

JANUARY • FEBRUARY 2018
OURHEALTHRICHMOND.COM

OurHealth richmond

Keeping Your HEALTH in the Game of LIFE

MADE A HEALTHY
MEAL FOR
THE FAMILY

TOOK THE
ELEVATOR

MADE
APPOINTMENT
WITH PRIMARY
CARE PHYSICIAN
FOR ANNUAL
PHYSICAL



EXHAUSTED
FROM WORK.
GO LEFT TO SKIP
THE GYM AND GET ICE
CREAM INSTEAD.
OR GO RIGHT FOR AN
EXHILARATING HOUR OF
CARDIO

HIKED 4 MILES
WITH NEW
BEST FRIEND

LOST 10 POUNDS
BUT GAINED
BACK 12



TODAY'S THE SKI!
GO LEFT TO RUN
THE RACE! **OR**
GO RIGHT TO
PLEAD AN ACHY
KNEE AND SKIP
THE RACE



HAD A HEALTHY
BREAKFAST WITH
THE KIDS

FOUND A
SUSPICIOUS MOLE
ON YOUR ARM

SKIP YOUR
DENTIST
APPOINTMENT

SOAKED UP
SOME SUN

8 12*314

RICHMOND VA 23235-1108

10230 CHEROKEE RD

RECEPTION AREA COPY

NIAMTU IMAGING SYSTEMS

MR. JOSEPH NIAMTU

*****SCH 5-DIGIT 23235 FSSD



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US POSTAGE
PAID
ROANOKE, VA
PERMIT #78



Emma Carson

PSEUDONYM | AGE 14

Emma Carson was born with protruding ears, and for years she suffered from bullying by other kids and even hurtful comments from adults. “I had to deal with a lot of bullying,” she says, “and I was called a lot of names.” Emma was so affected by the comments that her mother, Sarah, worried incessantly about her. “I worried my daughter would do the unimaginable,” she says. “That is a parent’s worst nightmare.”

Emma struggled with her self-confidence and self-image. “I didn’t think I was pretty,” she says. “I started to get angry with people, and I felt like everyone was laughing at me.”

This year, Sarah took Emma to see cosmetic surgeon Joseph Niamtu, III, DMD, who performed an otoplasty. Dr. Niamtu explains, “The procedure involves removing excess cartilage and reconstructing the delicate anatomy of the normal ear. The combination of these surgical procedures allows the protruding ear to set back in a more normal position.”

“I love wearing my hair up! I feel pretty now.”

- EMMA CARSON

Since the procedure, Emma’s life has changed dramatically. She now feels comfortable wearing her hair up, and she doesn’t worry as much about the way she looks. “I LOVE how

my ears are,” Emma says. “People look at me now instead of my ears.”

According to Dr. Niamtu, “The transformation resulting from an otoplasty is always immediate and amazing. The day after surgery when the bandages are removed and the patient sees their ears in a normal position for the first time ever, the whole room often tears up. It is an extremely emotional moment for most people.” Dr. Niamtu adds that the procedure immediately boosts the patient’s confidence, as it has for Emma.

For Sarah, the procedure has assuaged some worry. “I couldn’t be happier for her,” she says. “Emma looks in the mirror and just smiles.”

HEALTH CONDITION Protruding Ears

ISSUES EMMA EXPERIENCED Bullying and low self-esteem



MEDICAL PROVIDER
Joe Niamtu, III, DMD