

The Myth:

I Exercise, Therefore I Don't Need Liposuction

by Dr. Jeffrey A. Titusheim

So, you work out and therefore probably think that Liposuction isn't for you, hmm? Just take a glance around any gym in the country and you'll see men and women lying on their backs, concentrating on the systematic, repetitive motion of

abdominal crunches. You might say to yourself, if I just keep working out, my tummy, or baby fat, or love handles will go away, right? Well, maybe not. Here's why: Each of our bodies stores fat in different areas as a means of evolutionary survival. In women, most fat is stored in the tummy and

hips; in men it's stored around the side and back of the waist. The fat cells in these areas swell with the volume of fat that they store. Hence, these areas are usually exercise-resistant, and cause fitness buffs the most angst.

Conducted properly, liposuction could be the answer. According to the American Society of Plastic Surgeons (ASPS), the top cosmetic procedure performed in both 2002 and 2003 was liposuction. It was not only the top overall procedure, but it was the top procedure in both men and women.* Some people may choose to have liposuction performed on more than one area of the body, such as tummy and thighs. Still others might just want to eliminate their love handles. The body contouring benefits of liposuction can be easily realized without being extreme.

Consider this: the best liposuction candidates are people that stay in good shape. Just think about it, if a person has good all-over muscle tone, it is easy to see which areas of the body are used as fat-storage and, therefore exercise-resistant. No matter how much you work out, those not-so-tight saddle bags may never get to be like those tight quadriceps. Liposuction reduces the amount of fat cells in any given area so that excess fat will no longer settle in that area. Conducted properly by a board-certified plastic surgeon,



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Plastic surgeons are the experts in liposuction and other body-contouring procedures and can advise you about the options that best suited for your body, your lifestyle and your budget. For instance, if a woman has had all of her children and is yearning for the flat tummy of her younger years, liposuction might not be the best procedure for her. The inner girdle of the abdomen that stretches during pregnancy can only be tightened by a tummy tuck. But, if she leads an active lifestyle and can't afford too much down-time, she may choose to have liposuction instead. Plastic surgeons are the best source of informa-

tion and consultation regarding your individual situation. Some of the most dramatic results gained by liposuction in conjunction with other body-contouring procedures are noticed on those who have had massive weight loss through diet and exercise.

Many people who have lost 80+ pounds are more physically healthy, but they may still suffer from low self-esteem because of the loose and saggy skin that remains after the weight loss. They are extremely motivated to look good and feel good, and for them the benefits of plastic surgery are remarkable (see photos.)

So, you see, just because you work out, doesn't mean that you shouldn't consider plastic surgery if something



about your body is bothering you. Because we all have different bodies and different lifestyles, the best answer may be a combination approach: healthy lifestyle, exercise, and body-contouring. All of which will lead to a greater sense of personal empowerment.

**(statistics courtesy of the American Society of Plastic Surgeons)*

Dr. Jeffrey A. Ditesheim is a Harvard-trained, board-certified plastic surgeon with offices in Charlotte, NC. |