

# a better me

“Reshaping the faces and figures of the world, both famous and not-so-famous,” is how cosmetic and reconstructive surgeon Dr. Steven Bloch describes what he does at his Chicago practice. “Most patients aren’t interested in looking like someone else. They just want to be refined.”

He believes in providing the most competent, elegant, safe and aesthetically pleasing medical care. Just as during Greco-Roman times, when the human form reached its pinnacle in art, Dr. Bloch believes that plastic surgery is on the verge of its pinnacle in combining art and science. “Plastic surgery is the only field in medicine where art is the inspiration for science,” he says.

Always on the cutting edge, Dr. Bloch is receptive to new procedures, provided they are well-grounded in sound scientific and surgical principles. “An important aspect of what I do is to listen to my patients, determine if their desires are realistic, and then technically deliver them in a safe manner,” he says.

Dr. Bloch’s Skin Deep Medical Spa provides non-invasive skin rejuvenation and body treatments, as well as an array of cosmeceuticals. His sense of beauty and design is reflected in his office suite, which combines neo-classical design, containing elegant classical sculpture and art, with the warmth of wood in a contemporary setting. “We designed the center to be architecturally interesting and comfortable,” Dr. Bloch says.

Word has spread about the doctor, who has appeared on *The Oprah Winfrey Show*, Discovery Channel, CBS, NBC and Fox, and has been featured in countless publications. In addition to running a busy private practice, Dr. Bloch has served as president of the Chicago Society of Plastic Surgeons. Visit [www.skindeepmedicalspa.com](http://www.skindeepmedicalspa.com)

#### BOARD CERTIFICATION

American Board of Plastic Surgery

#### MEDICAL DEGREE

State University of New York

#### SURGERY INTERNSHIP

Northwestern Memorial Hospital

#### SURGERY RESIDENCY

University of Wisconsin

#### PLASTIC SURGERY RESIDENCY

University of Wisconsin

#### AESTHETIC SURGERY FELLOWSHIP

Simon Fredricks, MD-Houston, TX

#### AFFILIATIONS

American Medical Association  
American Society for  
Aesthetic Plastic Surgery  
American Society of Plastic Surgeons  
Chicago Medical Society  
Illinois State Medical Society

#### AREAS OF EXPERTISE

Body Contouring  
Breast Surgery  
Facial Fillers  
Facial Rejuvenation Surgery  
Non-Surgical Alternatives

#### LOCATION

Highland Park, Illinois

## DR. STEVEN P. BLOCH

**OPERATING ROOM STYLE** Confident and assured **FAVORITE PART OF YOUR JOB**

I really like being in the operating room. You are totally in control. It is like you are painting and

your patient is the canvas **WHAT FASCINATES YOU MOST ABOUT THE HUMAN BODY** Its

complexity. It is mind-boggling to me **WHAT ONE LIFESTYLE CHANGE COULD MOST**

**BENEFIT OUR HEALTH** Eat better, watch your weight and protect your skin from the sun

**ALTERNATIVE OCCUPATION** Maybe an architect **HOBBIES** Collecting Roman antiquities.

I don’t own them. I am just their keeper **PLACE YOU GO TO ESCAPE THE OFFICE** Skiing at

my place in Telluride **PRO BONO WORK** Raising funds for Operation Smile, which pro-

vides plastic surgery to low-income children who have deformities

#### INSIDE INFORMATION

### THERMAGE®: A NEW LOOK

Dr. Bloch says that the Thermage procedure is one of the most effective non-invasive treatments for **FACIAL REJUVENATION**. The procedure is an advanced way of tightening loose skin and requires only the touch of a sophisticated device to the tip of the skin. It is performed with an advanced radio-frequency device called **THERMACOOL™ TC** and requires no incisions or recovery time. The top layers of the skin are protected with a cooling spray while the radio-frequency energy heats the collagen in the lower layers. Over time, new collagen grows to further tighten skin and produce a more youthful appearance. “Externally, you look fine and can go out to dinner that day,” he says. “You have stimulated the collagen, so over the next few months you get the tightening of skin. This won’t put facelifts out of business, but it **MAY DELAY THE FACELIFT**, or put off the second one.”