

# ATLANTA sports & fitness

Atlanta's Source for Everything Active

## MAGAZINE

## A GREAT BUTT IN 4 MOVES

## The Best of '07

- >> best sports trainer
- >> best gym
- >> best healthy restaurant
- >> best race
- >> best boot camp
- >> best spa

...and more winners inside!

## Stretch yourself thin!

A lengthening workout with results

## LOSING IT AND LOVING IT

How one couple lost 150 lbs!

## Plus

- Learn how to meditate
- Getting rid of migraines
- Beat the heat cardio workouts







Atlanta Vaginal Rejuvenation & Cosmetic Surgery Center. "However, I find that there is a lot of confusion about vaginal cosmetic surgery. Surgery on the outside of the vagina can encompass every part of the vagina, including reduction labiaplasty (surgical reduction of the labia minora and associated excess skin around the clitoris), augmentation labiaplasty, and aesthetic reconstruction or enhancement of the vulvar structures on the outside of the vagina to improve the external appearance of the vaginal area or make it look more youthful. These surgeries are performed for both functional and visual reasons. Often, women have labia that are so enlarged it causes discomfort during exercise, intercourse or even daily functions. On the appearance side of things, now that the surgeries are receiving publicity, I have women come in for consultations who have felt like there was something wrong with their body since puberty, but doctors have laughed it off and told them they were being overly sensitive. We know that genital self-image has a large impact on a woman's self-confidence and sexual well-being, and they want this part of their body to look good, just like any other part."

While many women elect to have the cosmetic surgery due to appearance issues or insecurities, often there are functional difficulties that motivate a woman's choice. At Atlanta Urogynecology Associates, Moore and his partner, Dr. John Miklos, perform these surgeries on women as young as 16 years old, who are experiencing functional difficulties in their daily activities. Enlarged labia can cause both pain and embarrassment for young athletes and, with a greater acceptance of these procedures, there is now relief for their plight. It is easy to imagine the intricacy and skill that must go into surgical procedures on such a highly sensitive area of the body. "While we use a laser in many instances, we also use other tools like high energy pinpoint cutting sources and microcutting instruments," Moore says. "It is not the laser that creates the aesthetic appearance, it is the surgeon. While there are some procedures that a laser may be used by itself to treat the area, this isn't one of them. These are intricate, delicate surgical procedures that require expertise and artistry."

New surgery techniques also are being developed constantly in the world of cosmetic surgery. The doctors at Plastic Surgery Center of the South specialize in the most up-to-date surgical and non-surgical procedures. One new technique allows facial surgeons to use shorter incisions and operate on deeper facial tissues than previous methods allowed. Since these deeper tissues gradually lose their tone and elasticity during aging, this new operational method enables surgeons to directly address an area that was previously inaccessible. "By operating on deeper tissues through smaller incisions, surgeons are able to provide their patients with shorter recovery periods, smaller scars and better results," says Dr. Michael Petrosky of Plastic Surgery Center of the South.

The concept of a "liquid face lift" is also new on the cosmetic surgery scene. Sinha first started performing this procedure more than a year ago, and its recent spotlight on reality television show Dr. 90210 has solidified its place on the new trends scene. Physicians have been using injectibles such as Restylane, Botox and Juvéderm for some time, but this concept actually uses multiple fillers for a combined treatment. Sinha explains the procedure in a systematic fashion with his "3 R's" concept. The relaxation of wrinkles, the restoration of volume and the resurfacing of the skin provide facelift-like results, and the recovery period can be as brief as a weekend. Since these fillers have had such great results, it only makes sense that their combined efforts would provide even greater results. This face lift alternative is also an ideal procedure for those patients who are apprehensive about undergoing a surgical procedure.

Since fillers such as Botox, Restylane and Radiesse provide non-surgical aesthetic enhancement, they continue to maintain their level of popularity. Their non-surgical nature attracts many younger patients and has sparked another trend—the 20-something craze. Now that cosmetic enhancement can be achieved with a simple injection and very little downtime, many younger adults are plumping their lips and smoothing their first signs of aging. "Fillers provide excellent results with virtually no downtime," Petrosky says. "The influx of younger patients attributed to these procedures is only natural!"

While we can't help but be drawn to the excitement of greater results with less downtime for cosmetic surgery and procedures, remember when you go to get these new procedures, or any cosmetic surgery procedure, that they always should be performed by a licensed plastic surgeon or physician. Although many offices have nurses inject Botox or other fillers, it is always safest to have a physician perform any sort of appearance-altering procedure to your body.

The rapidity of technological changes in the cosmetic surgery world keeps the industry ever-changing. Cons to procedures such as downtime and short result periods quickly are being eliminated. One day will the naysayers' tongue-in-cheek concept of "drive through" plastic surgery become a reality? Check back with us in a year, and we'll let you know.

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