



Saving Beauty

Written by Jamie Rogers • Photography by Deogracias Lerma

In November 2010, after a routine mammogram, Patty Huff received devastating information: She had been diagnosed with breast cancer. She began chemotherapy and found herself becoming more dispirited and depressed by the toll the illness and treatments had on her body. Upon being diagnosed, Patty had sought the council of her longtime doctor and friend, Dr. Beatriz H. Porras. Dr. Porras consulted with Patty and promised her that after she had finished with chemotherapy treatment, she would give her a full makeover.

“There were many days when it was difficult to even leave the house,” says Patty. “Dr. Porras would call me and have me meet her for lunch, and it really helped to add normalcy to my life.” It meant so much to Patty how caring and how adamant Dr. Porras was to aid Patty through her treatments and then worked diligently to improve and fix the effects left by the chemotherapy.

“Cancer is so devastating, physically, mentally and emotionally,” says Dr. Porras. “It is my job to help do what I can to make a person feel better.” Patty’s illness and treatments left her skin painfully dry, cracked, and wrinkled. She developed large and dark circles under her eyes, and her skin sagged.

“I felt as though I was aging each and every day,” explains Patty. “I felt sad and unlike myself.” Dr. Porras started Patty on a skin care regimen, beginning with over-the-counter products such as aquifer and Cetaphil. After completion of her chemotherapy, Patty began additional treatments. Dr. Porras administered botox for the wrinkles in Patty’s face. She added fillers all over to correct her sinking cheeks and wrinkled lips. The chemotherapy also caused Patty to lose her hair, eyebrows, and eyelashes; with the aid of vitamin treatments, she and Dr. Porras are working to restore and regrow her hair.

“When Patty walked into my office today she was vibrant and glowing,” says Dr. Porras optimistically. “She seems very happy and is returning to her normal self again.”



“As devastating as cancer is and how difficult treatment is on your body,” explains Patty, “it was the first time in my life I stopped and realized that I really needed to take care of me.” Patty made the choice to do everything she could to take care of herself and her health. Her life had always been so busy that she had ignored her own well-being. She took the initiative to slow down, and it was easier to do since she had not only the support of her family, but also the encouragement and care from Dr. Porras.

“The true difference between Dr. Porras and most doctors is her dignity,” explains Patty. “She closes the impersonal gap between doctor and patient and truly cares. She not only did wonders to my physical appearance, but she helped me to love myself.” Patty gives Dr. Porras the highest of recommendations, because she understands faces and has an innate ability to create looks that are natural, balanced, and best suit the person.

“I see all patients as individuals,” explains Dr. Porras. “The most vital part of my job is listening to my patients, and understanding exactly what they want.” She believes that it is so important for people to take the time to do things to pamper and care for them. If there is something about a person’s physical appearance that bothers them or makes them self-conscious, Dr. Porras says they can change it and improve self-esteem and become completely comfortable with how they look.

Dr. Porras wants to stress the importance of cancer awareness and prevention. Cancer is a terrible and debilitating disease; it is incredibly important to take all measures possible to reduce your risk. It is crucial to live a healthy lifestyle, and staying away from things such as smoking and tanning, which can increase your risk. Your tanned skin might look great today, but the effects associated with overexposure could be dreadful down the line. ❖

Skin Diagnostics Laser & Rejuvenation is located at 9200 Montgomery Rd, Building E Ste 17A, Cincinnati, OH 45242. You can also visit their web site at www.cincinnati-skinlaser.com