

Bombay Times

THE TIMES OF INDIA | WEDNESDAY, JUNE 30, 2010 BAH

LURE OF NIPS AND TUCKS

The young are taking to cosmetic surgery for every little thing. Priya Sugathan explores the trend and its repercussions

Hollywood actress Jessica Alba had to veer a Chinese girl away from undergoing a cosmetic surgery to look like her. It was desperate bid to win over her boyfriend whose favourite actress is Alba. "I think you should never have to change yourself like that. If somebody loves you, they'll love you no matter what," Alba is reported to have told her. She was successful, but there's a larger group out there who don't think twice about going under the knife to

change their looks. And that group is getting younger by the day.

Says Dr Sunita Dube, "Youngsters, including a segment of teens ask to get a botox done. What they don't understand is botox was created for women above forties. These women have lost the elasticity in their skin, and botox helps them to regain it. Liposuction and breast augmentations are the other things that they seek out when they don't need to. It's a generation that simply can't wait to get under the knife. The fact that surgery has gone up by 20 per cent in the last three years are indicative about the popularity of cosmetic surgery."

Ask cosmetic surgeon, Dr Mohan Thomas and he dismisses the recent report that teenagers are seeking out cosmetic surgery. "There may be a rare case of teenager undergoing cosmetic surgery, but that could be for cor-

MAKING AN INFORMED COSMETIC CHANGE

RHINOPLASTY

The surgery of the nose is most sought after by the young. People who are unhappy with the shape and form of the nose and also have a difficulty in breathing can undergo rhinoplasty. But it is also a complicated surgery as every millimeter in this surgery is important.

HAIR RESTORATION

There's been a rise of hair loss among the youth, which immediately triggers off a panic, stress and depression among them. But not every bald patch on your head need to undergo a transplant. There could be an underlying medical reason which can be corrected with medication, so take a second opinion.

LIPOSUCTION

Liposuction is again popular when it comes to getting rid of excess fat. Women especially opt for it, but they should realise that it's not a miraculous weight loss remedy. It only eliminates pockets of fats. One should also follow a diet and exercise to benefit from it overall.

GYNecomASTIA CORRECTION

With male breast disorder on the rise, more and more boys are opting for male breast surgery. It's a type of liposuction of residual breast tissue and fat from the male breast with special instruments. This is called 'Keyhole Male Breast Surgery

rective purposes. Statistics are just being blown to sensationalise the trend among teenagers, but yes there are a lot of youngsters going in for cosmetic surgery at the slightest sign of discomfort."

© Joerg Steffens/Corbis



A SHOT OF YOUTH: Botox is as popular as Viagra

and requires an absolutely specialised surgeon for it. Or you could land up with a hollow chest, the opposite of the male breast situation. No one wants that either!

BREAST AUGMENTATION

It's one of the most sought after and talked about surgery, but breast augmentation require breast implants to enlarge, reduce or lift sagging breast. One has to be careful about the breast implants being used. Cheap pair of implants could end up giving you problems, so use only the ones that's US FDA approved.

BOTOX

Botox is now a household name, and has become as popular as Viagra, says Dr Thomas. Involving multiple injections, botox is a toxin produced by the bacteria Clostridium botulinum and is used as a paralyzing agent for the muscles of expression. This weakens the fine muscles as a result frown lines, forehead creases and crows feet are reduced or eliminated. Overdose on it, you'll be wearing the wrong frozen expression for at least eight months.

What's disconcerting to most in the medical world is that not only is cosmetic surgery becoming common place, but that youngsters are going in for it without making informed choic-

es or taking a second opinion. In fact, female genitalia surgery has been on the rise abroad and scientists are expressing concern about the complicated surgery and find the method no different from the one involved in female genital mutilation, which is banned in most countries.

Doctors stress that those going in for cosmetic surgery should make informed choice. "They have to invest in a lot of time before taking the step for surgery. That means they should find the right surgeon, take second opinion and not have any other medical problems that could aggravate with surgery," says Dr Thomas.

And what if they get a case like the Chinese girl wanting to look like Jessica Alba? "These are unrealistic demands. If your body and face structure is something else, then trying to make yourself look like Hrithik Roshan or Aishwarya Rai is just not possible," says Dr Dube.

Dr Thomas echoes a similar sentiment. "You could want to look like Katrina Kaif or Deepika padukone or have dimples like Shah Rukh Khan, but there should be something common in your structure to make you look like your idol. I avoid such cases as such people mostly have a psychological issues like poor body image called body dysmorphic disorder (BDD). Fortunately, sex change is not that common here. It's a complicated surgery and requires a lot of counselling before the person takes the step. After all you cannot undo what you've undone!" concurs the cosmetic surgeon.

ROLE MODEL?: A Chinese girl wanted to look like Jessica Alba, but the actress made her change her mind



© LAM/Corbis