

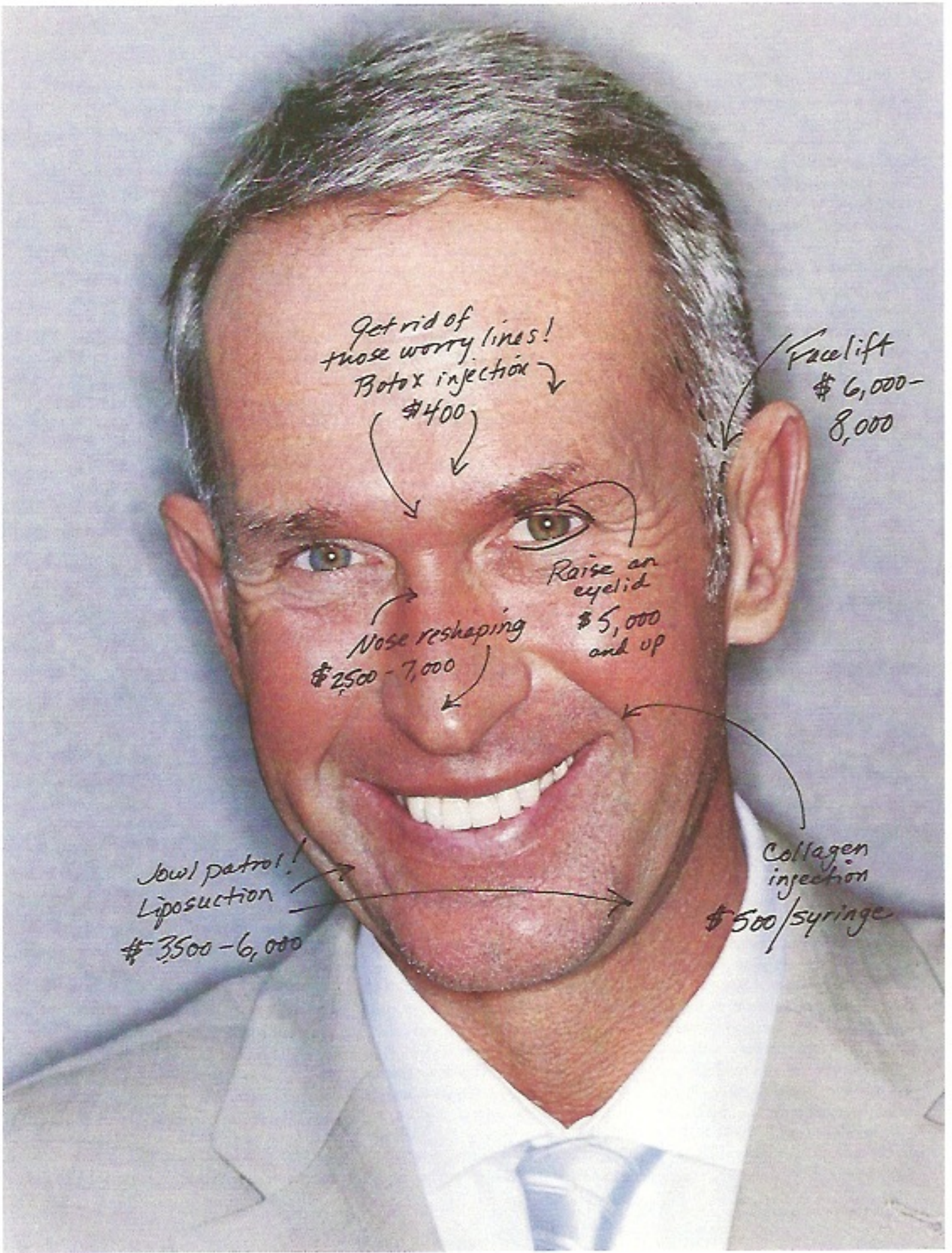
FOREVER YOUNG?

BY BETH LONGWARE DUFF

For men, the old social stigmas about plastic surgery are gone. It isn't just about looking good now — it's about the professional edge

A LITTLE OVER A YEAR AGO, “Mark” was contemplating a midlife career change. At the age of forty-eight — and after spending twenty years working for the same company — he was ready for a new challenge. But the idea of competing in a tight job market was daunting, and Mark decided he needed all the help he could get.

“Everyone wants to look their best, and vanity is very much a part of my psyche,” he says. “In this age, when there’s no such thing as job discrimination because of your age — although there really is — I thought it was a good thing to do.”



Get rid of those worry lines!
Botox injection
\$400

Facelift
\$6,000-8,000

Nose reshaping
\$2500-7,000

Raise an eyelid
\$5,000 and up

Jowl patrol!
Liposuction
\$3500-6,000

Collagen injection
\$500/syringe



TOP Cosmetic Surgery Procedures for Men in 2002*

SURGICAL

1. Nose reshaping 145,204
2. Liposuction 52,797
3. Eyelid surgery 44,150
4. Hair transplantation 26,501
5. Ear surgery 21,316

NONSURGICAL

1. Chemical peel 148,798
2. Botox injection 132,396
3. Microdermal abrasion 129,598
4. Laser hair removal 107,753
5. Collagen injection 41,000

Asken of Darien. "Society has changed and there is so much more emphasis on youth," the board-certified plastic surgeon allows. "Men are much more apparent in ads than they've ever been, so they're starting to worry about their looks as well."

And the way men are portrayed in ads these days — as glistening sides of beefcake — is enough to give pause to any paunchy fellow.

bad one or get them a job they wouldn't otherwise get."

MALE CALL

WHEN BOARD-CERTIFIED plastic surgeon Dr. Joseph O'Connell moved his practice to Westport from Fairfield recently, he designed his new facility with the comfort of women in mind. But about 10 percent of the 700

cut reason than that, I'd be worried."

Dr. O'Connell's business has changed as the state of the art has grown. "The most common thing I do to a male is laser hair removal, and we didn't have that ten years ago," he explains. The next two most popular procedures for men are liposuction of the tummy and love handles, and gynecomastia, or breast reduction. Dr. O'Connell was the first plastic surgeon in Connecticut to use ultrasonic liposuction in both procedures following its approval by the Federal Drug Administration in 1998.

But his specialty is facial rejuvenation. In fact, he pioneered what he calls "the baby boomer face-lift," or the short-scar lift to address mid-facial aging, the No. 1 complaint with boomers. "I now do probably 80 percent short-scar face-lifts, a lift that's almost as extensive as the old lift we used to do five or six years ago but with two-thirds of the scar or less," he

"Baby boomers feel very young ... But they tell me that when they look in the mirror, they see a different person than the one that's inside of them." — DR. JAMES LYONS

Patients have also become comfortable with the safety of surgical procedures. Thanks to modern technology, better and safer anesthesia is now available. Members of ASPS, for example, must operate at an accredited facility that has been reviewed by a third party to assure appropriate safety items and trained personnel. And since January 2003, Connecticut has required all physicians who perform surgical procedures in an outpatient setting to do so in an accredited facility.

With plastic surgery now "out of the closet" and no longer perceived as a negative, the motivation behind the surgery has changed. "It becomes a matter of comparison: 'I've done this. What have you done?'" says ASPS President Dr. James Wells. "I don't like that, but it does happen. I'd rather that people make the decision for their own personal reasons, not because they think it's going to change a relationship, salvage a

surgeries he performs each year are on men, and they tend to be slightly older than his female patients. "There's always that hesitancy for men to come to the plastic surgeon, and women are unhappier with the aging process at an earlier age than men," he explains. "Their reasons are really no different than women's — they simply want to look better and feel better about themselves. If they gave me a differ-

says. Dr. O'Connell advocates the short-scar lift for men in particular because it eliminates visible scarring behind the ear along the hairline. The only drawback of the procedure, he cautions, is that it doesn't correct sagging neck skin as well as the baby boomer or traditional face-lifts do.

Dr. O'Connell performed Mark's short-scar lift only after several pre-op

TOP Cosmetic Surgery Procedures for Women in 2002*

SURGICAL

1. Breast augmentation 236,888
2. Liposuction 231,079
3. Nose reshaping 209,173
4. Eyelid surgery 186,522
5. Face-lift 105,830

NONSURGICAL

1. Botox injection 991,114
2. Chemical peel 771,542
3. Microdermal abrasion 771,314
4. Sclerotherapy 495,610
(treatment of visible surface veins)
5. Laser hair removal 484,787

*STATISTICS COMPILED BY AMERICAN SOCIETY OF PLASTIC SURGEONS



“When it comes to Botox, the percentage of men and women is almost equal in my practice. Now we can get rid of some really serious wrinkles.” — DR. SAUL ASKEN

consultations. “Dr. O’Connell was very conservative,” Mark recalls, “almost begrudging about performing the operation. He said he might be able to make me look four years younger, and suggested that I come back in a few years.”

But Mark, concerned that he would be perceived as “an older person” during his job hunt, elected to have the surgery sooner rather than later. He had already considered and rejected Botox as too temporary a fix since the effects of the injections last only three to four months.

Here is one area of opinion where men and women differ. Once a woman decides to have Botox, she doesn’t mind returning for further treatments. Men want to get it done once and then not be bothered again.

Mark decided he was ready. “I felt my motives were rather down-to-earth, and I could afford it. I weighed the pros and cons, and the pros said it was wisest to get the face-lift.”

During the operation, Mark was under local anesthesia with intravenous sedation, commonly known as “twilight”

anesthesia. Incisions were made in front of both ears, and the skin was pulled back and up, eliminating wrinkles and toning the skin. Dr. O’Connell also liposuctioned fat from Mark’s jowls, which are hereditary in his family.

His recovery went better than he expected. “Right after the surgery, I looked like I had been beaten up by ten men, but that went away very quickly,” Mark remembers, adding that the worst of the bruising and swelling subsided after three or four days. The pain, which left him feeling “irritable and wanting solitude,” passed in about a week. By then he felt well enough to go out in public wearing concealing makeup that his wife helped him apply to cover the minor discoloration that remained.

Mark, who gives the final results “an eight and a half on a scale of one to ten,” says comments like “You look ten years younger!” are music to his ears. “But I never disclose why,” he quickly adds, preferring to keep his face-lift secret.

His more youthful face has motivated him both physically and psychologically.

“The face-lift gave me more confidence and energy, and I felt like working out more,” Mark explains, adding that he also believes it helped him land a job in his new career. “I have a lot more confidence and a greater sense of being centered. When I went out on interviews, I felt positive and didn’t go in with a sense of ‘I’m too old, look at all these young people.’”

Based on his face-lift experience, Mark says he would recommend the procedure to others. “It’s like going to the dentist or the barber,” he says, adding facetiously, “I wish there was socialized medicine so working-class people like me could afford it more often!”

REAL GUTS AND BOTOX

THIRTY-SOMETHING “Bob” is equally thrilled with the results of his abdominal liposuction, performed last July by Dr. Lyons. Despite more than a decade of five-times-a-week workouts and strict adherence to a healthy diet, Bob couldn’t shed his stubborn “spare tire.”

“I had a thirty-two waist, so I wasn’t big, but it wasn’t the standard I was looking for,” he explains. “In a sense, I was like a potter with clay: I was trying to make the best pot possible.”

Having previously undergone rhinoplasty (nose reshaping), Bob had fewer qualms about surgery than many patients do. He went over what concerns he did have with Dr. Lyons during two pre-op consults. The day surgery went off without a hitch (and under general anesthesia), and Bob’s recovery was less painful than he anticipated.

“I was prepared for the worse — pain, lots of bruising — and when I woke up I was sore like I’d done thousands of sit-ups,” Bob recalls. By day three, though, the swelling was minimal and bruising was nonexistent. For two weeks post-op he lived in what he jokingly refers to as

WAIT!

What If I Come Out Looking Like Jocelyn Wildenstein?



BEFORE you submit to the knife, ask about the dangers of plastic surgery. Are people going to snicker behind your back? Or worse, what if you got addicted to it? From Michael Jackson to Mickey Rourke, there is a growing subset of celebritydom that makes us all wonder: Did these people call on the best doctors on Park Avenue or go to some Transylvanian quack?

Far be it from us to make fun of these poor unfortunates with their deer-in-the-headlights eyebrow lifts and their lips swollen with enough collagen to fill a football. But if you’re in an especially catty mood today, be sure to check out awfulplasticsurgery.com. And be prepared to be scared — very scared.

\$ Local Cosmetic Surgery Costs

Botox injection	\$400/area
Breast reduction	\$5,000*
Collagen injection	\$500/syringe
Eyelid surgery	\$5,000 to 6,000*
Face-lift	\$6,000 to 8,000*
Laser hair removal	\$475/session
Liposuction	\$3,500 to 6,000*
Nose reshaping	\$2,500 to 7,000*

* INCLUDES DOCTOR'S FEE, ANESTHESIA FEE, AND SURGICAL FACILITY FEE

Some of the nonsurgical procedures involve a variety of choice and equipment, which can determine the price range. Also, the extent of a surgical procedure helps determine the price. Precise fees should be discussed during a consultation with the provider. While consultation fees generally run about \$75, they are sometimes applied toward the cost of a service.

a "man girdle," a truss-like elastic compression brace that's part of the healing process.

Bob's confidence was so buoyed by his new physique that he unveiled it publicly at a Labor Day weekend pool party. "When I took off my shirt, the reaction was outrageous, comments like, 'I'm so jealous!' and 'How'd you do that!'" he recounts, grinning at the memory. "It was great. It made it all worthwhile. Now I feel good about myself and, guess what, my belly looks good, too!"

But what if surgery is just too darn invasive for your taste? Depending on the fix you're looking for, there are alternatives. One of the most popular for those hankering for a younger visage is Botox, a highly purified and diluted form of botulinum toxin type A, the potentially lethal poison that grows in canned goods. When injected just under the skin, it paralyzes the adjacent

muscle by interfering with the chemical that transmits nerve impulses. Pesky age lines and wrinkles disappear because the muscles that create them are frozen. The resulting mask-like countenance isn't a problem for the Average Joe, but it could spell disaster for others, like actors, who need to be able to register emotion on their faces.

The first bacterial toxin to be used as a medicine, Botox was originally approved by the FDA in 1989 for the treatment of crippling muscle spasms and strabismus, or cross-eye. It was also used off-label for years to erase facial wrinkles until the FDA officially sanctioned it for that purpose in April 2002.

The manufacturer, California-based Allergan, Inc., is reaping the benefits of the drug's approval and popularity. Company sales projections for this year have soared past \$500 million.

Dr. Asken, the Darien doctor who previously practiced for two decades in Westport, has been doing Botox injections and other nonsurgical lift procedures for the last fifteen years. "When it comes to Botox, the percentage of men and women is almost equal in my practice," he reports, adding that one treatment often leads to others. "Now that we can get rid of some really serious wrinkles, the tendency is to approach the problem from different angles: Botox, collagen, whatever."

The drug is currently in development for the treatment of headache, but has not been submitted yet to the FDA for approval. However, one of Dr. Asken's patients can attest to its efficacy. "Ron" has suffered from debilitating tension headaches centered over his brow that created spasm lines on his forehead. He mentioned both to Dr. Asken, who suggested Botox might help. Two treatments later, the headaches and corrugated brow were gone.

Asked if his Botox experience has inspired him to take care of other signs of aging, Ron responds without missing a beat. "It depends on how ugly I get!" the fifty-something Westport physician says, laughing. On a more serious note, he

Forever.



© OGI LTD. 2003



KASSON JEWELERS
OF SOUTHPORT

ESTABLISHED 1949



393 PEQUOT AVENUE • SOUTHPORT
203-319-0021

ACROSS FROM THE SOUTHPORT POST OFFICE
VISIT US AT WWW.KASSONJEWELERS.COM

Made in USA



Before

Luxury Residential Architecture that blends the modern conveniences of today with the old world charm of yesterday.



After

RICHARD KOTZ, ARCHITECT

New Construction. Renovations and Additions

Greenwich, CT
(203) 698-2527

Armonk, NY
(914) 273-1806



Tuscan Estates

Villa rentals in Italy, France and
the Entire Mediterranean

www.tuscanestates.com
www.espanaestates.com

978-453-7839



Cabbages & Kings Catering
203 226 0531

adds, "Vanity is an issue that men have to come to terms with. It's part of a whole attitude of not letting go, and it's really easy to let go, especially for middle-aged men."

It's important to note that even a procedure as seemingly simple as Botox injections can be risky; after all, the musculature of the face, all forty-four muscles of it, is very complex, and it doesn't take much to "slip up." The American Society for Dermatologic Surgery pegs the rate of significant complications at 3 percent when the drug is used appropriately in a medical setting by properly trained skin surgery experts. Potential complications range from eyelid and brow droop to double vision and muscle paralysis. The society recommends that patients follow some basic steps to ensure safety: choose a medical setting that uses sterile techniques, make sure a doctor is on-site and check their credentials, ask lots of questions, abstain from alcohol before and remain upright for several hours after the procedure.

Despite those caveats, more innovations are in store for Botox, predicts Dr. Laurence Kirwan, a plastic surgeon with practices in Norwalk and London, England, who uses the drug himself. "The biggest change we need to see in this country is for men to start using it," the Westport resident says, adding that their British counterparts are much more open to Botox. "They have the attitude that women have here: It's cosmetic, I want to look better. The men here are stuck in the Stone Age, where women used to be thirty years ago."

INSTANTANEOUS CHANGE

SOMETIMES TREATMENT for a bona fide medical condition provides bonus cosmetic benefits. Such was the case with inveterate sailor "Ted," who came to Dr. Asken for treatment of his rosacea, an inflammatory condition resembling acne that he had lived with for decades. A fluorescent pulsed light treatment called Prolite was used over his entire face.

"The big surprise was the almost instantaneous change," Ted marvels. "The rosacea absolutely disappeared. There was a little bit of redness following the procedure, and all they did was put an icepack on it and in an hour it was gone."

What delighted him even more was that the treatment also toned his skin, taking years off his looks. "Age is a negative in business," he points out. "I'm sixty-six and in very good shape, but when people meet me they think I'm in my late forties." Still, the experience has not piqued his interest in any other cosmetic procedures. "I'm lucky that I don't need any others," he says, clearly satisfied with his current appearance.

"Age is a negative in business. I'm sixty-six and in very good shape, but when people meet me they think I'm in my late forties." — TED

The emerging trend among younger men is to stave off aging and surgery for as long as possible, says Dr. Lyons. "Even though I'm a surgeon, I'm a huge believer that you should do the simplest thing you can do to look the way you want to look," he says. He promotes "the complete agenda," a total healthy package approach: great skin care, good nutrition and plenty of exercise. "The plastic surgeon is just part of the process — he's not the process," he maintains.

Given the cross-generational interest in preserving or restoring youth, Ted, Ron and Mark are just the tip of the aesthetic surgery scalpel. "Our Ouija Board is probably no better than yours," says ASP's Dr. Wells. "But in terms of looking at the number of inquiries, the phone calls and the hits on websites, all of those numbers are going up. We haven't seen a decrease in any one of them." He could say that his business is looking good. ■



It's all about you

STIRLING DESIGN

stirling design associates / 766 old post road / fairfield, ct 06824
203.255.5422 fax: 203.319.0318 / info@stirlingdesignassociates.com

AuPairUSA 

Quality live-in child care
from around the world.

When your child care needs include
flexibility, control, and a care giver you can
trust, we have just the match for you!

*Pre-screened au pairs
trained in CPR & first aid
on government approval program*

1-800-AU-PAIRS
www.aupairusa.org

 **State**
CLEANERS
LAUNDERS AND TAILORS

For the Finest Quality and Superb Service

Serving Westport Since 1954
224 POST ROAD EAST, WESTPORT, CT
203-776-5