

MONARCH PLASTIC SURGERY | OVERLAND PARK, KANSAS

balancing act

IT'S RATHER IRONIC: In a field that counts women as a large part of its clientele, plastic surgery is still something of a boys' club. As one of the few female plastic surgeons, **Dr. Regina Nouhan**, now with Monarch Plastic Surgery, has brought her board-certified skills and her unique perspective to her practice since 1994. **BY COLLEEN COOKE**

PHOTO BY DENISE WILLIAMS



REGINA NOUHAN, MD., F.A.C.S.	FAMILY BUSINESS	REFOCUS AND REFINE	THE CUTTING EDGE	PROCEDURES OFFERED	MONARCH PLASTIC SURGERY
<p>"In my surgery training, it was a little bit of a boys' club," she says. "As a woman, I had to prove myself more to overcome that stereotype."</p> <p>Dr. Nouhan covers a wide range of plastic surgery areas, particularly cosmetic enhancement, breast and hand surgeries and reconstructive procedures. After graduating from the boys' club, she has found that being one of the few female plastic surgeons in the area is an advantage.</p> <p>"Not only do I get many women who come to me because they feel that they can relate to me because I'm a woman, but I also get a fair amount of men because they don't necessarily feel comfortable going to a man about a cosmetic procedure," she says.</p> <p>As a practice with six plastic surgeons on staff, Monarch Plastic Surgery itself is something of a rarity. In most cases, plastic surgeons tend to have solo practices, but Monarch is able to provide customers with a strong lineup of professionals and specialties.</p> <p>"We have a well-balanced group," Dr. Nouhan says. "Each individual brings something special to the group."</p>	<p>With both her parents working in medicine – her father was an OBGYN and her mother has a master's in psychiatric nursing – Dr. Nouhan grew up in and around the business. She earned a bachelor's degree in psychology before continuing on to earn her MD. She believes that psychology background has helped her relate better to her patients.</p> <p>During her required surgery rotation, she unexpectedly fell in love with surgery, and of all the surgical specialties, plastic surgery captured her most.</p> <p>"In plastic surgery I found the diversity of things I could do as a surgeon is so much greater," she says.</p>	<p>When it comes to overall enhancement, Dr. Nouhan believes that it's crucial to keep the big picture in mind – and not zero in on this or that flaw.</p> <p>"One surgery can improve one problem, but if you're not bettering yourself as a person, you may be falling short," she says. "Improve your nutrition, skin care, exercise – all those things are part of the whole package."</p>	<p>These days, the push in plastic surgery is toward less-invasive procedures, which has been made possible by technology developments over the last 10 years. Still, only those with certain needs and situations are really good candidates for non-surgical treatments.</p> <p>Because of these changes, Monarch now offers a Skin Rejuvenation Center, where you can opt for a range of minimally invasive procedures, from microdermabrasion to leg vein treatment to a customized skin care regimen.</p> <p>"This is for the people who are not yet candidates for plastic surgery and for those needing maintenance after undergoing a cosmetic surgery. Non-surgical treatments can be very helpful," she says. "The center is a nice adjunct to our plastic surgery practice."</p>	<p>COSMETIC BREAST</p> <ul style="list-style-type: none">■ Enhancement, reduction and lift <p>FACE</p> <ul style="list-style-type: none">■ Sciton micro laser■ Face and neck lifts■ Eyelid surgery■ Rhinoplasty■ Facial rejuvenation■ Brow lift■ Endoscopic surgery■ Facial rejuvenation and skin care■ Laser skin resurfacing■ Chemical peels■ BOTOX® cosmetic injections■ Mini-peel■ Microdermabrasion■ Collagen lip enhancement <p>BODY CONTOURING</p> <ul style="list-style-type: none">■ Liposuction■ Ultrasonic liposuction■ Tummy tuck■ Body lift■ Thigh lift <p>GENERAL RECONSTRUCTIVE</p> <ul style="list-style-type: none">■ Breast reconstruction■ Hand surgery■ Trauma surgery■ Nerve compression■ Bone/joint■ Wound repair■ Skin cancer■ Burns	<ul style="list-style-type: none">■ Daniel Bortnick, MD, F.A.C.S.■ Richard Bene, MD, F.A.C.S.■ Regina Nouhan, MD, F.A.C.S.■ Jeffrey Dillow, MD, F.A.C.S.■ Keith Hodge, MD, F.A.C.S.■ Paul Leahy, MD <p>LOCATIONS</p> <p>5401 College Boulevard, Suite 203 Leawood, KS 66211 (913) 663-3838 Fax (913) 663-4434</p> <p>9401 N. Oak Trafficway, Suite 100 Kansas City, MO 64155 (816) 436-3262 Fax (816) 436-4687</p> <p>www.monarchps.com</p>

REGINA NOUHAN, MD, F.A.C.S.

- Undergraduate degree (psychology), University of Virginia
- M.D., Washington University (St. Louis) – residency in plastic surgery
- Barnes and Jewish Hospital – Washington University / Residency, General Surgery
- Fellowship in Hand and Microsurgery, Kleinert Institute in Louisville, Ken.
- Board certified by the American Board of Plastic Surgery in plastic and hand surgery
- Past president of Kansas City Plastic Surgery Society
- Has donated her time and expertise through medical missions in Croatia and the Philippines
- Hometown: St. Louis

