

# Exploring



## Specialized Surgery

Both plastic and cosmetic surgery have made some extraordinary advancements. The word "plastic" comes from the Greek word *plastikos*, meaning "to mold or shape."

Many of the first plastic surgeries were developed to close a difficult wound or replace tissue lost due to injury or cancer. These procedures often involved the formation of a skin flap to reshape or mold the defect so as to approximate the original shape.

**LASIK** - LASIK stands for Laser-Assisted In Situ Keratomileusis and is a procedure that permanently changes the shape of the cornea, the clear covering of the front of the eye, using an excimer laser. In the overall scheme of things, LASIK is not as difficult as many other kinds of surgery. But a bad eye procedure outcome can affect your life almost as negatively as a bad heart opera-

tion outcome. That's why it is so important to choose the best surgeon available.

### How to find a good LASIK surgeon...

"A lot of companies make LASIK sound like it's a flap-and-zap commodity. But the truth is, it's surgery," comments Dr. Steve Updegraff, a LASIK surgeon and medical director of Updegraff Lasik Vision in Tampa Bay. He recommends choosing a doctor who is a Fellow of the American College of Surgeons. "The credentialing process there is pretty steep; also, that group is diligent about advancing the field of surgery." Watch out for misleading advertising claims,

## Dr. James M. Schumacher, M.D.

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James M. Schumacher, MD, is fellowship trained neurosurgeon and diplomate of the American Board of Neurological Surgery. He completed his medical degree from the University of Washington, Seattle. Dr. Schumacher completed the Halsted Internship in General Surgery at Johns Hopkins Hospital, Baltimore, MD, and a residency in neurosurgery with the Harvard Medical School at Massachusetts General Hospital, Boston. He became a research fellow at Harvard Medical School and was awarded a fellowship in functional neurosurgery at the Yale School of Medicine, New Haven, CT. He is a member of the American Association of Neurological Surgeons, Congress of Neurosurgery, Society of Neuroscience. Dr. Schumacher returned to Sarasota after serving as director of functional neurosurgery at the University of Miami School of Medicine. Dr. Schumacher has over 20 years of experience in the treatment of Parkinson's Disease and in laboratory research.



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Dr. Updegraff adds. "If someone says he's been using a laser for 15 years, don't accept that - he's probably talking about another type of laser or procedure, because LASIK hasn't been around that long."

### Choosing the right plastic surgeon...

Plastic surgery is about a lot more than vanity. In reconstruction cases, American Society of Plastic Surgery (ASPS) Member Surgeons help people get their lives back and feel more comfortable with themselves. ASPS Member Surgeons are trained in the following reconstructive procedures: burn; wound and trauma repair; tumor removal and cancer reconstruction; correction of birth defects and acquired deformities; hand surgery; maxillofacial and craniofacial surgery; and microsurgical reconstruction.

The popularity of plastic surgery is soaring and more and more doctors are trying to meet the demand for this specialty that has become an integral part of mainstream medicine. Any licensed physician can call himself or herself a cosmetic surgeon, so the importance of finding a properly trained and certified provider is paramount.

Choosing a doctor who's a member of the American Society of Plastic Surgeons® (ASPS) is the first step. Founded in 1931, ASPS is the largest plastic surgery organization in the world. ASPS Member Surgeons are certified by the American Board of Plastic Surgery®, which is the only board dedicated to plastic surgery of the face and entire body. Unlike other specialty organizations, ASPS requires each member surgeon to have a minimum of six years of surgical training, with at least three of those years specifically in plastic surgery.

**Dr. Carlson** received his BS degree cum laude, in Chemistry and Biology from Valparaiso University and his MD degree from Wright State School of Medicine. He participated in cardiovascular research at Harvard University and published extensively in Burn metabolism during his medical school and surgical training. During his postgraduate training in General Surgery he received numerous research awards including the prestigious Woodward Surgical award. He developed a minimally invasive cardiac and thoracic surgical practice in Sarasota Florida. He is a fellow of the American College of Surgeons and received an "America's Top Doctor Award" in 2003 and in 2007.

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