

# ezyhealth & beauty

**Processed  
foods that can  
sabotage  
your health**

# 15

PLACES TO  
GET THE BEST  
MOONCAKES



## Crowning Glory Special

DIY treatment to tame  
your mane

**Hair transplant wonder**

Hair colour treatment  
revelations

The latest  
**MEDICAL  
EXPRESS**

PAGE 47

**MUST-READ**

**Oral chemo  
can be a wise  
option**

**Diana Ser**  
**Genuinely real  
in every way**



Fine dining  
recipes from  
**Morton's  
Steakhouse**



Confidently show your back By Una Loh

# Bare your back

**b**aring one's back seems like a breeze for most ladies but showing fat is always the common complaint from every lady in the changing room despite how stunning they look in their evening gowns or bare back tops.

Ladies always complain about the thick layer of fat on their back, which they like to call as "Bra Fat," "Back Fat" or even "those horrible wings at my back". The list of complaints does not stop on their backs. It goes to the arms where we classify them as flabby arms or bat's arms. Even the bulge around the armpits, the corner of the breasts and the fats that bulges out when wearing those skinny jeans, join the list as well.

## Bulging fat problem

What actually are these? According to Brazilian Plastic Surgeon Dr Marco Faria Correa, who practises at the Gleneagles and East Shore Medical Centre, it is actually unwanted fats that have been accumulated. It is also known as lipodystrophy.

Despite having an active lifestyle and vigorous exercise, fat in these areas still accumulate. No matter how skinny a person is, there is always some fat in some area of the body that can be surgically removed with liposuction or liposculpture to have a nicer body silhouette. It also helps to bring back confidence and a beautiful body shape.

## What procedure is right for you?

To treat those flabby arms or bat's wings, Dr Marco suggests two to three sessions of liposuction around the arms to reduce the thickness of the fat layer. This is done in the deep surface to create a web of collagen deep scars without touching the very superficial layer so that the skin will retract bit by bit. However, to achieve good results, it has to be complemented with a mandatory

work to build arm muscles and to create a firm muscle tone on the arms. For those who have very flabby arms, an arm lifting surgery is the best way to tighten the arm but the disadvantage is a long scar.

The fat that is around the armpit and the corner of the breast is a very common problem for most ladies or even men! This fat can also be due to an extra accessory breast gland, which is an extra breast tissue that grows in the anterior axilla or the front of the armpit. A common way of solving this is to flatten the area by using a small cannula to perform liposuction on these areas. If the area is still quite thick, an excision of these accessory breast surgeries can be performed and the scar is usually hidden within the crease of the armpit.

Another common problem is the bra fat or those horrible "wings" that are on the back. These area bulges more when a tight bra is worn, which creates rolls of fat. According to Dr Marco, this is an area that exercise will not help that much to rid off. Liposuction is the most frequent treatment for these kinds of deformities. In rare cases, skin resection can be done.

When skinny and low waist jeans are put on, the next complaint comes to the hips – the love handles as well as the lumbar sacral fats (those bulges that appear around their lower back) soon appear. Even the fatty tissue on the middle upper back, which is called the buffalo hump, is also not spared.

## Better shape with liposuction

With the aid of liposuction, the back of the body can be shaped into a perfect silhouette and the change can be quite dramatic. The contour of the buttock with the removal of fat accumulation around the lower back or lumbosacral area gives the buttock more definition.

According to Dr Marco, the procedure is planned with him and the patient in front of the mirror. Pre-surgical photos are taken and printed out for the patient to illustrate and inform the patient which are the problematic areas. The procedure is done in a surgically clean and state-of-the-art operating theatre as a day surgery or an over night stay.

Dr Marco removes the unwanted fat by lipo-sculpturing it to create the perfect body silhouette. Most of the time, an experienced doctor does liposuction of the back without difficulty. The surgery can be done with a variety of equipment like Hercules, Vaser, ultrasound assisted liposuction, vibro liposuction or laser lipolysis.

Which equipment is the best? The equipment doesn't matter if it is used by expert hands. Choosing the right doctor for the job is of utmost importance and the selection of method is also critical. If the excess fat to be used as an autologous fat transfer comes from areas like buttocks (as a buttock augmentation), it should be done with the traditional tumescent method or low pressure vacuum machine to preserve the lifespan of the fat cells so as to prevent traumatising the fat cells too much. Dr Marco uses a syringe and inserts the fat in a precise criss-crossing pattern, which he says most closely resembles the body's natural internal structure.

This procedure gives the advantage of removing fat from areas you hate and use them in areas that give you the advantage of sculpting your body. The price tag for removing fats in these areas is largely dependent on the extent of the liposuction needed, starting from \$8000 to \$18000. For many ladies, having a shapely and perfect derriere is a priceless prospect to match the price tag of their evening gowns! ♥

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





**MANY DOCTORS DO NOT LIKE TO DO LIPOSUCTION IN THE TUMMY? WHY? IS IT RISKY AND ANY SIDE EFFECTS?**

It is not risky as long as you select the right doctor with good experience.

Liposuction in the tummy is indicated for those who have very good skin elasticity with no stretch marks or no previous pregnancy. When there is over redundant fold of skin (a gap in the abdominal muscles known as rectus diastasis), the right procedure should be a tummy tuck/abdominoplasty to remove the excess skin and tighten the muscle. This will create an inner corset for the patient to have a flat and firm abdomen.



**IS FAT INJECTION A SAFE PROCEDURE? HOW LONG WILL THE FAT LAST? CAN MY FRIEND DONATE FAT TO ME?**

Fat is the best filler with minimal side effects. If fat is harvested and grafted properly, more than 50% can last forever but there is a limit of fat grafting per area. We cannot graft in lumps but in thin spaghetti form surrounded by tissues that will provide nutrition to the fat cells for survival.

So far, we have only used autologous fat transfer, meaning from the same individual. Maybe in the future, fat will be the best source for stem cells.



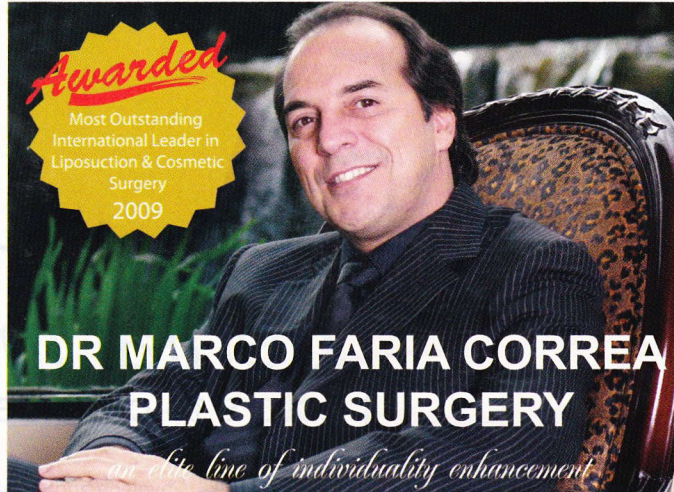
**CAN WE USE FAT FOR BREAST AUGMENTATION, AT THE SAME TIME FOR LIPOSUCTION?**

Yes we can. More and more are using fat as filler for many body areas. In breast reconstruction or to improve the breast contour, fat is very useful. For small breast enhancement (enhancing the upper pole), fat is very useful.

But there are limitations and side effects in fat transferring for breast augmentation. Results are not as predictable and stable as breast implants because part of the fat will be reabsorbed. We will need two or three times to achieve the desirable results. There is a chance of causing calcification, reducing the accuracy of detecting breast cancer. Oil cysts formation inside the breast can also occur. ♥

# Your liposuction questions answered

Some of the most common concerns that people have on liposuction By Dr Marco Faria Correa



## AVAILABLE SERVICES

### FACIAL REJUVENATION

- MINIMALLY INVASIVE ENDOSCOPIC BROW LIFT
- FACE AND NECK LIFT • EYELIDS SURGERY
- NOSE SURGERY • CHIN & CHEEKS SURGERY
- EARS- COSMETIC & RECONSTRUCTIVE

### BREAST SURGERY

- BREAST ENHANCEMENT WITH IMPLANTS & FILLERS
- BREAST REDUCTION & LIFTING
- MINIMALLY INVASIVE ENDOSCOPIC BREAST LIFTING
- NIPPLE REDUCTION

### BODY CONTOURING SURGERY

- LIPOSUCTION & LIPOSCULPTURE
- ABDOMINOPLASTY / TUMMY TUCK
- BUTTOCKS AUGMENTATION / BUTTOCKS LIFTING
- ENDOSCOPIC ABDOMINOPLASTY
- OBESITY SURGERY

### MEN SURGERY

- FACE & NECK LIFT • BODY SCULPTURING
- GYNAECOMASTIA • HAIR TRANSPLANT

### NON INVASIVE

- MICRO-LIPO FILLING FACIAL REJUVENATION
- BOTOX, FILLERS AND FAT INJECTIONS
- HANDS REJUVENATION
- FEMALE GENITAL REJUVENATION



## Dr Marco Faria-Correa Plastic Surgery

Gleneagles Medical Centre # 10-05  
6 Napier Road . Singapore 258499

East Shore Medical Centre # 02-07  
319 Joo Chiat Place. Singapore 427989

Tel : 65-6464 8075  
www.drmarco.com