FAVORITE PART OF YOUR JOB
I enjoy all aspects of what one lifestyle change could most benefit our health: lose weight and be active.

ANTI-AGING ADVICE
Avoid diets. Just eat more natural carbs and avoid white carbs, like pasta and bread.

HOBBIES
Skiing and horseback riding

PRO BONO WORK
I work on burn patients with the burn center, Saint Barnabas Medical Center, in Livingston.

I WOULD LIKE TO BE REMEMBERED AS
A decent human being.

THE LATEST IN LIPOSUCTION TREATMENTS

From liposuction to gastric bypass, various procedures can help obese people lose weight. But what about those with truncal obesity—people genetically predisposed to have lean necks and extremities, but whose torsos are heavy, and for whom dieting, exercising or even gastric bypass simply won’t help? For these people, one solution is VASER LIPOSELECTION. In this procedure, Dr. Asaadi targets the areas of fat hardest to lose—such as the chest wall, upper and lower back, hip rolls and abdomen, as well as the pubic area and gynecomastia (male breasts). Through a small incision, a “cannula” is inserted to emulsify fat through ultrasound energy. Once broken down, the fat is removed through liposuction. Liposuction allows doctors to target larger, hard-to-target areas beset by hard, fibrous fat. Using Vaser, quite often the fibers that hold the skin to the muscle and fascia remain intact, allowing the skin to contract. If the skin hasn’t contracted after several months, the patient can undergo a breast or body lift or a tummy tuck. The results can be astonishing and relatively permanent, especially for people who have had gentleness meant a lifetime of obesity. “All of a sudden, someone who had a crippling problem has become a different person.”

The human body should be harmonious. From the face and neck, the torso and through to the extremities, the natural symmetry and scale of the body should present a balanced, beautiful appearance.

Dr. Asaadi is a skilled plastic surgeon whose practice is dedicated to cosmetic enhancement procedures, both surgical and nonsurgical, including Botulinum® fillers and laser treatments. He also performs the Contour Threads™ procedure, using special sutures in a minimally invasive operation that lifts the face and neck. The result is improved appearance and a faster recovery. No matter the procedure, each prospective patient undergoes intensive interviews with the doctor and his staff. Nurses and coordinators spend several hours discovering patients’ concerns and hopes. Then, the doctor meets with the patient, carefully comparing his or her expectations with the procedure’s likely outcome. No shortcuts. No compromises. And certainly, Dr. Asaadi says, no magic remedies or quick fixes for complex cases. Still, the goal remains the same: To get patients back to life faster, and with as little swelling, bruising and pain as possible. After all, in the search for harmony, that’s everyone’s ultimate goal.