

IMAGE

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Magazine

*Mending
the Mind*

Refresh,
Relax,
Rejuvenate

COSMETIC SURGERY



DR. BUNKIS

As Medical Director of Orange County Plastic Surgery, Reniu Laser Day Spa in Dana Point, and Bellagio Salon and Spa in Newport Coast, Juris Bunkis, M.D., F.A.C.S. brings 30 years of surgical expertise to our communities. With offices located in Rancho Santa Margarita, Dana Point and Newport Coast, state-of-the-art plastic surgery and laser rejuvenation treatments are minutes from your door. A Board Certified Plastic Surgeon and Member of the American Society of Aesthetic Plastic Surgeons, Dr. Bunkis will be featured in this Cosmetic Surgery Q&A Column each issue. We invite you to call Dr. Bunkis 949-888-9700, or email your questions to bunkis@acps.com. Enjoy!

I am interested in a breast reduction procedure but am worried by the scars I have seen in a number of different surgeons' portfolios. I have heard that you do a hidden scar technique and I would like to learn more about it. —Jill Ladera Ranch, CA

There are a number of different techniques available for breast reduction and uplift procedures, and some of the newer ones definitely involve less visible scarring. A plastic surgeon really cannot tell a person which technique they would be candidates for without seeing you in person. I will include a letter and photograph I just received from a happy patient who recently underwent just such a procedure and will include it here for your information. If you have any questions about these procedures, your best bet would be to see a board certified plastic and reconstructive surgeon to review your options. Please feel free to contact our office at 949-888-9700 if you have any further questions.

Dear Dr. Bunkis,

I wanted to write to you to tell you how much I truly appreciate what you did for me. I really feel like you changed my life.

I have spent most of my life feeling overweight and unattractive. Even with diet and exercise, I could never quite achieve the look I always longed for. I knew a tummy tuck was what I needed but I just wasn't prepared for how much I would love it. And I especially didn't realize what a dramatic effect a breast lift would have on my appearance.

I think the work you did on me is beautiful. I couldn't be any happier. I really like the technique you used for my breast lift that eliminated the scar from the areola down. I have never seen that done before and didn't even know it was possible. I can't imagine that it is going to get any better. But you say it will and so far everything you have said has been right on the money.

I think you are a brilliant surgeon and a wonderful person. You made me feel extremely comfortable and I always look forward to seeing you. I also want you to know that your staff is amazing. They really helped to make the experience all the more pleasurable. And your offices are beautiful too.

It is my pleasure to refer my friends and family to you. And if and when I need any other work done, I will be seeing you again. Thank you again, from the bottom of my heart

Fondly,
Carol



Mending the mind

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meditations last between 15 and 30 minutes. All that is necessary is a quiet place to be alone. You should begin by getting into a comfortable position — sit or lie down in a position where there is no strain or muscle tension. If you have a tendency to fall asleep every time you lie down, you may want to meditate sitting up unless you are planning to use the meditation as a sleep aid. Wear comfortable clothing that does not bind, pinch or restrict circulation. Meditating slows your body down and you may feel cooler than normal, so make sure you stay warm enough.

Be aware that meditation is not intended as a substitute for medical care. Do not meditate while driving or operating equipment that requires your attention.

Believers

Firm meditation believer, Brian Hill, 32, is a business manager who is also voluntarily teaching meditation classes sponsored



Photo Courtesy: B. Hill

Meditation is a technique that can help you clear your mind. Brian Hill, who teaches meditation, describes one of his forms based on the teachings of Buddha.

by the non-profit organization-Vajrarupini Buddhist Center of San Diego at Full Spectrum Yoga in Newport Beach.

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