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Extreme!
Are you over
exercising?

CHIAKI AND
MARIKO SHIMADA

Defying age
with their
mesmerising
looks

Feel good
Loving and
being loved

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YOUR BONES**
Understand
bone density
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Women's Wellness Special

Beauties who don't
look their age!

Vaginal infection

Menopause matters



Be well informed, advises Dr Marco Faria Corrêa By Sandra Generosa L Hernandez

Going for breast augmentation

admit it or not, there is a premium to looking good. Women realise that nowadays, more than ever, they need to take care of their health and physical appearance.

Enhancing the breast to enhance the look

Significant milestones in a woman's life include ageing, motherhood and leading hectic lifestyles that affect her total look. A female anatomy that is usually attached to plastic surgery is the breast. Unfortunately, when women go for consultation with a cosmetic surgeon for a breast procedure, they immediately connote it as a procedure to have a larger bust.

According to Brazilian plastic surgeon Dr Marco Faria Corrêa, patients should have a thorough understanding first of what is the right breast procedure for them. Women should veer away from unnatural looking breasts and this can be done through a well-informed choice of improved implants and procedures.

Breast augmentation has evolved

Dr Marco, a worldwide pioneer in using

endoscopic methods in plastic surgery, reveals that today's wide variety of implants and surgical options for their insertion and positioning ensure that breast augmentation surgery should never be a homogenous surgical approach.

For one, there is a choice between round implants and newer, anatomically shaped devices that a patient can choose together with her doctor. This will give her the best shape that will complement her body.

Proper counselling is an excellent practice that Dr Marco firmly believes in, when advising his patients. "It is very important for me to protect my patients for a possible disaster due to their ignorance of their breast procedure. I don't want my patients to suffer from all the likely problems of having too-big breasts," said Dr Marco. "Breast implants that are too heavy can be bad for the woman's back, and the body's support for the breasts will not last so long," he adds.

Realistic approach

Achieving a more natural look that is in harmony with the rest of the body is possible. Dr Marco believes that it is up to the surgeon to capitalise on the

patient's open mentality to achieve the best results.

"Surgeons must take the time to explain, show examples and be realistic with their patients. Both doctor and patients must talk about the good outcome of the procedure as well as the possible risks. You need to emphasise that the risk of a complication such as capsular contracture still hovers over a six percent possibility. Keloid scars are also a strong possibility for patients who have a strong tendency developing them," Dr Marco sums up.

Breast augmentation, like any surgery, still involves a bit of risk, but is still considered a safe way to improve a woman's physique and overall self-confidence. Post surgery discomfort will always be there such as drowsiness, nausea, chest tightness and soreness.

The feel good factor, though, after all the discomfort has eased away, is worth going through the procedure, assures Dr Marco. With the good number of patients going to his clinic for breast consultation procedure, women appear to be in total agreement. ♥

Dr Marco Faria Correa, is a plastic surgeon with clinics at Gleneagles, Eastshore and Camden Medical Centres.