

# face facts

WINTER/SPRING 2017



## From Dr. Daube ...

We'd like to welcome THE HEARING INSTITUTE as part of our network of services. Our association with two doctors of audiology will provide our ear/nose/throat patients the most complete medical services in the Northwest Florida region. Go to [www.thehearinginstituteofnwfl.com](http://www.thehearinginstituteofnwfl.com) for more information.

I'm also very pleased to announce the addition of a Cosmetic Coordinator to my staff. Ms. Kim O'Neal, a Panama City native, has worked in the medical arena for seven years and brings a wealth of knowledge to our Medical Spa.

And I have exciting personal news! When I accompanied my father to a reunion of former Air Force fighter pilots, I was able to take a tour of Tyndall Air Force Base (TAFB). While there, I was honored to be selected as a civilian physician asked to join the TAFB's Honorary Squadron Commanders program. In this capacity, I will be teamed with my Honorary Commander, Lt. Col. "Dirty" McCurdy, and will endeavor to increase public awareness and understanding of the armed forces and their mission. As the son of one of our nation's Greatest Generation, I'm excited to continue the legacy my father set before me.

Our goal is to strive for nothing less than excellence in all that we do. Contact us today!

**Daniel C. Daube, M.D.**

For more news:  
[www.gulfcoastfacialplastics.com/WS17News](http://www.gulfcoastfacialplastics.com/WS17News)

## RECONSTRUCTIVE SURGERY - Improving Form and Function

*Daniel C. Daube, M.D.*

We are used to hearing the media hype about the latest techniques, serums, and celebrities having cosmetic surgery; however, there are equally important and exciting reconstructive surgery options you should know about that may help you live a more fulfilling and optimal life. The most common reconstructive surgeries are skin cancer revision and nose surgery. And in some cases, a combination of reconstructive and cosmetic surgery achieves maximum results.

### **Cancer Reconstruction**

Most skin cancer reconstruction is performed at the time of the cancer removal. If the area is small, the wound may be closed by bringing the edges of the skin together. Another option is to use a local skin flap, where I take a portion of nearby skin, tissue, and blood supply and reposition it over the wound. For larger wounds, a skin graft may be needed to cover the area. Skin grafts are taken from another part of the body, such as the neck or leg. With complicated or extensive cancer, reconstruction may be delayed until the pathologist can confirm that the tumor has been completely removed.

### **Cleft Lip Repair**

A cleft is a hole, or space, where there should be tissue. Children born with a cleft lip may have difficulty eating, breathing, speaking, and hearing. The normal lip has three layers; a mucous membrane inside the mouth, a middle muscle layer, and an outer skin layer. The curve in the middle of the upper lip line that separates the vermilion part of the lip from the rest of the lip skin is referred to as Cupid's bow. In cleft lip repair, the three layers of the lip must be reconstructed and Cupid's bow defined. The goal is to minimize the visibility of the scarring so that the repaired lip can look as natural as possible. Lip and palate repair begin usually before the child is three months old.

### **Nasal Reconstruction**

A functional rhinoplasty, or nasal reconstruction, may be required to alleviate obstruction to the nasal airways. The obstruction may be caused by a deviated septum, polyp, tumor, or weakened nasal tissue. When someone has a deviated septum, the wall between the two sides of the nose is crooked; this can obstruct the flow of air through the nose. Side effects may include headaches, persistent nosebleeds, and sinusitis. The crooked portions of the septum may be trimmed, straightened, augmented, or

removed. Polyps and tumors are surgically removed. If a patient does not have enough cartilage in the septum to support the nose, this weakened nasal tissue can also impede breathing. You and I may decide to build up the nose with a cartilage graft.

### **Reanimation**

During a consult, my desire is to create an optimal plan to improve facial symmetry and restore facial animation. This may include one or any combination of procedures, as facial paralysis can cause problems of the eyebrow, eyelid, cheek muscles, and mouth. A brow lift or blepharoplasty (eyelid surgery) can address sagging skin. Implants may be used to fill a depression where muscle tissue has atrophied or been removed. A muscle transfer can improve mobilization and nerve stimulus to the mouth.

### **Scar Reconstruction**

The various surgical techniques for scar revision are designed to make the scar as smooth and invisible as possible. This can involve recreating the incision, moving skin around, or even moving the scar to make it less noticeable. A skin flap or skin graft may be used when the main concern is improved function, rather than appearance. We will evaluate what technique to use based on the type and location of the scar.

### **Trauma Reconstruction**

Facial trauma repair addresses correction of facial fractures or facial lacerations, commonly suffered during motor vehicle accidents, fights, domestic violence, athletic events, animal bites, etc. Traumatic facial fractures frequently involve the jawbone, cheekbone, eye socket, or brow, and require realignment of the bone segments and fixation for proper healing. Traumatic facial lacerations can cause scarring, facial nerve damage, salivary duct transection, tear duct injury, or even loss of a body part (e.g., ear). The extent of surgeries to repair the face depends on the degree of injury.

Reconstructive surgery can be life changing for many people. Make an appointment to discuss what treatments, or procedures, you should pursue. Be sure to contact your insurance company regarding reimbursement, as reconstructive and medically necessary surgeries are often covered in part or in full.

# Hearing Loss: Reasons to be Evaluated

By: James Beggs, M.D.



According to hearing experts at Johns Hopkins, adults with hearing loss are more likely to develop cognitive problems (like the ability to think and remember) than adults whose hearing is normal.

There are many lifestyle factors associated with hearing loss, but one that should not be ignored is that smokers are more likely to have a hearing loss than nonsmokers. It is

also important to understand that individuals with hearing loss are up to five times more likely to develop dementia than those with normal hearing. While you can't change your past, we can work together to ensure a better future.

Your brain is responsible for making sense of everything you hear. Hearing functions as a system—two ears and one brain. The ears take in a constant stream of sound information, and the brain identifies and recognizes meaningful



patterns. To interpret sounds correctly, the information our brain receives must be as accurate and as detailed as possible. The fewer details of sound the brain receives, the harder it has to work to make sense of it.

Small differences in sound patterns can make large differences in meaning. The brain relies on these subtle differences to avoid confusion. To understand what is being said, we must know the language and hear each sound pattern clearly. You must be able to listen in all dimensions, identifying sounds and where they come from. Our brain registers subtle sound differences to help pinpoint where a sound is coming from. Mentally locating a sound makes it easier to focus on what we are interested in and ignore the rest. Not being able to hear can be exhausting, and saps energy from life's activities.

Your hearing is as unique as your fingerprint. Modern science is gaining more insight about hearing and brain processing. So ask yourself – Do you zone out in conversations? If so, you not only miss important details and information, but you may also give others the impression that you don't care about and are uninterested in what they are saying. This can create problems in relationships.

When was the last time you had your hearing checked? Don't wait any longer to ensure a better future.

# The Professional Voice & Are You Hoarse?

By: Brian Gibson, M.D.



The voice is the production of sound and is an extremely complex subject. When I look at voice concerns, I look at several components from phonation (production of voice sound determined by vocal fold positioning), resonance (oral/nasal balance), articulation (production of speech sounds), respiration (production of airflow/energy for speech), and prosody (production of syllable emphasis/tone.) When a patient comes in with a complaint of voice or hoarseness, a thorough

history is taken such as onset, duration, character, and periodicity (morning hoarseness suggests GERD, while evening hoarseness may suggest vocal abuse.) Contributory factors also include infection or sore throat; a history of tobacco, voice, or alcohol abuse; a history of neurological disease, trauma, prior surgeries, or even psychological stressors may play a role!

As a history is taken, I make notes on the pitch, fundamental frequency, loudness, and timbre (quality). The exam includes assessing the quality of voice, which includes frequency as abnormally high (from tension producing mass, muscle tension, or late pubescence) or as abnormally low (from load producing mass, Reinke's edema, or hypothyroidism). Also taken into



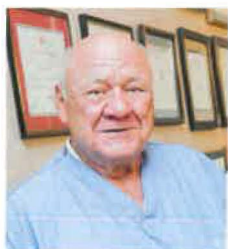
consideration is the abnormally loud voice (from hearing loss, vocal fold hyper function, or excessive respiration) or the abnormally soft voice (from conductive hearing loss, reduced respirations, vocal fold mass preventing closure, or neurological issues.) The exam includes an in-depth ear/nose/throat exam including a flexible laryngoscopy, which looks at the vocal folds.

A diagnosis covers a broad range of conditions that have to be eliminated one by one, but some patients never see an Otolaryngologist/voice specialist because of fear they will be told they may have cancer. This is the worst thing a person can do, because, in most cases, an early diagnosis means there is the potential for a much better outcome. Other people don't see a specialist because they think there is nothing that can be done about their voice, which means they may suffer needlessly.

Regardless, if you are experiencing vocal problems, please contact us to set up an appointment to assess exactly what is going on with your voice. Help is just a phone call away!

# Have You Lost Your Sense of Smell?

By: **Stephen J. Toner, M.D.**



Anosmia is the medical term for loss of the sense of smell. Our smell sensations result when the molecules suspended in air are inhaled, stimulating nerve fibers connected directly to the brain. When our sense of smell is blocked, due to things like congestion, an obstruction in the nose, inflammation, nerve damage, or altered brain function, you lose your ability to smell normally.

While total loss of smell is fairly rare, and the more common causes improve with time, symptoms are sometimes severe enough to cause significant problems or distress. An intact sense of smell is necessary to taste and enjoy food. Losing this sense could cause you to lose interest in eating, resulting in weight loss, malnutrition, or even depression. Also, the inability to detect fumes could be a safety concern.

**Treatment:** Though anosmia caused by brain damage or dementia does not respond to treatment, if the condition is caused by inflammation, polyps, or nasal obstruction, we can treat the symptoms with steroids, surgery, or a combination of both.

Here is a partial list of what may cause you to lose your sense of smell:

- Upper Respiratory Infections
- Nasal Polyps
- Head Traumas
- Toxic Chemicals
- Cocaine Abuse
- Aging (60+)
- Radiation treatment for head and neck cancers
- Medical Conditions (Alzheimer's, Parkinson's, Multiple Sclerosis, hormonal imbalance, and diabetic neuropathy.)



# What's Causing Your Vertigo?

By: **Vicki Nowak, M.D.**



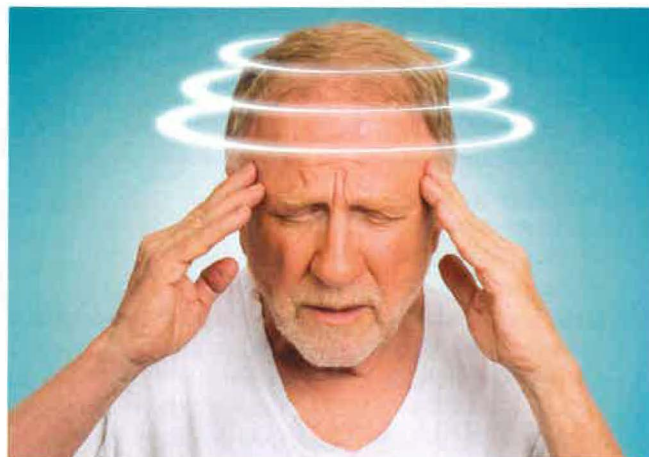
Benign Paroxysmal Positional Vertigo (BPPV) is the most common cause of vertigo. By definition it is Benign—not life threatening; Paroxysmal—meaning it comes on suddenly, in brief spells; Positional—triggered by certain head positions or movements; and Vertigo—a false sense of spinning/dizziness.

BPPV is fairly common, with a lifetime prevalence of 2.4 percent of

our population. It is extremely rare in children, but can affect adults of any age, especially seniors. The vast majority of cases occur for no apparent reason, with many people describing that they simply went to get out of bed one morning and the room started to spin. However, associations have been made with head trauma, migraines, and inner-ear infection or disease. BPPV is very commonly triggered by things like rolling over in bed, getting in and out of bed, tipping the head to look upward, bending

over, and quick head movements. This condition is a mechanical problem in the inner ear. BPPV occurs when some of the calcium carbonate crystals, which are normally embedded in gel in the inner ear, become dislodged and migrate into a different area of the inner ear where they are not supposed to be. When the head moves, nerve endings in the inner ear are excited and send a message to the brain that does not match what the other ear is sensing. This mismatched information is perceived by the brain as a spinning sensation, or vertigo, which normally lasts 10-20 seconds and always less than one minute.

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It is important to know that BPPV will not give you constant dizziness that is unaffected by movement or a change in position. It will not affect your hearing or produce fainting, headache, or neurological symptoms such as numbness, "pins and needle" sensations, trouble speaking, or trouble coordinating your movements. If you have any of these positional dizziness symptoms, contact our offices to schedule further tests to see if you may be experiencing BPPV.

# TATTOO REMOVAL

By: Donna Rizzuto, RN/Aesthetician



When you were young, a tattoo was a wild and crazy idea. Now... well it's another story in the workplace and your personal life. Many employers do not allow any tattoos to be visible, so special wardrobe changes may have to accommodate your choices. And, often tattoos that were chosen in your youth do not reflect your current lifestyle. There is a solution to



these dilemmas through tattoo removal services. Professional tattoos require 6-8 treatments, and the removal is surprisingly affordable. Call today to remove regrets without scarring!

# SOMETHING SUBTLE THAT MAKES A DIFFERENCE



By: Daniel Daube, M.D.

When I provide plastic surgery services to my clients, I always endeavor to make certain they look as natural as possible without people even noticing that they've "had something done." Instead, my patients simply look younger and more refreshed.

With the introduction of injectables, surgery can be postponed with the help of new products like Juvéderm's VOLBELLA® XC. Some women may wish to add subtle volume to their lips; others may want to soften the appearance of the vertical lines above them. Lines such as these are often caused by factors such as sun exposure or repeated muscle movement. This product may be right for you if:

- You would like to **add subtle volume** to your lips.
- You would like to **soften the appearance of your vertical lip lines**.
- You want **natural-looking, long-lasting results**.

Results are immediate and there is no downtime! Call today!

## Gulf Coast Facial Plastics & ENT Center



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[www.gulfcoastfacialplastics.com](http://www.gulfcoastfacialplastics.com)

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- 1303 Mosley Drive  
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