



Cosmetic Surgery

Dr. Karl Eisbach is Board Certified in facial plastic surgery and performs the highest volume of facial procedures in New Mexico. He has more than 20 years experience. Eisbach advises that, "People from all walks of life take advantage of plastic surgery. The highest percentage of my patients are teachers. Cosmetic surgery is also popular among medical professionals, for the second highest ranking. The median household income for those using plastic surgery is under \$50,000."



Dr. Eisbach spoke of performing a facelift on a woman who, at the time of surgery, was overweight, unhappy in her job, and recently divorced. Four years later, she wrote to tell him that she had lost weight and had quadrupled her income. The facelift gave her the self-confidence she needed to move forward in her life.

As Dr. Eisbach explained, "The brain ages to the age of 35. When we see changes in our bodies in the 40s, 50s and 60s, we may feel out of balance. Doing something to feel and look younger can bring you back into harmony. Plastic surgery is a viable option." These options are discussed at informational and complimentary "beauty evenings" hosted each year by the clinic. The next beauty evening is scheduled for February 18 and reservations are required.

While plastic surgery isn't magic, according to Eisbach, (there is usually some discomfort after surgery) it can be very gratifying and the patient can be ecstatic with the result!

Eishbach said that plastic surgery is available to everyone. He has had patients come in for a quote and then come back several years later after saving the money for the desired procedure. Elective or plastic surgery is not usually covered by insurance.

Eisbach is involved with pro bono work in Central America for those in need of his services. He told me a about an eight-year-old boy who had been disowned by his family after being born with a cleft palate. Once Dr. Eisbach repaired this child's defect his family took him back.

(Note to readers: We wanted to show before and after photos but due to patient confidentiality it was not possible.)

Dentistry

Another opportunity for a positive change is dentistry. Dr. JoAnne Allen quotes statistics from the American Academy of Cosmetic Dentistry's survey: "More than 92 percent of adults agree that an attractive smile is an important social asset; 88 percent of the people surveyed agreed that an unattractive smile makes a person less appealing to people of the opposite sex; 74 percent agree that an unattractive smile can hurt a person's chances for career success."

Allen tells us that people look at your mouth first. Their brain then makes a decision about you and a judgment from the looks of your teeth. If you are afraid to smile it changes your whole demeanor and your relationship with the world.

Allen speaks about self-confidence and increasing your ability to meet people in every day life situations. Teeth can easily become whiter and can also change shape, making your mouth and smile a more significant and positive feature.

Dr. Allen talks about a very beautiful woman with teeth that had darkened to black over the years due to a childhood medication. She had never been able to have a positive relationship because the issue always came up and she would have

to explain the condition of her teeth. After whitening, she said that her mouth was tired from smiling, and her confidence grew a thousand fold.

If you have said, "I have always hated my teeth," think about taking advantage of this option.

Dr. Allen advises that she customizes her work to the desires of the patient. A basic, simple transformation takes four to six weeks. The cost is rarely covered by insurance.

Dr. Allen volunteers her services at the St. Joseph's PACE Clinic (adult day care) fixing teeth to keep the patients functioning and able to eat. In 2003 she was the New Mexico Chairman of "Give Kids a Smile," where participating dentists donate a day in the office to children without insurance to improve their dental health.



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