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## COME BACK FROM A BREAK-UP

SHE DATED 7 MEN IN 7 DAYS, ANOTHER SWORE OFF GUYS FOR 6 MONTHS

## REPORT

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- VINTAGE
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**MATCHMAKE 2 FRIENDS**

**PEE STANDING UP**

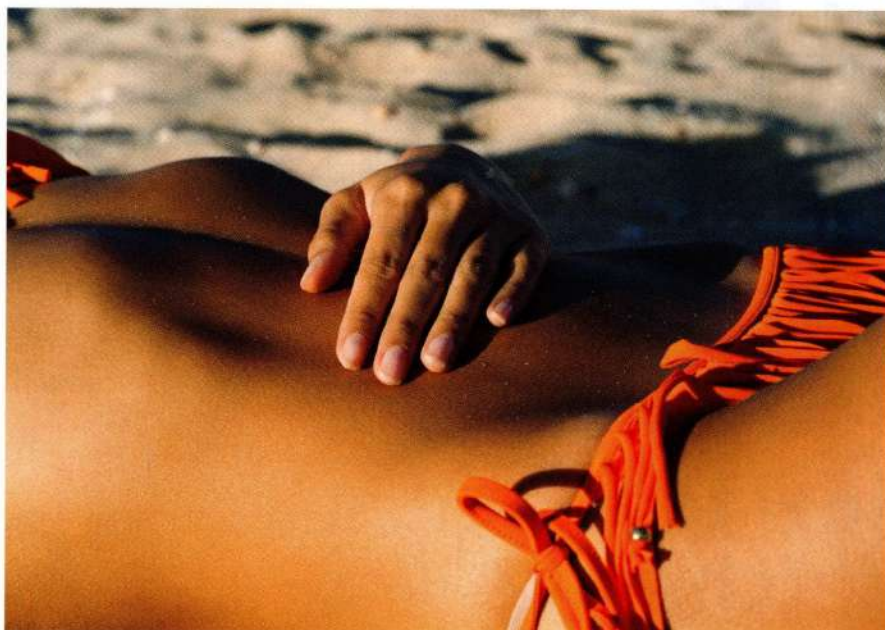
**TURN GYM TIME INTO "WE" TIME**

**INSURE YOUR PUP**



# TUCK IT ALL IN

You can improve the quality of your life by simply making sure that your abdominal or core muscles are strong and tight, because these extend to your pelvic floor, and together with the back muscles, they provide postural support.



Do you suffer from a dreadful tummy bulge that simply won't budge no matter how much you exercise? Do you have a tummy that "folds" over whenever you are sitting down? Are you experiencing poor bowel movements or incontinence along with the tummy bulge?

If the answer is yes, then these symptoms may be there because your left and right abdominal or core muscles have widened. This widened gap is known as the rectus diastasis. The result – your belly now sticks out and appears as a bulge, and it is a common condition among postpartum women or anyone whose weight fluctuates often, regardless of your age or gender.

## A strong core provides stability and longevity

The rectus abdominal muscles also play an important role in stabilising your spine and controlling your pelvic floor muscles. Depending on the severity of the rectus diastasis, it can cause backaches, a slipped disc, pelvic floor muscle dysfunction and so on. So, besides cosmetic reasons, repairing your rectus abdominal muscles can help to strengthen your core muscles.

If the gap between the left and right abdominal muscles is less than 2cm, it is possible to improve and strengthen the core muscles with

exercise. But beyond a 2cm gap, the only effective long-term method of removing a belly paunch is to repair the rectus diastasis with a procedure known as abdominoplasty or tummy tuck surgery, says Dr Marco Faria Correa, a leading surgeon in robotic abdominoplasty with a clinic at Mount Elizabeth Novena Specialist Centre.

## Traditional vs Robotic Abdominoplasty

There are a few ways to do a tummy tuck. The more traditional open method surgery leaves a bikini line scar, while mini abdominoplasty and endoscopic abdominoplasty procedures are less invasive and leave a less obvious scar that is hidden in the pubis area.

The latest technology is robotic abdominoplasty, which uses the Da Vinci surgical method of keyhole incision. Dr Correa pioneered this method, and the first case was performed in Singapore in 2015.

Best done on those without excess tummy skin, robotic abdominoplasty causes minimal scarring – there are just four incisions made, and the scars are only 0.5cm to 1.5cm long. In addition, there is minimal tissue trauma, a lower rate of infection and a faster recovery time of around two to four nights' stay in hospital. Expect only slight swelling and bruising that will subside within a few days after the surgery.

You can be back at work within two weeks but should stay clear of strenuous physical activities such as marathons or golfing for four to six months.

## WHAT ARE PELVIC FLOOR MUSCLES?

These muscles form the base of the abdominal or core muscles. They work with the abdominal (tummy) and back muscles and the diaphragm (breathing muscle) to support the spine and control the pressure inside the abdomen. If any of the muscles of the "core", including the pelvic floor, are weakened or damaged, exertions that increase internal abdominal pressures may strain the pelvic organs, and can result in the loss of bladder or bowel control.

## IS ROBOTIC ABDOMINOPLASTY FOR ME?

A tummy tuck works best on those who are not overweight but do not respond to exercise or diet, or those who are overweight and have excess skin. This surgery does not interfere with future pregnancies for those who have not given birth. This surgery is not only for women but for men as well.

**The good news:** This muscle repair medical procedure is covered by many insurance policies.