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Castle Medical Center

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Health Link

Shim Ching, MD, is a graduate of the prestigious McGill University



Shim Ching, MD

in Montreal and earned his medical degree from the University of

British Columbia. He completed his plastic surgery residency at Canada's McMaster University and received additional surgical training in Geneva, New York City, Toronto, Rio de Janeiro, San Francisco, Seoul and Honolulu.

He is board-certified.

Surgical Weight-Loss Seminar

Wednesdays, April 16,
May 21, June 18
6 p.m.

Learn about Castle's comprehensive surgical weight-loss program from bariatric surgeon Steven Fowler, MD, and other members of the bariatric team. Registration is required. Call 263-5400 to register and for information.

FINDING YOUR NEW SHAPE

Body contouring smoothes skin after dramatic weight loss

BY MELE POCHEREVA

The development of safer, less invasive procedures has led to a surge in the number of weight-loss surgeries in recent years. With bariatric surgeries on the rise, a relatively new field of post-bariatric plastic

surgery has emerged in order to address the special needs of patients who have accomplished massive weight loss in a relatively short period of time.

THE FINISHING TOUCH Rapid weight loss leaves large amounts of excess skin without the elasticity to fit the patient's new body size.

While exercise may help tone some areas of the body, cosmetic surgery can provide the "finishing touch" to bariatric weight-loss procedures, explains Shim Ching, MD, a board-certified plastic surgeon who has a special interest and advanced training in post-bariatric cosmetic surgery.

Dr. Ching recently became affiliated with Castle Medical Center's Surgical Weight Loss Institute, whose team of obesity and weight-loss experts uses a multidisciplinary approach to assess each patient's health issues and develop a personalized weight management plan.

"About 10 percent of our post-bariatric patients elect to have cosmetic surgery, which usually is performed after they have lost 60 to 70 percent of their excess weight and their weight has stabilized," says Steven Fowler, MD, a bariatric surgeon and medical director for Castle's program. "For those who do opt for this additional surgery, we're pleased to have someone with Dr. Ching's qualifications

and training associated with our program."

IT'S NOT JUST ABOUT LOOKS "There are medical as well as cosmetic reasons for post-bariatric surgery," Dr. Ching says. "The extra folds of skin resulting from the weight loss, especially in the trunk area, not only can be awkward and embarrassing for the patient, but the excess skin also can lead to rashes and hygiene issues."

AMAZING RESULTS New surgical techniques have been developed to contour that extra skin, using a combination of circumferential body lifts; thigh, arm and breast lifts; and liposuction to help complete the new image that patients have worked so hard to achieve.

Depending on the scope of the procedures, recovery time can be as short as one week, or up to four weeks or more.

The result is a much flatter abdomen, removal of waist "rolls," and lifting of the outer thighs and buttocks.

"It's a difficult surgery and is not practiced by most plastic surgeons in Hawaii," Dr. Ching says, "but I find it very rewarding. Weight-loss surgery is a life-changing process, both physically and psychologically. Restoring a patient's body image through post-bariatric cosmetic surgery completes that process, and also does wonders for the patient's self-image."



For more information about Castle Medical Center's Surgical Weight Loss Institute or to make an appointment with the program coordinator, call 263-5176 or 263-5174.



JUNE 30
SAVE THE DATE

CHIP IN FOR CASTLE—see page 8.
Tournament proceeds will benefit women's services.