

“Youth is Not a Time of Life, It Is a State of Mind.” ~ Luella F. Phean

By Cindy Marx

Do you ever feel as if you are compromising yourself to accommodate and please others and you never seem to have time for yourself?

Where did the time go? You have given so much of your time to others, those you love, perhaps your education, and your career and wonder when is it your turn to take care of yourself? In our lifetime it is not unusual for us to spend more time contemplating how we decorate our home or what type of car we want to drive than we spend caring about our “home” – our body.

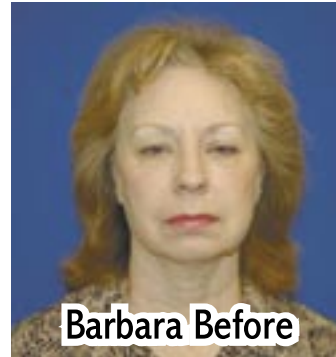
At the age of 62, Barbara Kemmerling decided it was finally time to invest in herself. Barbara, now retired, lovingly gives full time care to her mother, Ann, who suffers from advanced Alzheimer’s disease. Having more time to reflect on herself, Barbara felt young on the inside but didn’t feel young when she looked in the mirror. She felt she looked worn out and old and the extra weight she gained after retirement added to her concerns about

Board of Plastic Surgery so that she could find out what she could do to help her improve her “home,” that place where she lives, her body.

A visit to see Dr. Joyesh Raj, Fairview Hospital’s Chief of Plastic Surgery, helped Barbara reassess her priorities. After years of feeling embarrassed about the way she looked, Dr. Raj and his caring staff offered her encouragement and direction. She joined Weight Watchers® and successfully lost 30+ pounds and followed Dr. Raj’s recommendations to help gain a refreshed, natural appearance through the use of Botox® and chemical fillers to help smooth fine lines and wrinkles in conjunction with cosmetic facial surgery to lift her brow, remove excessive skin around her eyes and a face lift for a natural rejuvenation. She now bubbles with enthusiasm over her regained self-confidence which contributes to her improved self-esteem allowing her to engage more fully in the relationships in her life. Barbara continues 24-7 care for her Mom, Ann, with her recharged energy.

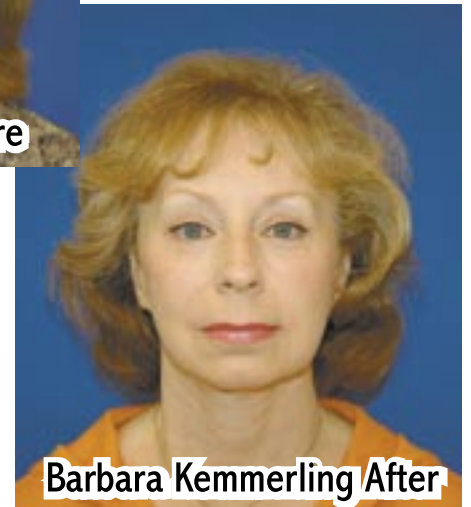
and happy with her decision to move forward with her weight loss and cosmetic surgery, and her friends continue to tell her she “looks good.” Now a life-time member she continues her commitment to Weight Watchers® and is no longer shy when looking in a mirror. She looks in a mirror and sees the woman she always knew was there – her face now reflects that self-confident woman and allows Barbara to flourish. And, Joe, well Joe, now not only enjoys shopping for clothes with Barb but also enjoys the new “playful” Barb.

Cosmetic surgery helps rebuild confidence and helps strengthen one’s self image. It



Barbara Before

prefer to look and feel. Honesty with yourself and with the surgeon is essential in obtaining results that satisfy your expectations.



Barbara Kemmerling After

is important to find a Plastic Surgeon with a staff that offers you the opportunity to seek honest answers to how you feel about your appearance, how you believe others see you, and how you’d



Barbara and her Mother, Ann

her appearance.

Barbara recognized that the first step she needed to take was to consult with her family physicians to make sure she was healthy and to seek a recommendation to a Plastic Surgeon certified by the American

Making a decision to take care of herself has enriched her relationship with her husband, Joe, who loved Barb “just the way she was.” He now states that Barb’s personality has really come out after her surgery. Barb feels better about herself



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Cosmetic Surgery by Joyesh Raj, M.D.

 **Fairview Hospital**
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When considering cosmetic surgery, you want a doctor who has the expertise and training in the latest technology, but also a doctor who can make you feel totally confident. Dr. Raj offers an educational and consultative approach to cosmetic surgery, providing you the opportunity to select a procedure that best fits your cosmetic goals.

- **Facial Surgery** including nose reshaping and face, neck and brow lifts.
- **Body Contouring Procedures** including breast augmentation, lift and reduction as well as liposuction and tummy tucks.
- **Non-Surgical Enhancements** including Botox®, Juvéderm™, Restylane®, laser treatments for hair reduction, elimination of age spots and pixel skin resurfacing.

Joyesh Raj, M.D.
Chief of Plastic Surgery, Fairview Hospital
Plastic and Reconstructive Surgery
Certified by the American Board of Plastic Surgery



fairviewhospital.org/rajcosmetics

To schedule a confidential consultation,
call 440.808.8030.

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