** - ANTI-AGING EXFOLIATING MASK - Smells delicious and is the most effective exfoliant I have used. 2 times per week is all that is needed!

**Kacie** - PURIFYING CLEANSER - Feels great and smells amazing. Doesn't strip your skin's natural oils. Removes mascara without burning eyes. Completely dissolves all dirt and oil. Overall an amazing cleanser!!

**Rosie** - BOTOX - I used to have severe crow's feet and forehead wrinkles and now I have none! More importantly though, Botox has cured my migraines!

**Patty** - My favorite product it is the OBAJI CONDITION AND ENHANCE SYSTEM. It truly transforms your skin and repairs the skin's cells. It gives you healthy, glowing skin like you had when you were younger.

## WHAT'S NEW

Congratulations to Debra, our dermal filler specialist. She is now a trainer on the entire west coast for Restylane, Perlane and Dysport! Debra has been in the plastic surgery field for over 25 years and has been doing facial injectables in our office since 2003.

She can correct many wrinkles and folds, contour deficits, and can also enhance the appearance of lips, creating a more youthful and healthy appearance. Debra has been called a true artist in her field and we are proud to have her on our professional team.

She says, "I always seem to learn something from everyone I train so I can be better for you."

**Congratulations Debra!**

## COMING SOON - Patty's Column

We'll be sending out periodic news, updates and specials from our Laser Specialist, Patty. We've gotten such a great response to our monthly "**Debra's Corner**" that we decided to keep you updated about our Laser services too.

Patty has been a nurse for over 20 years and graduated with a masters of science in 1990. She has been with the Parrish Cosmetic and Plastic Surgery Center for over 7 years. She uses the Sciton Profile Laser System which is the latest, most advanced skin resurfacing system.

Patty's consultations are complimentary and she would love to meet with you and let you know how she can improve your skin. Watch for Patty's Column coming soon.



## NEW BEAUTY

The July issue of New Beauty Magazine is out! We are proud to have Dr. Parrish featured in what is heralded as the Ultimate Cosmetic Enhancement Guide. Stop by the office and pick up your complimentary copy today!

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