

BONUS 10-PAGE ALLERGIES HEALTH BOOK

Good Health

October 2010 \$6.95 INC GST

Stephanie Rice
MY NEXT BIG GOAL

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Good Health is a lifestyle.

October 2010

GET HEALTHY, GET HAPPY!

PHOTO: JAMES HARRIS

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6 secrets

Plastic and cosmetic surgeon Dr Michael Miroshnik on looking your best at any age

1 Start with good skincare

While surgery can improve your facial structure, skincare looks after the surface. Every woman should have a basic skincare regimen including a gentle cleanser, a vitamin A preparation and a zinc-containing moisturiser to protect against sun damage, which is incredibly ageing.



2 If you're not sure, test the waters

If you're not ready for plastic surgery, there's a raft of non-surgical procedures that can tide you over. One example is non-surgical rhinoplasty, where we restore balance and shape to the nose by adding filler where required. It can't subtract a bump, but it can make it appear less prominent.

3 Think shape, not size

The best, most natural-looking breasts are more about shape than size. The danger people get into is asking for the same sized implants as their friends, but their body shape may be totally different. There are over 5000 types of implants to choose from now, so we can achieve an excellent look for each body type.



4 Go for a total tummy solution

Many mothers come in thinking liposuction is the answer to a tummy bulge, but the modern tummy tuck is better, because it addresses all the problems in the abdominal area in one hit. It fixes excess fat, skin and stretchmarks, tightens tummy muscles and can also get rid of caesarean scars.

5 Do your research

Look for a surgeon who has the letters FRACS (PLAS.) after their name and is affiliated with the Australian Society of Plastic Surgeons (ASPS), which means they are a fully qualified plastic surgeon.



6 Get private health cover

Many people don't realise that health fund rebates are available for several popular plastic surgical procedures including breast reductions and lifts, tummy tucks and some rhinoplasties if your GP refers you to a plastic surgeon.

THE REAL 'NIP/TUCK'...

We are bombarded by images of people who have overdone cosmetic surgery, but the truth is natural results are possible.