

RADIANT LIFE[®]

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CAN
**ROMANCE
KEEP YOU
YOUNG?**



**BREAST
SURGERY 2.0**

THIS ISN'T YOUR MOTHER'S
BREAST AUGMENTATION!

**REDUCE,
RESHAPE,
RECYCLE:**

AN INTRODUCTION TO
BODY CONTOURING

**SKINCARE
TIPS FOR MEN**

WORKING WITH YOUR
METABOLISM FOR

**OPTIMUM
WEIGHT
LOSS**

BREAST SURGERY

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By Lindsay Haakenson

This isn't your Mother's breast augmentation

Years ago, the most important facts you needed to know about breast augmentation were quite different than today. In fact, the plastic surgery community has taken clinical trials into their own hands with the development of the Aesthetic Society Education and Research Foundation, designed to research as well as identify the safety and efficacy of new plastic surgery procedures.

Better technology leads to better techniques

Many members in the plastic surgery community have developed their own surgical suites to provide greater privacy and confidentiality for people interested in plastic surgery. The plastic surgery community has stepped up to the plate to develop some of the most innovative tools to perform surgery as well. Refined techniques which simplify surgery and allow for less invasive procedures are a couple reasons for the growth in plastic surgery over the years. The imaging technology available to people interested in plastic surgery allows patients to see before and after images of themselves and helps set reasonable expectations for the outcome of their procedure. Enhanced recovery aids that allow for smoother recoveries make plastic surgery more appealing than ever before.

Most common turned most popular

Breast augmentation has been one of the most common plastic surgery procedures for 35 years. Today breast augmentation is one of the most popular plastic surgery procedure performed.

According to the American Society of Plastic Surgeons (ASPS) 307,000 women had breast augmentation surgery in 2008. This is a 45 percent increase from 2000.

Silicone no longer in moratorium

For fourteen years until 2006, women interested in silicone breast implants could not receive them unless they were being used for breast reconstruction following breast cancer. Today, women over the age of 21 may receive newer-improved silicone breast implants. According to the ASPS, 47 percent of the total 2008 breast implants were silicone.

Saline round vs. tear drop

Saline breast implants are available in both round and tear drop shape. The round shaped implant tends to work well for women with tear drop breasts and the tear drop shape tends to work well for women with round breasts. Formerly, only round saline implants were available. 53% of the total 2008 breast implants were saline.



Pole Volume

Women may select from many different types of breast implants to help ensure the best fit. There are breast implants available with upper breast pole volume or lower breast pole volume, each filled with varying degrees of saline or silicone. There are a number of chest width sizes to choose from to provide the right coverage for the breast area and prevent under or over extensions. Women may select from different projection profiles as well.

Recovery time has decreased

Breast augmentation recovery time has decreased from two weeks or more to one week or less. This is because of advancements in technique and technology used during and after the procedure.

Smaller instruments lend a gentler hand

Breast augmentation today is less invasive than in years past. Plastic surgeons today use smaller instruments and visual guides to improve precision of dissection of the breast pocket which is necessary in breast augmentation.

Better pain meds make recovery easier

There have been advancements in pain medication that is used during and after plastic surgery. Plastic surgeons may administer pain medication during surgery to reduce post operative discomfort such as anti-pain packs in the breast pocket. They may provide healing remedies for swelling and other recovery symptoms to enhance the recovery process.

Improved outlook on life

Conclusive reports have supported that women often experience physical and psychological improvements following surgery. As you will read in this issue's Success Files, all three of the women featured experienced greater confidence and higher self-esteem after their procedure. The key is talking to your plastic surgeon to be sure that your expectations are attainable and realistic.

Advances make Secondary Breast Surgery more appealing than years past

Secondary breast surgery is more common than it was in years past. Secondary surgery may be appropriate for women interested in newer-improved breast implants, increasing breast size, or the desire to change out because of weight gain, weight loss or pregnancy.

When women think of revision breast surgery, concerns may be at the forefront of their mind when truly, secondary breast surgery may be an eye opening reward. If we think of the wear and tear on our bodies due to aging, pregnancy, weight fluctuations, breast sagging or droopiness, or breast feeding, it is no surprise that women who have had breast surgery might opt for a secondary breast surgery procedure. Add to this, the fact that newer improved breast implants are available when compared to former decades, it may not be

inappropriate for women to consider secondary breast surgery today. By exploring the reason why secondary breast surgery may be advantageous, it may be less intimidating and more understandable why more women have selected secondary breast surgery.

Reduce Breast Sagginess

For some women, breast sagging develops following an initial breast augmentation. This may occur because the breast implant selected by the patient is too large and heavy to meet the limitations of the body frame, underlying tissue and muscles. Alternatively, this may occur because of the natural aging process over time that contributes to density loss of glandular fat and tissue as well as the creation of breast sagginess or droopiness. Other women may know they need a breast lift to support their breast implant surgery and prefer to postpone this surgery until a year or more following the initial breast surgery in order to allow for breast implant settling and the prevention of excessive breast sagging or droopiness.

New Breast Implants

Some women wish to further increase breast size following an initial breast augmentation procedure. Other women may prefer newer improved breast implants such as tear drop shapes, silicone or "gummy gel" style implants. If the patient has had breast augmentation with incisions under the breasts and is changing out breast implants for size or newer improved breast implants, the plastic surgeon does not usually have to dissect the breast pocket, which was completed in the initial surgery. So, secondary breast surgery for these women is less invasive.

The good news is that secondary breast augmentation procedures may not be as discomfoting as the first breast surgery procedure in numerous ways. At times, the plastic surgeon may reopen the initial incisions to treat the breasts during secondary surgery. This provides for less trauma to the breasts. The techniques used in today's breast augmentation are advanced and less traumatic to the breasts. There are visual guides to allow the plastic surgeon to provide greater precision and less trauma to the breasts during surgery as well. In addition, recovery is not what it used to be decades ago. Recovery time has been shortened dramatically, making secondary breast surgery a worthwhile consideration for many women today. Whether for youthfulness, refreshment, enhancement or other reasons, women today have more reasons to withstand secondary breast surgery when desired or required to the most favorable result.

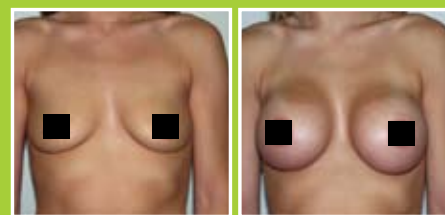
If you are looking into first time breast augmentation or this is your second time around, talk with your plastic surgeon about the options available to you. There is no longer a need to hide behind padded bras and oversized shirts. Give the girls a makeover and look forward to bikini season with confidence this year! **RLM**

RLM SuccessFiles

Radiant Life turns to people who have undergone plastic surgery, massive weight loss surgery, body lift, liposuction, tummy tuck, breast augmentation, breast lift, breast reduction, buttocks lift or cosmetic dentistry in order to learn firsthand about their experiences with the procedures they have selected. Their stories of success are an inspiration. Their triumphs through every phase are enlightening. Their lives have been redefined.

In this Success Files column, we feature women who are extremely happy with the results of their breast augmentation procedure. Of course, this information cannot replace the advice of a plastic surgeon. Every woman's story is unique and considerations are individualized. Yet, there is nothing else to wait for and much to gain by consulting with a plastic surgeon about breast augmentation.

Heather



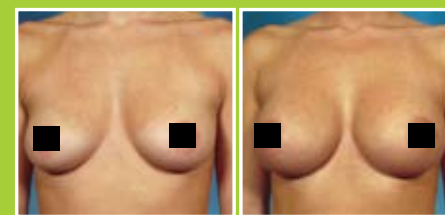
Age: 22
Marital Status: Married
Child: 2 years old
Breast Augmentation: Saline, Under Muscle
Occupation: Student, Business Major
Time Since Procedure: 1 yr.

Heather felt that her breasts didn't fit her body after breastfeeding her newborn. So, she conducted a significant amount of research to make the right decision about breast augmentation. By the time her child was one and a half years old, she proceeded with breast augmentation. As she explains, "I selected saline breast implants in case I would ever have a leak of the breast implant which would be saline water instead of silicone.

I chose to have my incision under my breasts, at a length of approximately 1.5 inches, which no one can see. I felt the risk was higher with incisions involving my nipples that may lead to the inability to breastfeed future children. Following the procedure, my recovery was remarkable, exceptionally less significant than what I thought it would be. I experienced slight discomfort while sleeping, but not while awake. My swelling wasn't terrible and my recovery was all around great. Today, I am more confident wearing my clothes. I feel prettier, too."

Photos courtesy of Gustavo E. Galante, MD

Donna



Age: 32
Marital Status: Married
Occupation: Asst. Manager, Banking
Breast Augmentation: Silicone, Partial Under Muscle
Time Since Procedure: 1.5 yrs.

It was confidence and youthfulness that Donna experienced from breast augmentation which created more optimism in life. In younger years, Donna was a large C breast size, but she had lost density in her breasts and had the desire to obtain fullness again as she turned 30. As she explains, "I could kick myself for not doing it sooner. I had always been confident, but breast augmentation has helped me to feel youthful again. I sought after classy breasts that were full and as natural looking as possible. I obtained my breast implants before my wedding to best fit into my wedding dress. I feel more real now with implants than I did with miracle bras. I obtained exactly what I wanted and I love wearing a bikini now."

Photos courtesy of Kent V. Hasen, MD

Jennifer



Age: 43
Marital Status: Married
Children: 2 — 15 yr. old son and a 12 yr. old daughter
Occupation: dental registered assistant
Breast Augmentation: Saline, Under Muscle

Jennifer noticed that her breasts became smaller and smaller with every child. She also felt this affected her intimate life. Today, Jennifer is grateful to her plastic surgeon for helping her make the right decisions about breast augmentation. As she explains, "I followed all of my post operative instructions including massage to ensure that my breast implants had a normal feel and look. I already had tear drop shaped breasts. So, my surgeon recommended round shaped implants since a tear drop implant shape may make my breasts appear droopy or saggy. I followed this advice and now have natural looking breasts. I am more confident and feel romantic. For me, it's tank tops on casual days and well fitting dresses on formal nights which would otherwise not occur if I had not undergone breast augmentation. Breast augmentation has totally changed my life."

Photos courtesy of Joseph A. Mele, III, M.D., F.A.C.S.