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A TUMMY TUCK FOR YOUR HEALTH?

A 2013 study published in Plastic and Reconstructive Surgery®, the official medical journal of the American Society of Plastic Surgeons, suggests that tummy tuck surgery can jump-start permanent weight loss.

- Researchers followed 20 tummy tuck patients for a year after surgery.
- After one year, 70% weighed less than they had immediately after the surgery—in other words, they successfully continued getting thinner after their tummy tucks.



The other six women in the study returned to their pre-surgery weight.

What Made the Difference?

So why would tummy tuck be an effective springboard for weight loss for some women but not others? Paradoxically, the study showed that **the more the women weighed before surgery, the more effective the surgery was for them.**

- Long-term weight loss was more likely for women whose initial BMI was 24.5 **or greater**, just under the borderline for overweight.
- Only one of the 14 women with sustained weight loss had an initial BMI of less than 24.5.

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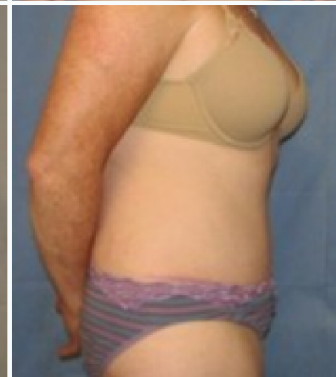
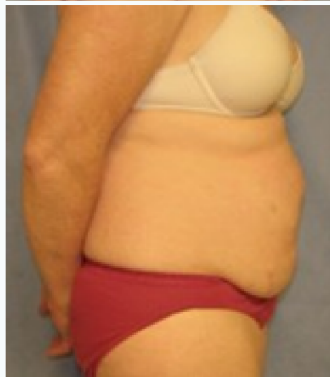
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Before



After



My Patient

In addition, **the more abdominal tissue removed, the likelier the sustained weight loss.**

- 12 of the 14 women with long-term weight loss had more than 4.5 pounds of tissue removed.

Can a Cosmetic Procedure Affect the Ability to Control Weight?

Most people think keeping weight down is all about will power. So how to explain what happened in this study?

The researchers hypothesize that increased satiety (being able to feel full after eating) was the crucial factor.

All of the women with sustained weight loss said that after surgery they could—for the first time in their lives—feel full after eating and throughout the day.

It makes sense. The hormones that affect appetite are secreted by fatty tissues. Removing fatty tissue lowers those secretions, thus re-setting the neuroendocrine system. The patient's appetite reaches the normal range enjoyed by people who are 'naturally thin.'



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So will power had nothing to do with successful weight control in this population. The successful women had simply acquired the physiology associated with being able to maintain normal weight.

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A Hedge Against Obesity



Models

There are so many health risks associated with excessive weight—not the least among them heart disease, the main killer of older women.

If your weight begins spiraling out of control after menopause, reaching a BMI of 24.5 or higher, you might want to consider tummy tuck surgery. Better to nip the problem in the bud than endure the health risks of late-life obesity.

Feel free to [share this article](#) with your family and friends.

CHEERFUL NEWS ABOUT FILLERS

In October, the FDA approved a new filler to add volume to the cheeks. Called Voluma™, it will remove a host of early aging markers.

Look at these photos. See how “raising” the cheekbones not only gives the eyes a younger look, it lifts jowls and evens out the creases that compromise even beautiful, mature faces (the lines from nose to mouth and mouth to chin)? As with other fillers, there’s no downtime.

Cheeriest news of all—the effects will last 18 months or more.



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