

HEALTH

& NUTRITION

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Special Report

CORD BLOOD BANKING

Should you believe
in its promises?

NEW YEAR, NEW BODY!

9 Top Diet Secrets to
help you reach your
Weightless Goal

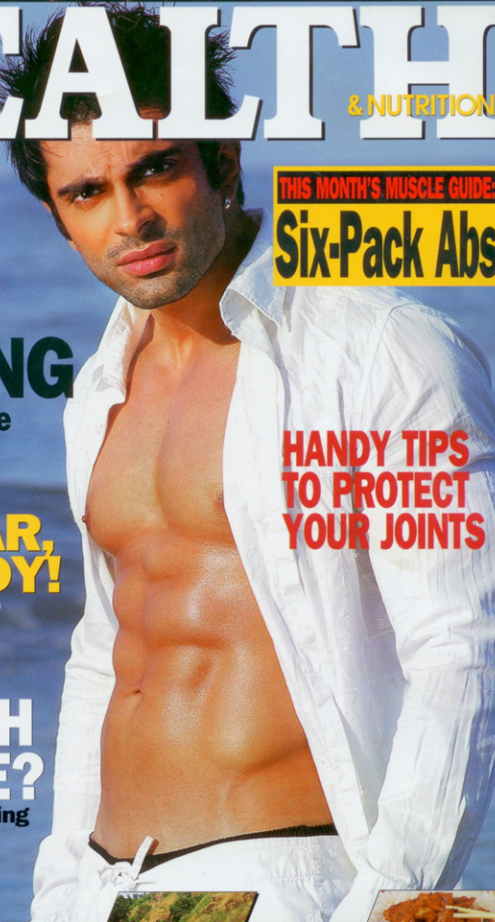
STOMACH TROUBLE?

Find out what's causing
the Belly Aches

THIS MONTH'S MUSCLE GUIDE:

Six-Pack Abs

**HANDY TIPS
TO PROTECT
YOUR JOINTS**



PLUS

ADVENTURE



ON THE ROAD TO GOA



TEASING OUT STARTERS



Cosmetic Surgery Solutions



Permanent

Fat
Reduction™

Breast implants- What's new?

The US FDA has given clearance for use of silicon breast implants (McGhan, Mentor implants only). The silicon implants were banned by the US FDA about 15 years back following certain safety concerns. Long term studies since then have shown that silicon gel implants do not adversely affect health in any way.

A wider range of implants are now available to patients seeking breast augmentation. Cohesive silicon gel implant, a firmer variation of silicon gel, is being used increasingly. Cohesive gel implants have only minimal chance of leakage. Recent studies have also indicated that breast implants do not affect cancer deflections rates when mammography and physical breast examination are combined for screening.

You may e-mail your questions to cosmeticsurgery4u@gmail.com or directly write to us at the registered office address given below. Selected questions will be answered in the next issue maintaining confidentiality.

Vinit B. / M/22years

Dear Dr,

I have male pattern baldness and am using Finpecia tablets and Minoxidil lotion daily for the last 6 months. How much longer do I have to take these medicines? What if I undergo hair transplant surgery?

Dear Vinit,

The dosage of the medicine can be reduced to alternate day usage. But it has to be continued long term, as stopping the medicines will lead to loss of whatever hair that you have gained through medication.

Hair transplant at this stage will help add density to areas of thin hair or can cover bald spots. Even after hair transplant, the medicines have to be continued to maintain the hair in the surrounding areas.

Ashita M. / F / 27years

Dear Dr,

I have read about liposuction and the need for a pressure garment afterwards. Is this compulsory? What is the use of such a garment?

Dear Ashita,

The pressure garment is to be compulsorily used for 4-6 weeks after liposuction. The garment supports the skin during the healing period. It exerts some pressure on the skin and reduces the amount of swelling. Most people are comfortable wearing the garment, more so after the first week of surgery. Normal clothes can be worn over the pressure garment and one can carry on with normal daily activities wearing the garment.

Pooja S. / F / 36years

Dear Dr,

Can the butt be enlarged? If so, what is the best way of doing this?

Dear Pooja,

Butt enlargement can be done using silicon implants or your own body fat. Implants are safe and give predictable results. Fat transfer also is safe and works well for butt augmentation. The fat is layered below the skin and between the muscles to improve success rate. In my opinion, implants are now the best option for butt augmentation.



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Caption: Cosmetic Surgery Institute, has its registered office at 169, Lily villa, St. Andrews Road, Off Turner Road, Bandra(W), Mumbai & offices at Breach Candy(MUMBAI), Panjim(GOAI) & New Delhi only.