

American general gets a makeover

Sommer is one of five lakh Americans who visit India for medical treatment every year, and can now be included among the 1.5 lakh who come here specifically for cosmetic surgery.

Marc Sommer, a major general in the US army and a chiropractor, is a protagonist of healing methods and usually works to make sure his patients never need surgery. But last week, Sommer himself was compelled to go for a facial rejuvenation. "Looks like surgery is sometimes unavoidable," he said with a smile.

Sommer, 58 underwent a rhytidectomy (facial rejuvenation in cosmetic surgery parlance) at Breach Candy Hospital last Friday after he lost 35 pounds as part of his diabetes treatment. "The dramatic weight loss made the skin on my

face sag," he says. "I had no jawline or neck; only folds of skin." A face rejuvenation procedure like the one Sommer underwent, usually requires eyelid surgery (blepharoplasty), a forehead lift and chin augmentation. Usually, such a surgery would leave a patient with a prominent incision starting at the temple and running all the way down to the back of the neck.

However, some swelling and bruises around the cheek were the only signs which indicated that Sommer has recently undergone the operation. The reason for this is a different procedure employed by Sommer's doctor, Mohan Thomas of the Cosmetic Surgery Institute, called Minimal Access Cosmetic Surgery (MACS). "This pro-



Before surgery



After surgery

cedure is a combination of MACS and endoscopic surgery, which involved just one three-inch incision," says Dr Thomas.

When questioned about his opinion of Indian medical professionals, Sommer says: "In my experience, Indian medical professionals are far more friendly and concerned. I have full faith in the procedures here." The added advantage is that the procedure costs only a fifth of what

Sommer would have paid in his home country. Dr Thomas is very happy for his patient. For now, the army man will have to take care to protect his face from the sun. "But when he goes back to New York, he will look like he's just back from a vacation, refreshed and rejuvenated," said Dr Thomas.

We Indians today should take pride in the fact that in the field of cosmetic surgery, India today holds a dignified position. Our Indian doctors have been successful in earning the faith of patients not only at home but in foreign lands too. The different types of cosmetic surgery that are in vogue these days are as follows- Foreign draw Liposuction is a procedure that can help sculpt the body by removing unwanted fat from specific areas, including the ab-

domen, hips, buttocks, thighs Rhinoplasty, or surgery to reshape the nose, is used to reduce or increase the size of your nose, change the shape of the tip or the bridge Breast augmentation is a surgical procedure to enhance the size and shape of a woman's breast for various reasons Hair transplants are undertaken to restore hair loss due to male or female pattern baldness among other reasons.

Let's hope that our medical professionals keep doing good work and make a marked impression on the World Medical Map. Our good wishes to people like Dr Mohan Thomas.