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AESTHETIC SURGERY  
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## Victoria's "Mommy Makeover" has Fairytale Ending

Like any great fairytale where the heroine overcomes tribulations, this one ends happily, but this story is true. It's about Victoria Talbott-Mangelsdorf's struggle to create a family and how her "Mommy Makeover" gave her back the shapely figure she lost along the way.

Victoria's desire to return to her pre-pregnancy shape echoes a growing trend among women who seek to shed the belly bulge, waistline skin overlap, and drooping breasts left by child-bearing. When exercise and diet don't produce the intended result, more women are discovering the "Mommy Makeover" is a great alternative. However, in Victoria's case, years of fertility and hormone treatments, along with four miscarriages, left additional evidence of her struggle.

"I wasn't allowed to diet or do heavy exercise during treatments, so I just kept getting bigger," shares 45-year old Victoria. "I lost so much with my miscarriages, including my figure and self-esteem. I wanted 'me' back."

That's when Victoria sought Dr. Buckspan's advice. "I worked for a cosmetic surgeon who has passed away. He thought highly of Dr. Buckspan and that was the best

referral. Together, we agreed on a plan-of-action once my 'quest' for a family was complete. That made me immediately feel better."

Soon thereafter, the couple's life changed! Victoria and her husband adopted Sadie. Then, at age 43, her last fertility treatment resulted in healthy twins.

Victoria was now profoundly grateful to have her family, but dreaded looking in the mirror. "I refused to be in pictures with the children," she sheepishly confesses.

"I didn't want them to have proof of me as their frumpy older mother who let herself go. I promised myself that by the twins' first birthday, I would look good enough to be in pictures again."

From her fertility treatments, Victoria's breasts had increased, requiring size 18-20 tops. So Victoria's "Mommy Makeover" began with a breast lift and reduction. Now she wears a "small" top.

"I was so happy with the result. And within days, I was lifting the twins and back to my normal routine."

Victoria's torso was next. "My thighs had always been disproportionate. But now I also had a big pot belly and sagging skin, even though I'd lost most of my pregnancy weight." To remedy this, Dr. Buckspan removed Victoria's excess belly skin, then liposuctioned her torso and thighs. The result was a drop from pant size 12-14 to size 4-6. "Now I'm the size I was before my fertility treatments, but better," Victoria glows. "Previously, there were clothing styles I'd never wear due to the way I was built. Now I can even wear straight leg jeans

with short tops. Dr. Buckspan gave me the options I needed. I don't feel like he tried to sell me a bill of goods."

Victoria emphasizes that erasing the evidence of her fertility and pregnancy ordeal has been a posi-



tive change for her, as well as her family. "I knew being an older mother was going to be hard enough. I wanted my body back. Now I have that and more. In fact, my husband says that the surgeries were a gift to him as well! I couldn't be happier," exclaims Victoria.

"If I can help other Moms take action to improve how they feel about themselves, all the better!" □

### THIS ISSUE'S TOPICS

Introducing Lori Viar

Cycling for HOW100

Mother's Day Special

Upcoming Seminars

## Cycling in Honor of Cindy

On Saturday, September 6, Team Buckspan will again be cycling in the HOW100 (Hope on Wheels) annual event for breast cancer research. But this year we have a very personal reason to support this worthy cause.

Cindy Alexander, who cycled with us for the inaugural HOW100, is currently fighting breast cancer after her diagnosis in December, 2007. Cindy is a patient of Dr. Buckspan



*Cindy Alexander (fourth from left) rode with Team Buckspan in the inaugural HOW100.*

as well as the sister of Tammy Candella, our Patient Care Coordinator.

Although Cindy will be undergoing treatment for the next seven months, she still plans to train and ride with Team Buckspan in this year's HOW100. Truly, Cindy's determination and undaunted spirit are an inspiration to all.

"This is such an important fundraiser to find a cure. When I was riding in the HOW100, I never dreamed I would be directly impacted by this frightening disease. I hope you will consider joining our efforts in the fight against breast cancer, either through your contribution or by becoming a Buckspan team member," implores Cindy.

Once again, Dr. Buckspan's office is a gold-level sponsor of the event, which directly benefits the Minnie Pearl Cancer Foundation. To join us, please contact Tammy Candella in our office or visit [www.HOW100.org](http://www.HOW100.org). □

# We Welcome Lori to our Staff

We are excited to announce the addition of Lori Viar, Licensed Aesthetician to our staff. She brings many years of experience in the natural and organic industry, as well as professional experience in marketing and public relations. In addition to her Aesthetician training, she graduated from the University of Tennessee with a B.A. in Political Science and Psychology.



Lori has been working with us since November, performing Facials, Waxing, Micropeels, Vitalize Peels and other Aesthetic Services. A full menu is available in our office and at [www.buckspan.com](http://www.buckspan.com).

Though raised in Tennessee, Lori lived and worked in the UK for three years. During this time, she travelled in Europe and observed local skin care traditions, trends and products. Lori explains, "Living and traveling in Europe allowed me to see skin care in a different light. There it is seen as preventative, relaxing and important to one's overall well being, rather than only as a luxury. Good skin care often takes precedence over a lot of make-up, because you don't need to cover good skin!"

Dr. Buckspan adds, "Lori's many years of personal experience with skin issues has equipped her to discuss a variety of skin care concerns and answer any questions you may

have regarding your skin care regimen."

Lori will introduce "Skin Care Boot Camp", an 8-week basic skin care regimen to begin the skin rejuvenation process. The regimen includes our most effective products and active ingredients used daily along with bi-weekly Micropeels or Vitalize Peels. Results can begin to be seen early as the home treatments start. Further enhancement continues as the peels are introduced. Participants will experience noticeable results at the six-week mark, which is when a new skin cell cycle begins.

Lori reports, "We will include the basic products that are a must for healthy skin. They will be comple-

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mented by peels, which will leave the skin brighter, clearer, and smoother. We want you to be so proud of your skin that you will not want to cover it up!"

Lori will conduct a Lunch & Learn on May 6 to kick off Boot Camp. If you would like to attend, please RSVP to Tammy Candella at 615-385-3309 or by email at [tammyc@buckspan.com](mailto:tammyc@buckspan.com). If you can't attend, you may make an appointment with Lori to have her develop a personalized program for you. □

## Race for the Cure



*Representing Team Buckspan in the 2007 Susan G. Komen "Race for the Cure" event are Tammy Candella, Mary Wilson-Sjerps and Destiny, daughter of staff member Tammy Bailey.*

## Let's Talk 2008 Complimentary Seminar Series

### Isn't It Time For A Change?

**May 13** Fraxel II Laser Skin Resurfacing  
**June 10** Breast Enhancement Surgery  
**June 25** Fraxel II Laser Skin Resurfacing

6:30PM • Call for reservations. Limited seating available. **615.385.3309**

