

LIVE RIGHT



PICTURE: NEUGLOW THE AESTHETICS DOCTOR

Look who's in a bad moo

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Bigger boobs please? Some wom-en may spend tens of thousands

Just to get their perfect double Ds.
But it's "no thank you" for some men who spend
similar sums of money on their breasts – to remove

them, that is.

Typically referred to as man boobs, or "moobs", the condition is medically known as gynaeco-mastia, which is basically the overdevelopment of breasts in males.

It is a rather common problem, two experts tell

It is a rather common problem, two experts tell The New Paper on Sunday.

Especially common during puberty, the condition will mostly fade after two to three years.

While generally harmless, gynaecomastia can lower the self-esteem of the affected men.

Dr Chua Jun Jin, a plastic surgeon at Mount Elizabeth Hospital, says: "A lot of men feel insecure about it, especially when they are younger and become the butt of jokes.

"In secondary school or army, there are a lot of things that they feel they cannot do – taking their shirts off, swimming or even going to the gym – because they know people will laugh at them.

"They may get backaches when they wear army kit, they may get abrasions on their inliples – things that affect their overall confidence and well-being."

For mild to moderate cases, the treatment is liposuction, which costs from \$6,000.

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excess breast tissue. There are two ways: One is a simple surgery, where we make a small cut under the nipple and take away the fat tissue; the second

the inpipe and take away the fat tissue; the second is liposuction, where an even smaller cut will be made, and the fat sucked away.

"Sometimes, for bigger breasts, skin and tissue also need to be removed. In this case, the surgery may require a bigger cut."

He advises: "Most of the time, the surgery will take hatwagen. 30 minutes to two hours, and is a day.

take between 30 minutes to two hours, and is a day take between 30 minutes to two hours, and is a day procedure, so the patient can return home after the surgery. I usually recommend two days at home to rest before they resume normal activities like showering and going out.

"It usually takes around two weeks for recovery, and about two months for the scar to be less obvious."

The procedure can cost anything between \$1,800 to \$12,000.

Patients range from teens to men in their 40s. Most are usually well-informed, and approach the doctors with an idea of what they want done.

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Dr Chua says: "Patients are always very grateful after the procedure, relieved to be rid of the social and medical problems that come with having gy-aecomastia. They can now do things that they may hever have been confident enough to do before."



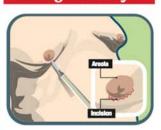
He wants to get G-cup boobs

While most men want to get rid of their man boobs, security guard and aspiring singer Kurt Tay went to Thailand for surgery to get C-cup breasts.

His story recently appeared in The New Paper.

The \$4,100 procedure is something the did because, as he puts it, he's vain. He claims he is not a transsexual. In fact, he's straight and he wants to have a Vietnamese wife eventually. He's also keen on getting his breasts enlarged to G cups.

Getting a 'moob' job



The patient is given local anaesthetic along with a sedative. This patient will be drowsy, but awake The operation begins with a small incision made under each areola - the dark skin around the nipple. These incisions will produce little



A slim hollow tube called a cannula is attached to a vaccum pump and inserted into the incision.



Once fat is removed, the bre also need to be removed if it is diagnosed as the cause of the gynaecomastia.

Once removed the patient can be sewn up

Dr Tan Ying Chien, consultant plastic surgeon from The Sloane Clinic Plastic Surgery Centre, says: "With lifestyle changes, more find the need or desire to have them treated. This is especially so since the advances in medical techniques allow this condition to be treated in a minimally invasive manner with minimal downtime."