

# FEMINA

Believe

## EXCLUSIVE

Interview with Nobel  
Peace Prize winner  
**SHIRIN EBADI**

## SPECIAL FEATURE

**I DIDN'T ask for it**  
Women fight eve-teasing

Here she is: Our Chambor  
Femina Cover Girl 2007

**Aishwarya Singh**

# 7 Resolutions for 2007

That almost every woman wants to keep



Get that raise NOW!  
Red lips that go MWAH!  
GO GOTA: Divine desi chic  
HAUTE-ING up Arabian cuisine

**Femina  
Miss India  
Contest  
ENTER NOW!**



**Dr. Mohan Thomas, M.D (USA)**  
**FACS (USA), leading Cosmetic Surgeon, Visiting Scholar-Mt. Sinai Hospital (New York) and Consultant, Breach Candy Hospital, Mumbai**

surgical option, but is temporary and lasts for 4 – 6 months. The results are immediate and face looks rejuvenated. "Fillers" is a popular option, even though the gains are short term.

**Q** I had undergone liposuction of my torso a year back. The result was quite good and my doctor had advised regular exercises to maintain results. I did this regularly for a few months, but in the last few months I am very irregular in going to the gym. I have put on 2-3 kilos in this time. My main concern is that in spite of not doing weights for some months, my arms are now looking enlarged. Is this the effect of the gymming I did before? I am afraid to go to the gym now, because I do not want my arms to be thick.

**Please advise.**

Catharine D'souza, Goa

**A** I understand your concern regarding the thick arms, as most women desire slim arms! But I can assure you that the thick arms are not due to enlarging muscles. What has happened is that, the

earlier liposuction has removed most of fat cells from the traditional fat storage areas. So, now when you have put on weight, the fat is getting deposited on the arms, as the fat cells there are intact.

The answer to your problem is to lose the weight you have gained and be regular again with cardio and weight training exercises.

**Q** I am 36 years old and have two children. After the pregnancies, I have lost my figure. Can my body be shaped to my requirements? I want to look the same as when I was 16 years old! Is it possible?

Nyla Shiekh, Hyderabad

**A** Body Contouring or sculpting can give dramatic improvements. You can certainly lose inches and have an appealing look. The bony and muscular structures are not altered. A clinical examination will reveal the amount of fat deposits and the extent to which the body can be re- contoured. Usually, there are bulges around the abdomen and fat deposits on the hips and thighs which makes one look wide in that region. All these

fat deposits can be removed by liposuction. The loose skin on the abdomen can be tightened by a tummy tuck, which makes the tummy look flat and tight.

It is important that the surgical possibilities and your expectations should match.

**Q** I have large drooping breasts. I have completed my family now. The heaviness of the breasts is bothering me. Is breasts reduction surgery the only option?

Namrata S., 38 yrs,  
 Mumbai

**H**heavy, drooping breasts are not uncommon. Many women hide this by going in for loose clothes or an appropriate bra. But heaviness can only be taken care of by removing excess tissue and re-shaping the breast. Breast reduction or mammoplasty can take care of the heaviness and the droop at the same time. This probably is the right time to have the surgery done as the droop will increase over time. As you have completed your family and you are uncomfortable about your heavy breasts, a breast reduction surgery seems justified. **F**

**Q** I am 38 years old and have lost about 20 kgs recently. I feel good now but my face looks sunken with deep lines by the side of the nose and at the corner of mouth. This has made me look prematurely aged and sad! Can this be corrected non – surgically?

Sandhya Menon, Kochi

**A** Deep lines and "sunken – in" look on face are to be expected with rapid weight loss and occurs due to loss of volume. The lines can be softened by injectable soft tissue fillers. This is a non –