

Need a Boost?

By Kathy Essmiller



A song I learned at Girl Scout camp rings through my mind. “Do your ears hang low? Do they wobble to and fro? Can you tie them in a knot? Can you tie them in a bow?” I discussed this song with fellow moms at playgroup recently. And, friends, we were not talking about our ears.

Many women consider breast size and shape very important. I am one of them. I have birthed two children, am approaching my 39th birthday (the real one) and I hearken back wistfully to the days when I wore a bra merely to be modest and polite. Now wearing a bra is a flat-out (bad pun, sorry) necessity if I don’t want my knees knocking against my nipples when I walk. Okay, it’s actually not that bad but, sister, things are not where they used to be!

Breast augmentation surgery, available in the United States for 40 years, is one of the top three cosmetic surgeries performed nationally. Breast augmentation surgery, also called augmentation mammoplasty, uses implants to enhance the size and shape of the patient’s breast, helping her feel more natural, attractive and self confident. Many of these patients feel their breasts are small or underdeveloped, some (yours truly) have breasts which have lost shape during childbirth or lost volume after weight reduction, while others seek change due to an imbalance in size and shape between their breasts. Each of these is a challenge that no exercise, medication or device can overcome. In these situations, breast augmentation surgery can help fulfill the desire for fuller breasts.

Although breast augmentation surgery will not correct severely drooping breasts, it is a viable option if you are physically healthy, have realistic expectations and have fully developed breasts (candidates for the surgery are generally over 18 years of age). The surgeon places the implant through an incision made in an inconspicuous area, designed to minimize scarring. The incision may be inframammary (under the breast, near the crease),

transaxillary (through the armpit) or periareolar (around the nipple). The incision placement varies based on the type of implant, the degree of enlargement desired, the individual’s anatomy and patient-surgeon preference.

Saline and silicone are the two types of breast implant currently approved by the FDA for use in the United States. Saline breast implants, filled with sterile salt water, can be filled with varying amounts of saline, depending on the shape, firmness and breast feel desired. If the saline implants leak, they collapse. The saline absorbs and is naturally expelled by the body. Silicone implants are filled with a cohesive gel which feels and moves more like natural breast tissue. If the silicone implant leaks, the silicone will remain within the implant shell because these new implants have the cohesive gel which does not migrate outside of the implant.

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After the incision is made, the implant is inserted into a pocket either under the pectoral muscle or directly behind the breast tissue, over the pectoral muscle. Again, the method chosen depends on the type of implant, degree of enlargement desired, anatomy and surgeon recommendation. The inside incision is closed with layered sutures in the breast tissue. The skin is closed with sutures, skin adhesive or surgical tape. Results are immediately visible. Swelling disappears quickly, and incision lines fade over time.

Dr. Michael Hynes, recognized by *KC Magazine* in 2006, as Kansas City’s best plastic surgeon, offers guidance for those seeking breast augmentation surgery. Dr. Hynes performs his surgeries in a fully equipped hospital, is board certified and has practiced plastic and cosmetic surgery in

the Kansas City area for more than 25 years. He points out the elective nature of cosmetic surgery mandates it be held to an extremely high standard. Complications are rare, but Dr. Hynes reminds those researching surgery options to educate themselves and choose a qualified practitioner board certified by the American Society of Plastic Surgeons to perform plastic and cosmetic surgeries. Dr. Hynes provides patients a free consultation, during which they are encouraged to ask questions, familiarize themselves with the implants and gather information needed to help them determine their best option. Those choosing surgery with Dr. Hynes enjoy the additional benefit of the "On-Q Pain Pump," a unique pain medication delivery system which reduces downtime, lessens pain and facilitates quicker resumption of normal activity.

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Choosing breast augmentation surgery is not something to be done lightly or to please anyone except you. Women should be aware that risks, such as those associated with any surgery performed under anesthesia, are present. The best candidates are women seeking improvement, not perfection, in their appearance. **HL**

Additional information is available at HynesCosmeticSurgery.com or you can call Dr. Hynes at 816-942-5900, and breastimplantsafety.org.



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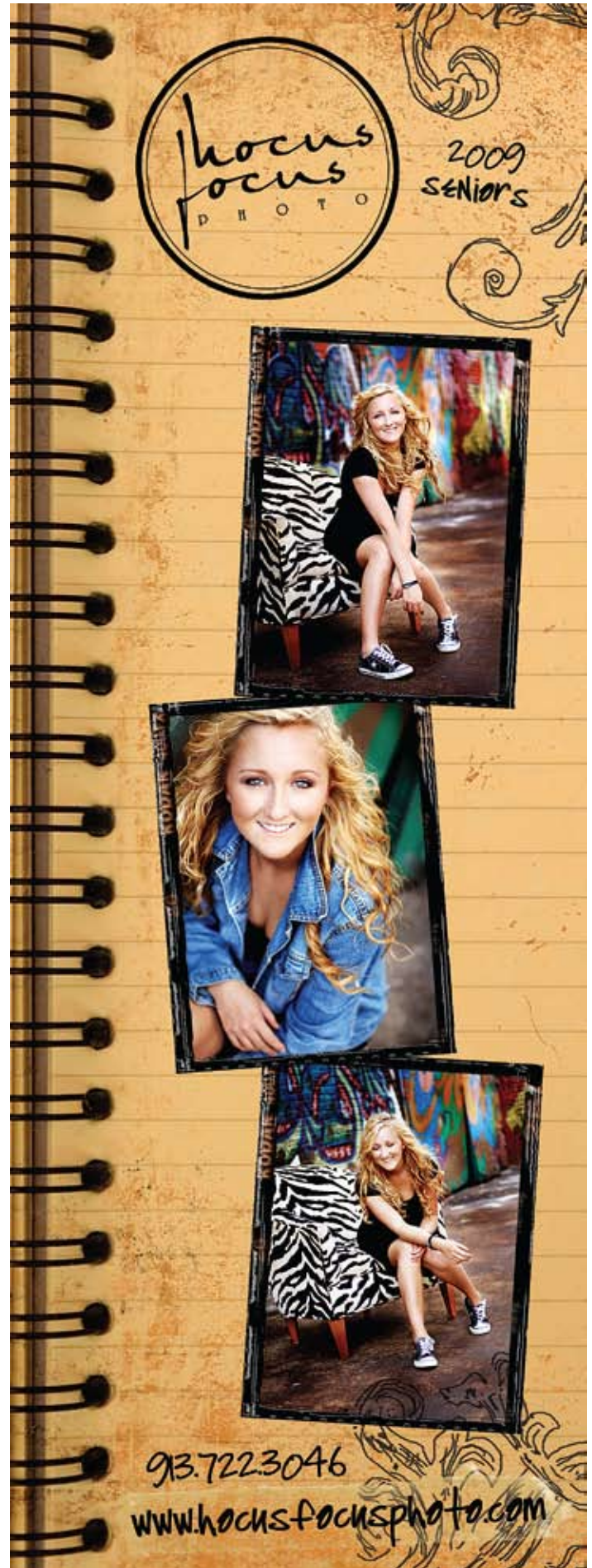
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