



PLASTIC SURGERY AND HEALTHY AGING – A HOLISTIC APPROACH

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As Plastic Surgeons we are called upon to treat the signs of the aging process. We do wondrous things but what advice do we give to help the patient maintain the surgical result. On the other hand are there preventive measures to be taken?

We can't stop the aging process but we can slow it down and make it healthier. It is no secret that poor nutrition, lack of exercise, stress, diseases, and an imbalance in life-style patterns all contribute to this process. So what can we suggest not only for the patient but for ourselves and our family members too?

By using treatments and approaches culled from both conventional Western and Oriental medical worlds we can help the maturing individual to look and feel better and to look forward to a disease-free longer life.

Some examples include:

Nutritional advice – recent studies show that an animal based protein diet is dangerous to your health and shortens life.

Exercise – the latest findings show that 20-30 minute daily light exercise has a significant effect on over-all fitness (this includes housework).

Stress reduction- countless programs exist. The long list includes yoga, Chi Gung, Tai Chi, Alexander, , visualization exercises, aromatherapy, etc.

Life-style changes – better eating habits, better sleeping hours, body hygiene advice, better home organization (Feng Shui), etc.

Many of these ideas in our modern age of quick fixes and scientific solutions have either been forgotten or ignored. This modern age is now producing an epidemic of obesity and chronic diseases. We nonchalantly accept that people must die of a disease. As physicians our goal should be to assure ourselves and those we care for a healthy disease-free end of life.