

ezyhealth & beauty

The latest
**MEDICAL
EXPRESS**
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Strength
exercise
works!

Jessica Tan
From pudgy
to beauty

Optical Special

Bye bye to LASIK myths

What goes on during
complex cataracts surgery?

Guide dogs for blind
relatives

Do **organic**
ingredients
matter?

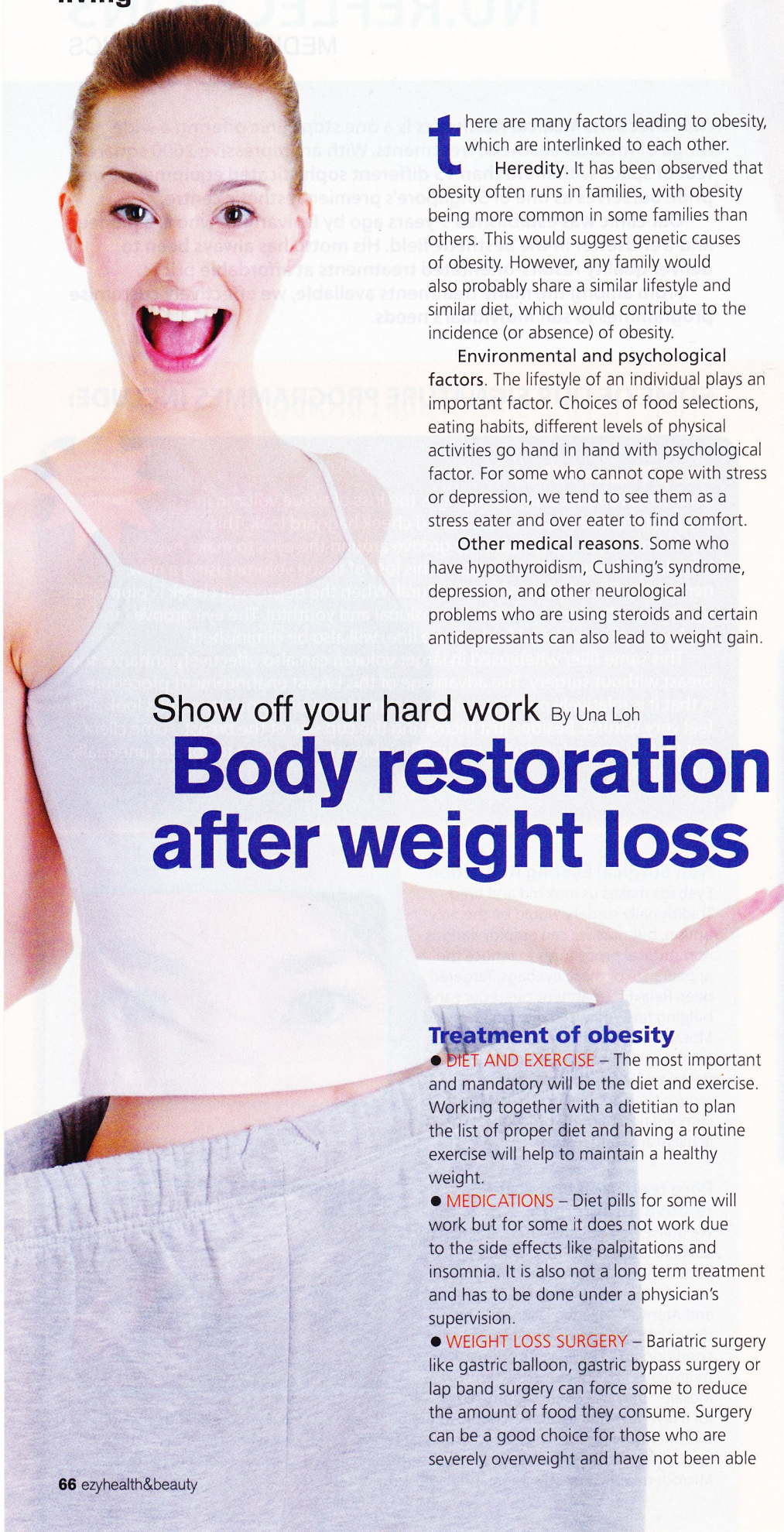
EXCLUSIVE!

**Cancer
prevention &
detection**

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Low calorie
fruits to help
you get fit

**Eye creams,
gels & serums
that do
the trick!**



Show off your hard work By Una Loh Body restoration after weight loss

there are many factors leading to obesity, which are interlinked to each other.

Heredity. It has been observed that obesity often runs in families, with obesity being more common in some families than others. This would suggest genetic causes of obesity. However, any family would also probably share a similar lifestyle and similar diet, which would contribute to the incidence (or absence) of obesity.

Environmental and psychological factors. The lifestyle of an individual plays an important factor. Choices of food selections, eating habits, different levels of physical activities go hand in hand with psychological factor. For some who cannot cope with stress or depression, we tend to see them as a stress eater and over eater to find comfort.

Other medical reasons. Some who have hypothyroidism, Cushing's syndrome, depression, and other neurological problems who are using steroids and certain antidepressants can also lead to weight gain.

Treatment of obesity

● **DIET AND EXERCISE** – The most important and mandatory will be the diet and exercise. Working together with a dietitian to plan the list of proper diet and having a routine exercise will help to maintain a healthy weight.

● **MEDICATIONS** – Diet pills for some will work but for some it does not work due to the side effects like palpitations and insomnia. It is also not a long term treatment and has to be done under a physician's supervision.

● **WEIGHT LOSS SURGERY** – Bariatric surgery like gastric balloon, gastric bypass surgery or lap band surgery can force some to reduce the amount of food they consume. Surgery can be a good choice for those who are severely overweight and have not been able

to control their weight despite sincere, long-lasting, and strenuous efforts to do so.

How to restore the body

According to Dr Marco Farria Correa, he sees a large amount of patients coming in nowadays to restore the body after their massive weight loss. The main reason is skin... lots of skin. Body lifting surgeries will tighten areas like arms, abdomen, breasts and thighs. However, one has to comprehend the extent of scarring that involves which will fade away in time if done by an experienced plastic surgeon who does the incisions according to the natural anatomical folds of the body. For most, it is a satisfying trade off versus the skin. However these surgeries have to be done in stages.

1 DERMALIECTOMY/ABDOMINOPLASTY –

The huge amount of excess over redundant folds of skin known as pannus can lead to lower back pain which results from lordosis. These loose and hanging skins can also make it very difficult to find clothing to fit. The basic activities of walking and running may become difficult. It can also cause skin irritations or intertrigo which can give rise to infections of the skin due to the folds of skin that can cover the pubic area, making personal hygiene difficult.

2 BREAST LIFTING SURGERY/MASTOPEXY

– The excess skin which can cause skin irritations beneath the breasts can be tightened and removed and the hanging and saggy breasts can be lifted up. If the breast is still quite empty, a small silicon cohesive gel implant can be used to refill the emptiness.

3 UPPER ARM BRACHIOPLASTY –

It is known as Bat's wings to most and is a procedure that involves tightening of the loose skin of the upper arms. It's a procedure often sought by one who has gone through weight loss. However it is often not performed due to the aversion of a long scar running from the axilla to the medial elbow.

4 THIGHPLASTY/THIGH LIFTING –

It is a procedure that is commonly used to treat excess skin in the thighs. It depends on the degree of severity that one presents. The surgery can be limited to a half; it can be only at the inner part of the thighs or a circumferential thigh lifting.

It reduces the medial portion of the thighs from rubbing into each other, causing friction and skin irritations. ♥

Thanks to Dr Marco Faria Correa for the information provided to this article.