## JANUARY · FEBRUARY 2018 OURHEALTHRICHMOND.COM CICHMOND MADE A HEALTHY MEAL FOR THE FAMILY JANUARY · FEBRUARY 2018 OURHEALTHRICHMOND.COM CICHMOND CICHMO

Keeping Your HERALTH

in the game of

LIFE

LOST 10 POUNDS BUT GAINED BACK 12

TODAY'S THE SK!
THE RACE! OR
DANACE

KNEE AND SKID

8 12\*314

MR. JOSEPH NIAMTU NIAMTU IMAGING SYSTEMS 10230 CHEROKEE RD RICHMOND VA 23235-1108 RICHMOND VA 23235-1108

ի Պեն Մի Արդանի հայարանի հայարանի հայարանի հ

PRSRT STD US POSTAGE PAID ROANOKE, VA PERMIT #78 HAD A HEALTHY
HAD A HEALTHY
BREAKFAST WITH
BREAKFAST THE KIDS

FOUND A SUSPICIOUS MO ON YOUR ARM

EXHAUSTED FROM WORK. GO LEFT TO SKIP

THE GYM AND GET ICE

CREAM INSTEAD.

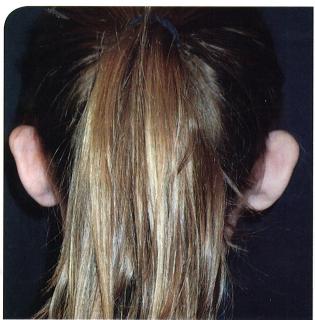
OR GO RIGHT FOR AN

EXHILERATING HOUR OF

CARDIO

SKIP YOUR DENTIST APPOINTMENT

SOME SUME





## Emma Carson

PSEUDONYM | AGE 14

mma 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

"I love wearing my hair up! I feel pretty now."

- EMMA CARSON

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."

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