

LIVE RIGHT



PICTURE: NEUGLOW THE AESTHETICS DOCTOR

# Look who's in a bad moob

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**Bigger boobs please? Some women 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 gynecomastia, which is basically the overdevelopment of breasts in males.

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, gynecomastia 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 nipples — things that affect their overall confidence and well-being."

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

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."



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## 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 the other way.

Mr Tay went to Thailand for surgery to get C-cup breasts.

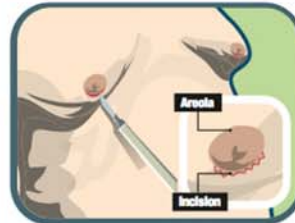
His story recently appeared in *The New Paper*.

The \$4,100 procedure is something he 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



**1** 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 to no scarring.



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



**3** The cannula is carefully moved around to break up the fat before sucking it out (liposuction).



**4** Once fat is removed, the breast gland may also need to be removed if it is diagnosed as the cause of the gynecomastia. Once removed the patient can be sewn up.

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