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BLAST FAT FAST

*This total-body workout
will leave you lighter
and tighter!*

Doing This
One Thing Will
Make You Look
Younger PG 82

8 Cushion
Compacts
For Flawless Skin

FUN + SPORTY
WAYS TO WEAR
METALLICS



Kate Upton

*reveals how
weight training
completely
changed her body*

STRONGER
BONES IN
60 SECONDS

SURPRISE, SURPRISE

**HAWKER
FOODS**

**That Contain More
Sugar Than You Think**

WHAT EVERY
WOMAN
NEEDS TO
KNOW ABOUT
DIABETES

*Best Post-Workout Drinks
To Relieve Sore Muscles*

BYE BYE, BELLY BULGE

Tummy still out there despite countless core exercises? It could be due to a condition called rectus diastasis. The great news: It's totally treatable, so you can stop sucking in for good.

A flat, taut belly is no doubt one of the most coveted body parts. Yet you could eat clean, exercise regularly, and still have a stubborn tummy. So what gives? For women, it's not uncommon to have a case of abdominal separation, also known as rectus diastasis. This happens when the linea alba, the connective tissue that runs through your mid abdomen widens, making you lose the connection of your core muscles. It is usually due to pregnancy – causing your belly to stick out even after childbirth. Besides pregnancy, abdominal separation can also occur from yo-yo dieting, which results in sudden weight gain and loss, as well as genetic conditions.

THE CORE OF THE MATTER Having a gap between the abdominal muscles means that their ability to function and your core strength are compromised.

Your core is a muscle system that involves your whole anterior abdomen, pelvic floor muscles, mid and lower back, and glutes. The rectus abdominal muscle is the long, vertical muscle that runs down from your body's midline. The core plays a vital role in making daily actions like standing, sitting and walking possible. It also holds your inner organs such as the bladder, intestines, pelvis and uterus in place. When the linea alba stretches, causing rectus diastasis, your core is weakened.

When any part of your core is weakened, the other muscles have to compensate by bearing more weight. Left untreated, abdominal separation often

leads to problems such as back pain, poor posture, constipation, and urinary incontinence.

NIP IT IN THE BUD Not sure if you have abdominal separation? Consult a doctor, who will also assess the severity of your condition. For mild cases, doing certain strengthening exercises may help. If your muscle gap is wider than 3cm, the best way to restore it is through a procedure similar to tummy tuck surgery or abdominoplasty, according to Dr Marco Faria Correa, a leading surgeon in robotic abdominoplasty with a clinic at Mount Elizabeth Novena Specialist Centre.

There are various surgical options: the conventional open method that leaves a bikini-line scar, the endoscopy method that leaves a less obvious scar, and the latest robotic abdominoplasty, which involves making keyhole incisions using the advanced da Vinci Surgical System to repair the core muscles.

WHAT IS THIS ROBOTIC METHOD? Introduced in 2015 and considered the gold standard of minimally invasive surgery, robotic rectus plication abdominoplasty has been shown to have minimal scarring and tissue trauma, plus faster recovery compared to traditional methods.

Best done on those without excess tummy skin, the robotic surgery involves making four incisions, which may leave scars between 0.5cm and 1.5cm that will be hidden within the bikini line.

Expect a hospital stay of two to four days, and some slight swelling and bruising in the first few days. You'll be able to resume daily activities in two weeks, and exercise after two months. Most insurance policies cover this muscle-repair surgery to some extent.

Dr Marco Faria Correa is the pioneer of this robotic surgery. It can be done at Mount Elizabeth Novena Hospital or Concord International Hospital. For more information, call Dr Marco Faria Correa Plastic Surgery at 6464-8075 or visit www.drmarco.com.