

HEALTH & WELLNESS

A Total Body Lift That Also Lifts Spirits

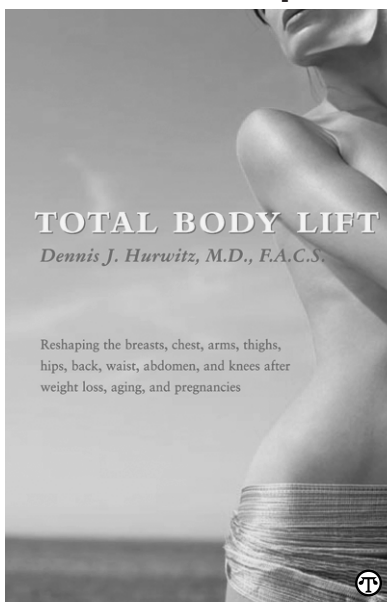
(NAPSA)—For many people, losing a significant amount of weight is only part of the battle. After dieting and/or undergoing weight loss surgery, these dedicated individuals must also often deal with the embarrassing issue of excess skin.

“What I had thought would be the end of my lifelong struggle with a large body that would not respond to my many attempts to change it proved to be the beginning of a whole new, and equally restrictive, problem,” said Jennifer A. Budinger, who lost 198 pounds only to find she must still cover up her body. “Imagine losing almost 200 pounds and still being so terribly ashamed.”

Excess skin is a problem not only for those who have lost huge amounts of weight but also for aging men and women, multiple-pregnancy mothers or anyone who carries their extra weight around the trunk. Removing this skin requires plastic surgery, which until recently was carried out as a series of separate operations, each with its own risk.

Fortunately, a new procedure offers a simpler, more streamlined way to remove up to 15 pounds of excess skin. The coordinated approach, called Total Body Lift Surgery, was pioneered by Dr. Dennis Hurwitz, a plastic surgeon who practices in Pittsburgh and is the author of “Total Body Lift: Reshaping the Breasts, Chest, Arms, Thighs, Hips, Back, Waist, Abdomen, and Knees After Weight Loss, Aging and Pregnancies.”

Total Body Lift surgery contours the body back to its intended shape by reforming every area of the human form from head to toe, separating the process in two steps—lower-body lift and



TOTAL BODY LIFT

Dennis J. Hurwitz, M.D., F.A.C.S.

Reshaping the breasts, chest, arms, thighs, hips, back, waist, abdomen, and knees after weight loss, aging, and pregnancies

A new procedure offers hope for those who need to reshape their bodies.

upper-body lift.

The procedure is not for everyone—the average recovery time is six weeks—but it is life-altering plastic surgery for people who've worked hard to change their lives and wish to no longer be held back by their bodies.

After her surgery, Budinger shed tears of happiness. “I don't think I had realized before the extent to which my body had held me back,” she said. “No more. I really felt like a new person.”

Besides those who've had gastric bypass surgery, women who've had multiple pregnancies can also benefit from the procedure. Since it can be so essential to a sense of well-being, these people do not consider the surgery elective.

For more information, visit www.totalbodyliftsurgery.com.