

More women are seeking cosmetic surgery

Looking as good as you feel is a continuing trend among women, according to a new report from the American Society of Plastic Surgeons (ASPS). Cosmetic surgery procedures among women have increased by a dramatic 165 percent since 1992.

Liposuction, breast augmentation and eyelid surgery remain the most popular procedures

with women enhancing their appearance.

In 1999, almost 500,000 women had one or more of these procedures, up 26 percent from 1998. ASPS statistics represent procedures performed by ASPS member plastic surgeons certified by the American Board of Plastic Surgery (ABPS) or the Royal College of Physicians and Surgeons of Canada.

"Not only have these three procedures remained the most popular, but the number of women opting for these surgeries has increased significantly," explained ASPS president, C. Lin Puckett, MD. "It is not surprising. These procedures help patients achieve the look they have been striving for, which exercise and skin care won't change. Also, many times the

procedures give patients a boost in self-esteem."

Top procedures

132,378 in 1998; 167,318 in 1999. Average surgeon's fee: \$2,984.

■ Liposuction: 41,074 procedures in 1992; 104,437 in 1998; 120,180 in 1999. Average surgeon's fee: \$1,923 (any single site).

■ Breast augmentation: 32,607 procedures in 1992; 100,000 in 1998; 132,378 in 1999. Average surgeon's fee: \$2,984.

■ Facelifts: 66,096. Average surgeon's fee: \$4,956.

■ Tummy tucks: 52,888. Average surgeon's fee: \$4,198.

In-depth information including graphics on these all aspects of plastic surgery can be found at the ASPS Web site in the National Clearinghouse of Plastic Surgery Statistics. Visit www.plasticsurgery.org/mediatravel/webwomen.htm.

When it comes to cosmetic surgery, ask the right questions

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Make sure all your questions are answered during the initial consultation with your cosmetic plastic surgeon. Remember, the only minor surgery is surgery done to others.

Ask:

■ What experience does the doctor have in performing this procedure? Ask what training has been completed, especially in

new techniques, as well as how often he or she performs the procedure. Ask to see certificates of training.

■ What are the possible risks? There are risks with any surgical procedure. Find out what they are, how often they occur, and how they will be handled if they do occur. If the doctor does not openly discuss the risks or says that there are no risks, seek another opinion.

■ Make sure all your questions are answered during the initial consultation with your cosmetic plastic surgeon.

■ What is the expected recovery for the procedure? Important points to discuss are postoperative restrictions on activity and typical time periods for resuming work and social activities.

■ What is the doctor's policy on surgical revisions? A small percentage of cases may require surgical revisions to achieve the desired result. Find out about any costs for which you may be

responsible.

■ How much will the surgery cost? Cosmetic surgery is not covered by insurance, and payment usually is required in advance. Costs include the surgeon's fee and fees for the surgical facility and anesthesia. Other possible costs are the preoperative physical and blood work, medications, surgical garments, and private-duty nursing. While it is tempting to "bargain shop,"

or compromise, the training and experience of your surgeon are the most important factors in the success of your surgery. Do not compromise.

Source: The American Society for Aesthetic Plastic Surgery. For free referral line: 1-888-272-7711. Web site: www.surgery.org.

Keep your child's smile healthy

Dental tips to ensure a child's healthy smile

Wayne County dental clinics offer the following suggestions to prevent tooth decay in children:

■ **Baby bottle tooth decay:** Wear your child from the bottle as soon as he or she can hold a cup, usually around age 1. Do not give your child a bottle with milk, formula, sugar-water or fruit juice during naps or at night in bed. Sugar in these substances can cause tooth decay. If a bottle is needed, use water instead.

■ **Sealants:** Dental sealants are clear or white plastic coatings applied to the chewing surfaces of the back teeth (molars) to protect them from decay. The first set of four permanent molars arrives at age 6; the second permanent molars erupt at age 12 or 13.

■ **Diet and nutrition:** Children who have a poor diet are more likely to have dental problems. Encourage them to eat a balanced diet and limit between-meal snacks. If they do snack, help them choose nutritious foods, such as cheese, raw vegetables, plain yogurt or a piece of fruit. Keep in mind, sweet, sticky snacks stick to their teeth and cause the most damage.

Arthritis Today
JOSEPH J. WEISS, M.D. RHEUMATOLOGY
18829 Farmington Road
Livonia, Michigan 48152
Phone: (248) 478-7860

PAIN BETWEEN THE SHOULDER BLADES

You can develop a pain that starts in the neck and then settles in the upper back, specifically between the shoulder blades. This ache may remain with you at all times except when you are sitting and you press your back against the wall. This is never a good idea if this however causes you pain. When you stand or relax and move, the back pain returns.

It is happening is not the result of something wrong in your back. Discomfort comes from a set of muscles that run the scalenus muscle in line with the chest wall and shoulder. These muscles are responsible for the major muscle of the lower trapezius. Usually your pain is across your back because the muscles both on the right and left sides are equally stressed.

This pain is either poor posture or tension. In either case, you will be in a hunched forward manner. This pain displaces the scapula anterior and laterally. The rhomboid and levator muscles strain as they attempt to maintain proper posterior alignment of the scapula. What you feel is an ache that stretches across your upper back.

What you can do is stretch your posture by standing with your chest even with your abdomen and your ear lobes in line with your collarbone. This places the scapula in its proper posterior position.

Other therapies include heat, massage, and acetaminophen for pain relief. Injections, anti-inflammatory medications, cortisone shots and muscle relaxants are of little value.

■ **SPOTLIGHT ON Orthodontics**
by Josephine Finazzo, D.M.D.

TONGUE-THRUSTING

Normally, the tongue rests at the roof of the mouth. A tongue-thuster will push the tongue forward against the front teeth with each swallow. This action can cause a speech impediment and a protrusion of the mouth. As a result, the front teeth are pushed forward into abnormal position, causing "open bite" in which front teeth do not meet. Most children will outgrow this habit as they grow older. However, only three percent of children will continue to have this at age twelve. Unfortunately, few people other than dental professionals are trained to recognize the habit. Early diagnosis and treatment can restore a normal bite.

If your child exhibits the signs of tongue-thrusting, a dentist or orthodontist can diagnose and treat the problem. Here is THE ORTHODONTIC GROUP, we are here to help you and your child. We have a computer imaging system that helps to diagnose the bite and the end result of orthodontic treatment may look like. For more information, call us at 442-8885. Day and evening appointments are available at our 1950 Middlebelt office. Payment plans and terms are available. Look for our new article in two weeks.

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1950 Middlebelt • Livonia • (248) 442-8885
P.S. Psychological stress also appears to trigger many TMJ disorders.

Observer & Eccentric
newspapers
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OB's Landscaping 734-728-8000.....Westland

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