

SO DELISH!

February 12, 2007

for women on the go

First

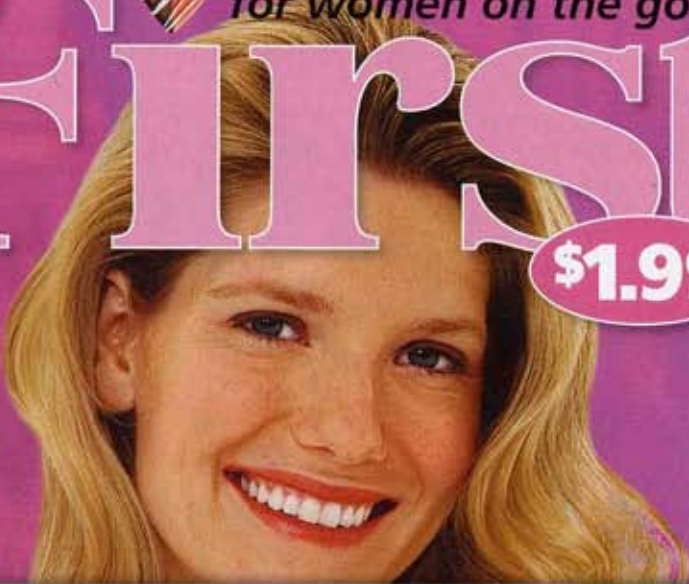
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body confidence

"A 2-in-1 surgery gave me a slimmer belly and bigger bust!"

THE SCIENCE BEHIND lipostructure

The procedure: A long tube is inserted into 1/4" incisions under the skin in the abdomen, hips or thighs. Up to two quarts of fat are siphoned out. The harvested fat is then injected into the breasts through five or six tiny incisions (from under the armpit to the nipples and the lower part of the breast) to create desired fullness. The doctor makes several passes in each area since only tiny amounts (about 1/3 of a teaspoon of fat) are injected at a time. This process is designed to ensure that transplanted fat cells thrive, decreasing the chance of fat absorption.

Pros: Recovery takes about one week (versus two to four weeks for traditional tummy tucks and silicone implants) with numbness and light bruising at the fat harvesting and injection spots. Another plus: The natural filler ensures breasts look and feel more real. And since fat isn't a particular shape, unlike implants, it can be placed specifically in areas where volume is most needed. If cleavage is desired, injections are concentrated toward the top of the breasts; for perkiness, volume is delivered to the center of the breasts.

Cons: As with any surgery, there is a risk of nerve damage, infection and other complications. Also, at \$18,000, the cost is a bit higher than getting a separate tummy tuck and breast enlargement (\$15,000 total).

Cosmetic-surgery trend: 2-in-1 procedures

Hot new procedures offer multiple benefits: tummy tucks combined with liposuction; necks; lifting fat from the thighs to boost the derriere; and liposuction to fill in facial lines. While combining procedures can sometimes be cost-effective (patients pay anesthesia fees only once), risks like blood clots or heart attacks can also be greater.

...true. "I learned that some implants were prone to bursting and leaking, which could affect my health," she says.

"I could get curves without anything foreign in my body." One day, while chatting with a friend, Linda was encouraged to not give up on her bust—especially if her happiness was at stake. Her friend insisted that she visit a doctor named Sydney Coleman, raving, "He is truly an artist!"

"Without cleavage, I felt different from other women."

It was during a consultation with the doctor that Linda learned about a new technique called *lipostructure*, where excess fat is removed from parts of the body and inserted into the breasts to increase their size and improve their shape. She loved that it sounded so natural. "It was basically taking something already in my body and moving it up," Linda explains. But she was still skeptical, assuming she'd have to return every few years for follow-up fat injections.

To Linda's delight, the doctor explained how he had developed a way to make fat tissue "live" in the body rather than be absorbed, so follow-ups weren't necessary. That made the surgery even more appealing to Linda. And seeing patients' before and after photos—how their flat chests were miraculously put into proportion with the rest of their bodies, and with no visible scars—sealed the deal. Linda left the consultation with no reservations. She knew she had found the perfect answer.

The musing of the procedure, Linda had an epidural to numb everything from the neck down. Once her body was comfortably "asleep" with anesthesia, Dr. Coleman performed liposuction on various parts of her lower half, including her abdomen and thighs. Since the

surgery called for removing twice as much fat as would actually be injected into the breasts, Linda knew she'd get a great slimming bonus—losing the 12 pounds she'd recently put on. After the liposuction was complete, the doctor immediately inserted the removed fat into Linda's breasts in the exact areas she wanted natural enhancement.

When Linda woke up from the eight-hour dual procedure, she was in a lot of pain. "Even breathing hurt," she admits. But she managed the discomfort with Tylenol. Two days later, the foam latex bandages were removed from her midsection and she saw the curves she had dreamed of all her life. Finally, her bust was in proportion with the rest of her body. "I put an end to all the jokes people had made about me!" Linda says.

Just one week later, Linda stepped out of her house as a new woman. "I felt a little tender but happy," she says. Not only did she have full cleavage but her abs had new definition, too. "I looked great for someone who doesn't work out!"

"Now I love knowing that I'm the real deal!"

Today, Linda has no regrets and no scars—just faint pinprick marks. "It's a decade later, and my breasts still look fantastic," she says, smiling. "They haven't drooped at all! In fact, they are even bigger because I've gained a touch of weight, and since my breasts are natural, they've grown with me!"

Thanks to the procedure, Linda became more social and could look people in the eye without feeling inadequate. And on that Jamaican vacation, she celebrated her new body. "In or out of a bathing suit," she says, "I'm never mistaken for a linebacker anymore!"

Browsing through the new-arrivals rack at her favorite clothing store, Linda Francipane snatched a hanger holding a ruby-colored shirt with a plunging neckline. Perfect for my Jamaican vacation, she thought with a smile. Years ago she never would have dared to carry that type of top into a fitting room—let alone out of a store—for fear that the bulky padded bra she'd need to wear under it would betray the confident look she was trying to achieve. But that was then, and nothing is holding her back now....

As a teenager, Linda couldn't help but feel self-conscious about her masculine build. "Kids at my high school called me 'linebacker.' I was the butt of all their jokes," she recalls. "I had wide shoulders and I was tall. The fact that I had no breasts only made my situation worse."

Trying to fake the curves she didn't have, Linda strapped a Wonderbra over her "mosquito bites," but the falsies made her feel like a phony. And because of those 34A breasts, Linda's confidence went into hiding. She became withdrawn, thinking that she was different from other women.

By the time she reached her thirties, Linda was fed up with her low self-esteem and decided to do something about it. "I had no interest in being a DD. I just wanted to be well proportioned," she says. "I fantasized about being able to wear anything I wanted." She considered getting silicone implants, but her mom, who had recently been diagnosed with cancer, warned her against undergoing any risky procedures.

So Linda decided not to jump into anything. Instead, she researched her options and searched her soul. And the more research she did, the more her mother's fears rang

Linda Francipane, 40, New York City



Before After

Photo: Mark Babinovich; Makeup: Dana Nichols; Stylist: Lee Lomana Sullivan

- ✓ GRAY-DAY SADNESS—NIXED!
- ✓ TO-DO LIST—SHORTENED!
- ✓ SNIFFLING KIDS—CURED!
- ✓ MONEY WORRIES—EVAPORATED!

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