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NEW BEAUTY

SPECIAL EDITION


ANTI-AGING SECRETS

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BODY | WEIGHT LOSS

PILATES

DIET TIPS

TUMMY TUCKS

THE SECRETS OF

WEIGHT

A photograph of a woman's legs from the knees down, sitting in a hot spring. The water is bubbling and steam is rising from it. The background is dark and moody. The woman's legs are positioned horizontally across the middle of the frame.

33%

OF AMERICANS ARE ON A
DIET AT ANY GIVEN TIME

LASER LIPOSUCTION

BODY CONTOURING

LOSS

STATISTICS SHOW THAT MORE THAN 60 PERCENT OF AMERICANS ARE OVERWEIGHT, AND APPROXIMATELY 33 PERCENT OF AMERICANS ARE ON A DIET AT ANY GIVEN TIME. THESE NUMBERS PRESENT MUCH MORE THAN A VANITY ISSUE, SINCE BEING OVERWEIGHT INCREASES A PERSON'S RISK OF HEART DISEASE, DIABETES, STROKE AND MANY OTHER LIFE-THREATENING CONDITIONS. WHETHER YOU'VE NOTICED YOUR WAIST SIZE INCREASING WITH AGE OR YOU HAVEN'T GOTTEN AROUND TO SHEDDING THE BABY WEIGHT, THERE'S MORE TO WEIGHT LOSS THAN COUNTING CALORIES.



**INSIDE
tip**

For more information about losing weight, don't miss Jim Karas' new book, *The Cardio-Free Diet*. This guide to getting a better body is based on the latest research that says cardio may not be what the doctor ordered to achieve your weight-loss goals.

AFTER LOSING the weight...

THE SLIMMER SILHOUETTE AND BOOST IN SELF-ESTEEM THAT YOU ENJOY AFTER LOSING WEIGHT CAN OFTEN BE ACCOMPANIED BY SOME UNFORESEEN REMINDERS OF THE EXTRA POUNDS YOU CARRIED IN THE PAST. FROM STRETCH MARKS AND CREPEY SKIN TO A SIGNIFICANT AMOUNT OF EXCESS SKIN THAT CAN'T CONFORM TO THE BODY'S NEW CONTOURS, THESE CONDITIONS ARE TREATABLE WITH VARIOUS NONINVASIVE AND SURGICAL OPTIONS. JUST KEEP IN MIND THAT IT IS BEST TO CONSIDER THESE POST-SLIM-DOWN SOLUTIONS ONCE WEIGHT LOSS HAS REACHED A PLATEAU.

“Choose a doctor who can support and justify the technique that will be best suited for your specific body type.”

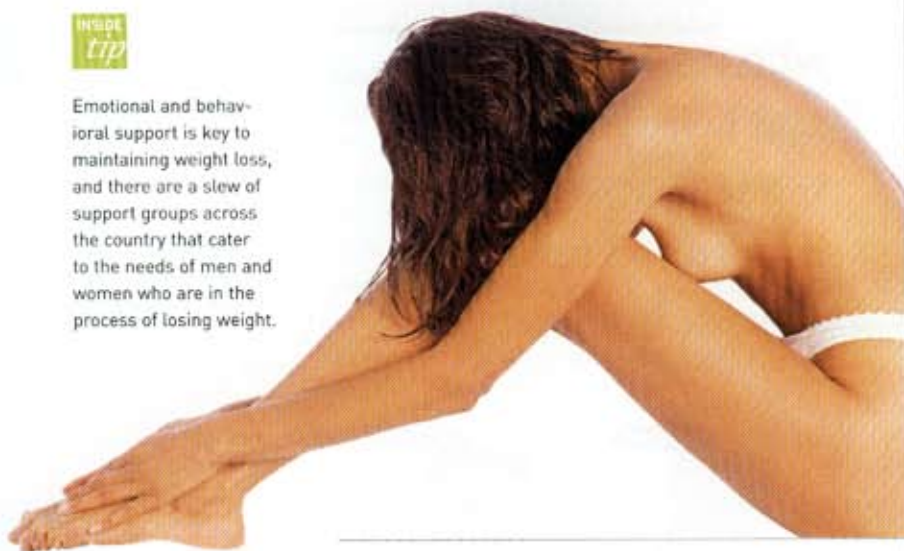


Liposuction of the back, inner thighs, outer thighs and hips. Procedure performed by Amy Simon, MD; Atlanta, GA.



**INSIDE
TIP**

Emotional and behavioral support is key to maintaining weight loss, and there are a slew of support groups across the country that cater to the needs of men and women who are in the process of losing weight.



SURGICAL | TUMMY TUCK

Losing even 20 pounds can result in slack skin. And aside from weight loss, aging and heredity can produce irregular contours as well. Body-contouring procedures smooth and tighten skin and underlying tissues that have lost their elasticity and help them conform to the body's actual shape. "Anyone who has gained or lost weight, carried a pregnancy full-term, or has weak abdominal muscles is a candidate for a **tummy tuck**," explains Atlanta plastic surgeon, Amy Simon, MD, who notes that a mini abdominoplasty offers more limited correction, removes less tissue and may involve less internal stitching. A mini tummy tuck entails removing skin and tissue from the lower abdomen and repairing the weak muscles on the inside without repositioning the belly button (which is generally required in a full abdominoplasty). Dr. Simon notes that the rectus muscles are the ones that give the coveted six-pack look to the abdomen. "As the midsection gets bigger, those muscles get stretched and separated in the center," a condition called rectus diastasis. In cases after childbirth, the muscles often are too spread apart to shape up, and must be surgically repaired. Even thinner women can benefit from this repair. "If they exercise afterwards, they really will see the benefits," she notes.

BEFORE



AFTER



Age 31. Seven months after tummy tuck surgery. Procedure performed by John E. Gross, MD, FACS; Glendale, CA.

FIND A DOCTOR NOW!



Turn to the *NewBeauty Workbook* on page 181 for everything you must know before selecting a doctor.

DID YOU KNOW?

Plastic surgery to reshape the body after massive weight loss is best performed after weight loss has stabilized and been maintained for at least six months.

SURGICAL | GASTRIC BYPASS

"The most popular weight-loss surgery in the United States is gastric bypass," says Dr. Nagle. This procedure limits the amount of food your stomach can hold and affects the body's absorption of calories and nutrients. The Lap-Band is another option, but it affects the size of the stomach simply by the placement of an inflatable band around the stomach, without altering the digestive process. This band can be loosened or tightened as required to limit the size of the stomach pouch. Used worldwide for a number of years, it is the only FDA-approved weight-loss device available in the United States.

Since these procedures are minimally invasive thanks to advances in laparoscopic surgery, recovery generally is speedy. Gastric bypass still requires at least an overnight hospital stay, but the Lap-Band procedure can be performed on an outpatient basis. While these are reversible in theory, they rarely are because doing so will result in weight gain. Dr. Nagle stresses that, "Weight loss operations should not be viewed as a 'quick fix' but rather as a 'tool.' We know that a successful long-term outcome requires a life-long commitment to exercise and diet modification as well as a multidisciplinary team of healthcare providers to ensure careful follow-up."

SURGICAL | EXCESS SKIN

After losing large amounts of weight, the excess hanging skin that remains can be problematic.

Severe cases of excess skin can also lead to rashes, irritation and physical discomfort. In these instances, bodylift surgery is the only recourse, essentially trimming the excess skin so it conforms to the body's new contours. The key to any of these surgeries, says Dr. Simon, is "not to take a cookie-cutter approach because no two people are the same, and we have many methods at our disposal." The skin-reducing reconstruction surgeries must be custom designed for each patient.

Before considering body contouring after massive weight loss, patients should be at a stable weight for about six months, which depends on the surgical weight-loss procedure used. The procedures—usually performed in stages—can be limited to particular areas of the body, including the breasts, arms, stomach, thighs and buttocks, or address multiple regions as with the circumferential bodylift, which can remove excess skin and fatty tissue from the middle and lower abdomen, hips, outer thighs, back and buttocks, as well as tighten the muscles of the abdomen wall in one or two stages.

HOW FAST DOES THE WEIGHT COME OFF?

Gastric bypass patients generally lose 50 percent of their excess weight in the first year, and up to 70 percent of this excess weight stays off for the long term. Weight loss with the Lap-Band is slower, averaging about three to four pounds per month, with 50 to 60 percent of the weight staying off for good. To optimize weight loss, patients need to develop healthy lifestyle habits such as frequent exercise and compliance with their post-bariatric surgery diet.



35 years old. One year after lower bodylift with circumferential liposuction of the hips. (This patient lost 120 pounds after gastric bypass.) Procedure performed by Ramsey Choucair, MD; Dallas, TX.