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June Newsletter

Celebrating summer



Half of 2012 is already gone. It seems like just yesterday that I sent out the **Make a Difference in 2012 Newsletter**. I still get comments from patients in the office about that one and I appreciate all of your thoughts. As usual, this summer has been busy and I can't wait until my vacation at the end of July. If you are thinking about getting anything done this summer, keep in mind that I will be gone from July 24th through August 1st.

Meanwhile, while you are out enjoying the sun this summer, don't forget the sunscreen. Remember to reapply often as well. I can't stress enough how bad UV radiation is for your skin. Not only does it destroy the elasticity of your skin, but it also increases your risk of skin cancers. I am testing out a new Broad-Spectrum SPF 45 Spray on sunscreen on my kids this summer and will let you know if we decide to carry it in the office.



I am excited to announce the launch of our new website dedicated to **CoolSculpting**. I am hoping that this will be a valuable resource to all those interested in the procedure. As most of you know, I was the first to bring CoolSculpting to San Antonio. It is just one of many tools in my armamentarium to attack fat. Recently, a number of offices have started to offer the procedure in San Antonio as well. Unfortunately, some of these new machines are in spas and in the hands of non-Plastic Surgeons. We remain the **ONLY Certified CoolSculpting provider in San Antonio**.

With the launch of the new website, I hope to educate consumers about the procedure as well as the importance of seeing a Board Certified Plastic Surgeon who can not only perform the CoolSculpting procedure but

traditional liposuction as well. I encourage you to visit the site and let me know your **thoughts and suggestions**.

This past week I was interviewed by Alanna Sarabia of the WOAI SA Living Show. The producers had originally called interested in the Cellulaze. But once they talked to Linda and Regina, they became excited about CoolSculpting and Ulthera. They wound up adding an extra segment just to talk about these two for a special show about cosmetic procedures. You can watch the **video of me describing the Cellulaze laser for Cellulite Reduction**. Or, if you want to hear me say "POOP" on TV, **watch the video of me talking about CoolSculpting for fat reduction and Ulthera for skin lifting**. I thought WOAI did a pretty good job of conveying the important points of all the procedures in a short amount of time.



Can you fix this....

One common question I get is how to take care of a "turkey gobbler" neck or "double chin".

Depending on the problem, there a variety of **surgical options**. If someone has a lot of loose neck skin, I can either pull it up and cut out the extra skin hiding the scars behind the ears, or I can do a direct excision in the front of the neck. The direct method works well in men, and the behind the ear method works well with women or men but is a longer procedure. If the neck has a lot of fat, I can also perform liposuction to help contour and reduce the thickness. Sometimes I can combine a small incision under the chin with lipo to get a nice reduction of fat and tightening.

With the **Ulthera** I am able to tighten the neck if the problem is loose skin, but I do not have a non-invasive way to treat the thick neck or under chin area. However, it looks like we may soon have a non-surgical way to contour the neck. I have been excitedly watching for ATX-101 since I first heard about it last summer. This is a new drug that has shown promise in early trials at reducing fat under the chin. If further studies validate its safety and effectiveness, this could be the first FDA approved drug for direct reduction of fat! I came across an interesting article about it **here**.

I hope you have enjoyed the change in the newsletter format. As always, I am eager to hear your ideas and suggestions about how we can make the newsletter more interesting for you. Just send me an **email** and let me know what you think. Don't forget to like us on **Facebook** and follow us on **Twitter** to get alerts for special offers and updates.



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