

# Health & Beauty News

## Looking As Good As You Feel

(NAPSA)—Considering a “nip and tuck?” You are not alone. More than 7.4 million Americans choose cosmetic plastic surgery procedures, according to the American Society of Plastic Surgeons (ASPS).

“The public’s growing acceptance of plastic surgery has contributed to the increasing number of people having procedures,” says Walter Erhardt, M.D., ASPS president. “One of the most important steps someone can take in preparation for surgery is to select a plastic surgeon certified by the American Board of Plastic Surgery.”

The five most popular surgical procedures in 2000, were nose reshaping, liposuction, eyelid surgery, breast augmentation and facelift.

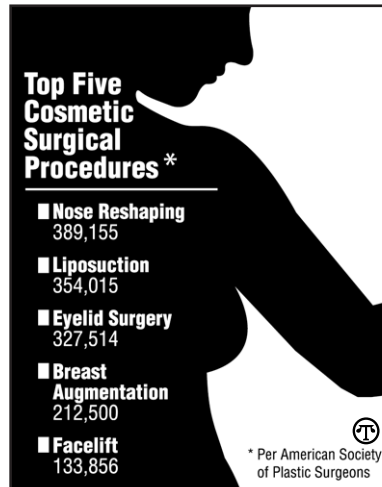
The top five nonsurgical procedures are chemical peel (a solution applied to the face to remove damaged or wrinkled skin), microdermabrasion (exfoliates and smoothes fine lines), sclerotherapy (removes veins), Botox® injection (smoothes facial wrinkles), and laser hair removal.

Plastic surgery procedures were popular with both genders of all ages. More than one million men choose to have cosmetic plastic surgery, comprising 14 percent of all procedures.

The most popular surgical procedures for men are nose reshaping, eyelid surgery, liposuction, hair transplantation and breast reduction.

The top five nonsurgical procedures rank as chemical peel, laser hair removal, Botox® injection, microdermabrasion and collagen injection.

The most popular plastic surgery procedures for more than 6.3



### Plastic surgery is popular with both genders and all ages.

million women are liposuction, eyelid surgery, nose reshaping, breast augmentation and facelift.

Nonsurgically, the top five procedures for women are chemical peel, sclerotherapy, microdermabrasion, Botox® injection and laser hair removal.

In terms of age, forty-four percent of the total cosmetic surgery population are 35 to 50. Ages 51 to 64 comprise 25 percent and ages 19 to 34 account for 20 percent.

“People spend a lot of time through exercise, diet and skin care to attain a certain look and plastic surgery has taken its place in the continuum of care people use to maintain or enhance their appearance,” said Erhardt.

For more information, call the American Society of Plastic Surgeons at 1-888-4-PLASTIC (1-888-475-2784) or visit [www.plasticsurgery.org](http://www.plasticsurgery.org).