

beauty for life

A guide to looking great at every age.



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We all know that as we age, our bodies will change. But the process doesn't occur at the same rate over the decades. In fact, the older we become, the faster we age.

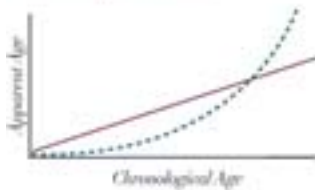
The passage of time and the pull of gravity cause us to lose the natural collagen and fat in and under our skin, thinning the outer tissues and leading to wrinkles. Below the skin, fat cells diminish and collect in less desirable places—such as under our eyes and jawline.

We gain weight more easily, stress enhances the lines in our brows and around our mouths, and for some individuals, the skin around our stomachs, hips, legs, and breasts stretches and sags.

There are many nonsurgical and surgical ways to improve our appearance and diminish the effects of the aging process. Exercising, healthy eating, avoiding tobacco, and reducing ultraviolet light exposure are simple ways to maintain our health and bodies throughout life. Certain noninvasive and minimally invasive cosmetic procedures enhance the way we look and lessen the impacts of age and sun exposure. Surgical procedures offer more lasting solutions to reduce the evidence of aging on our skin and bodies.

Plastic surgeons rely on their in-depth medical knowledge of the entire human body—its changes over time and its response to external factors—to accurately map our health and beauty goals at the appropriate life stages. They help us understand our options and manage our expectations.

As the graph below demonstrates, cosmetic medicine and surgery can't stop the aging process, but it can slow down the rate at which it affects our bodies.



Cosmetic medicine and surgery should be evaluated in terms of your lifetime goals for beauty. We all have personal, social, lifestyle, and physical considerations at each stage of life. You must carefully weigh the many options available so that your unique needs and expectations are fulfilled to the greatest possible extent by a qualified plastic surgeon.

There is no "one-size-fits-all" approach to optimal beauty. It's up to you and your plastic surgeon to choose the best path to achieve all your goals. As you take these steps, your plastic surgeon will be there for you to offer advice and guidance along the way.

We all go through similar stages of development and face common issues in our growth and aging process. There's an overall goal to Beauty for Life.

step by step.

Plastic surgeons have comprehensive knowledge of the aging process. We map our skin and bodies change over time, the impact of the environment and our lifestyle, and the best methods to address and improve appearance at any age.