

LIFEStyle

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Changing bodies

Ever considered going under the knife to change something about yourself that you didn't like? Men and women of all ages are booking in for minor and major procedures – because they can!

WHEN Big Brother's Krystal revealed to a national TV audience that her mum had bought her a new set of boobs – and some for herself as well – there were plenty of tut tuts from both inside and outside the house. But the reality is that Krystal is part of an ever-growing group of young women undergoing plastic surgery. Where once such a procedure was considered only if you lived a celebrity life and were of a "certain age", it's now quite commonplace.

Young women know that they can change the way they look and they're not afraid to make that a budgeting priority.

Chloe* is 22. She's a mum to an active three-year-old and works in the beauty industry on the Sunshine Coast.

She's just had surgery to increase her breast size from "barely an A-cup" to a D.

It wasn't something she rushed into. She actually decided when she was 17 that she'd "get her boobs done one day".

That day came recently. She saved up about \$10,000 for the operation and is now revelling in the self confidence she says her new look has given her.

LIFEStyle spoke to Chloe before and after her operation. Here's what she had to say:



CONFIDENCE BOOST: A young Coast mum has wanted her breasts enlarged since she was 17 years old. After saving up the \$10,000, she's done just that.



LIFESTYLE
Nikki Parkinson
LIFEStyle Editor

LIFEStyle: When did you first decide that you'd like to have breast enlargement surgery?

CHLOE: Basically from the time I was 17 or 18 I said I was going to get them done one day. It was the matter of the money and basically now I'm in the position that I can afford it.

I'm 22 now and I've never had any breasts. My girlfriends have always had boobs. It's probably more for self confidence that I'm doing it. I want to be able to buy a nice bikini or a nice dress or a top and know I'm able to fill it out rather than have to struggle with chicken fillets and padding.

Even during pregnancy and breastfeeding (Chloe fed her son

for 18 months) my breasts never really changed.

I'd be lucky to be an A cup. All my life I've made sure every bikini I buy and every bra I buy is a padded one.

Meeting someone new or being with someone has always been a bit of a self-confidence issue for me because sometimes I feel they've got more boobs there than I have!

L: Have you got friends who have undergone breast surgery?

C: Yes, a few of my friends have had their boobs done.

L: Is it the same for your friends, that they wanted to boost their self-confidence?

C: Yes, definitely.
L: It seems to be a generational thing. Young women know that there's something you can do about something you're not happy with.

C: Yes, the options are there and if it's going to make you feel happier then I think it's a small price to pay for self confidence.

L: Is breast enlargement the procedure that most girls in your age bracket think about having?

C: Yes, unless there's an underlying issue like a nose they want changed.

L: Has everyone been supportive of your decision?

C: Yes, everyone I've spoken to has been. When I've been involved with previous partners, I've always been open and said I'm going to do it at some stage. Some said, "that's great but I love you for who you are". That's why I'm doing it while I'm single – it's for myself.

L: Originally when you had saved up the \$10,000 you had been planning to take your family on a holiday. Why the change of mind?

C: I actually went and got prices to take my mum, dad, brother, myself and my son to Thailand for a week.

I came back and told my family to organise holidays and passports and they all told me that there's no way they'd let me pay for it.

They said, "why don't you get your boobs done, you've always wanted to?"

It was an opportunity in my life and it's something I've always wanted to do, so I jumped at the

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Keeping your bones healthy



MY FITNESS
Jodie Spencer & Brad Jobson

HOW can exercise help prevent osteoporosis?

Osteoporosis is predicted to be one of the most prevalent diseases of the future. This degenerative bone disease is responsible for countless hospitalisations through broken bones, and in many elderly patients, death within six months of the fracture through secondary causes.

There are three major factors that contribute to the onset of osteoporosis:

- ▶ lack of calcium in the diet
- ▶ deficient hormone production in the body
- ▶ a lack of weight bearing exercise.

All these components are essential from an early age, as our maximum "bone building" years are in our teens and early 20s. This is when we set up what we call our "bone bank".

From the exercise angle, stress on the bones is a good thing.

When your bones are put under stress by actions such as lifting weights, running/jumping, or movements involving rapid changes of direction, your bones respond to this stress by laying down extra layers of bone at the stressed sites.

It is this stress, and the subsequent laying down of extra bone that reduces the natural loss of bone density we experience every year after our bone banking years.

This type of exercise helps to make the bones stronger and resistant to fractures.

Now if you happened to have missed out on the weight bearing exercise from an early age, in our opinion it's better late than never.

We have worked with many clients that suffer osteoporosis, and it is possible to reduce the rate of deterioration of bone, and in some cases actually reverse the disease. Many people are now aware of the implications of this debilitating disease, and take preventative steps against it.

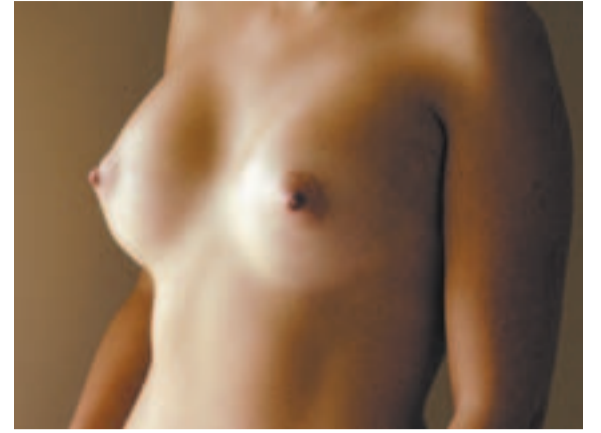
Inquire with a professional as to starting a weight bearing exercise program, and you will find many of the exercises require no equipment and can be done in your own home.

Contact V Health Fitness & Personal Training: Jodie 0401 009 384 or Brad 0419 762 697.

Surgery's not just for famous



PRE OPERATION: "Chloe" before undergoing surgery for a breast enlargement.



POST OPERATION: "Chloe" three weeks after her breast enlargement.

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chance.

L: How did you decide who was going to perform the surgery?

C: I visited three surgeons — two on the Coast and one in Brisbane. I wanted to get an idea of their bedside manner, and the other jobs that they'd done. Mum had had an operation with Dr Lee Brown (Coastal Plastic Surgery, Kawana). I felt very, very comfortable with him and have 110% trust in him.

L: It's two weeks after the op. How are you feeling now?

C: I feel great. I still have a little bit of pain, sleeping at night, but that's about it, really.

L: When after after the op did you feel up to doing everyday stuff?

C: Probably on about the eighth or ninth day ... that was when I was able to shower myself and just do little things like bending over to make the bed and make tea and coffee.

L: Would it be hard to go through this without someone at home to help you?

C: Absolutely. For the first three to four days I was in bed or sitting on the lounge. I'd get up to go to the toilet and I'd have to get Mum to come and pull my pants down to go to the toilet.

L: You don't really read about that do you?

C: No, you don't. When I was in hospital (overnight), I was on morphine, so I could get up and go to the toilet. I felt tightness. When I went to leave the hospital, I got up and got dressed and everything by myself, came home ... then the morphine wears off — it was a big reality check for pain.

L: Did you have to wear anything special to support your breasts?

C: I had to wear a special boob tube and I had bandages under there. I had two drains in that got removed the day after at the hospital. The Wednesday following the op on the Thursday I had the outer stitches cut off. The rest are dissolvable. So by Tuesday or Wednesday I was up and able to walk around but still holding on to things for support. Now I'm feeling

much better.

L: What pain relief were you able to take at home?

C: Anti-inflammatories and Panadol. Once I was taking the correct dosage it was well and truly enough for the pain. I took them for about 5-6 days.

L: Was two weeks a good amount of time to have off?

C: Yes, I would have been pushing it any sooner. I didn't have the strength in my arm muscles. Try and have as much time off as you can. I suppose everyone heals differently and has different pain tolerances. Normally I've got a pretty high pain threshold. For me,

the pain involved was worse than childbirth.

L: You actually have bigger implants than what you had originally chosen. Why?

C: Initially I was going to have 340mls put in (C cup). It goes on measurement of your own chest and Dr Brown asked me if I wanted to go for a higher profile or not. I just had complete and utter faith in him so I said for him to put in what's best. He ended up putting in the larger size (365ml) — a D cup.

L: So he was able to assess it when you were on the operating table?

C: The implant goes in a 3-4cm incision under the boobs and it's under the muscle. When he actually goes in and removes the muscle from the bone, it's only then that you get the best indication of the pocket that the implant can fit.

L: What advice would you give to other women wanting to do the same thing?

C: You need to have 100% confidence in your surgeon. I definitely recommend staying in overnight in hospital. It's important to have care at home and to discuss pain relief with your doctor.

I think the main thing is, it's your body. If you want to do it, do it for yourself. Don't do it for anyone else.

** name has been changed.*

Considering surgery? A great source of information about the range of cosmetic and plastic surgery procedures is Looking Good, The Australian guide to skin care, cosmetic medicine and cosmetic surgery (MJA Books, \$29.95). It's an up-to-the-minute guide and will help you make an informed choice.

DOCTOR'S NOTE

► Patients should look for a doctor with FRACS (fellow of the Royal Australasian Collage of Surgeons) after their name. This guarantees that the doctor is a qualified surgeon. The majority of surgeons performing breast augmentations will be plastic and reconstructive surgeons.

► A minimum of two pre-operative consultations is recommended

► The final size of an augmentation is hard to predict and never guaranteed but the most useful exercise is to try on different sized implants at the consultations.

► I recommend two weeks off work. Full recovery is expected by six weeks.

- Dr Lee Brown, Coastal Plastic Surgery

RELAX THIS SEPTEMBER

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