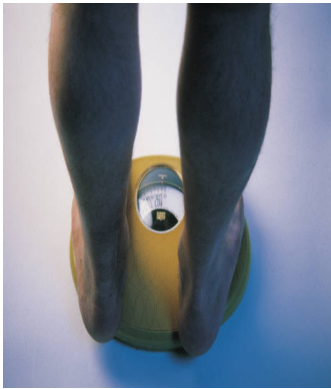


NEW HORIZONS IN PLASTIC SURGERY



Preoperative and postoperative diet and exercise is key to successful body contouring procedures

THINKING ABOUT LIPOSUCTION?

Understanding the processes that lead to weight gain and diet resistant contours is basic to understanding wellness and longevity. The adipocyte or fat cell is the storage site for our body fat. We are born with a given number of fat cells and they increase in number through normal growth and development. However, dietary and hormonal events occur which may adversely effect our fat cell population.

Dietary indiscretions resulting in weight gain of 5-10 pounds are generally accommodated by changes in adipocyte volume without significantly altering fat cell number. However, when the storage capacity of the adipocyte is exceeded and dietary overload continues, the stimulus to create additional fat cells occurs.

The bad news comes when weight loss is achieved but the former shape and figure is not restored. With weight loss the cells shrink in size but the added cell number remains. Liposuction was, of course, the surgeons answer to this problem. Remove the undesirable fat cells and the problem is solved.



However, some liposuction patients develop recurrence or new sites. What distinguishes these patients from those who have lasting results? The answer lies in understanding the driving metabolic influences in each patient.

Recent evidence points to the fact that diet, exercise, and hormones play the key role in controlling undesirable fat metabolism. They not only contribute to improved surgical outcome with liposuction, but also are the pillars for wellness and longevity. It has been stated that

virtually all patients seeking liposuction have an elevated fasting insulin level. The effects of hyperinsulinemia can be excess calorie consumption and weight gain.

Liposuction can produce excellent results for people who have deposits of excess fat in areas that appear disproportionately large. Patients with localized fat deposits are excellent candidates for liposuction procedures. If you'd like to learn more about liposuction, visit our website: drjlowe.com or contact us at (314) 362-4263.

WHY HAVE A TUMMY TUCK?

You may be a good candidate for a tummy tuck if you have excess, loose or sagging skin on the abdomen. In some cases, abdominal muscles have been weakened by pregnancy or aging and need to be surgically "tightened" via surgery. In a standard tummy tuck, a horizontal incision is

made across the lower portion of the abdomen. Excess skin is pulled downward and secured. Liposuction may be performed on the flanks and drains are sometimes placed. In a total body lift, the incision extends almost completely around the lower torso. This enables the surgeon to lift

portions of the outer thigh while flattening the abdomen. Patient's who undergo these procedures can expect recovery time in excess of 2 weeks.

Contact our office to schedule a tummy tuck consultation.
(314) 362-4263