

They lost weight with doctors' help

OCTOBER 14, 1997 \$1.25

Barbara Ayres
Lost 29 lbs.

WHAT WORKED FOR HER:
Liposuction

"I thought I'd always be fat"

Am I doing the right thing?" I asked myself as the nurse got me ready for the procedure. It was a big step to take—having liposuction on my abdomen to remove the spare tire I just couldn't lose. But then I remembered that day in the store.

"When's your baby due?" the clerk asked, looking at my bulging stomach.

"I'm not expecting," I said, my cheeks burning with shame.

I never want to go through that humiliation again, I thought, tears filling my eyes. And I knew I had made the right decision.

I'd had a pot belly since my son was born when I was 18. "All the women in our family have big middles," my mom told me. "There's nothing you can do about it."

Working as a waitress in a diner, it was easy to eat all the wrong foods. And as a single mom, I was too tired to exercise. Instead, I'd unwind by sitting in front of the TV, munching chips. Every year my weight crept up. And on the day the clerk asked me about my "baby,"

"When's the baby due?" the clerk asked, looking at my bulging stomach

I weighed a whopping 197 pounds.

I'd dieted before, but had always given up. This time, I vowed, would be different. So I changed my eating habits and exercised. But after months of salads and sit-ups, when I looked in the mirror, tears filled my eyes. After losing weight, the fabric in my pants bagged at the hips and legs, but the elastic around the waist was still stretched to the limit. Then I read an article in *Woman's World* about an operation called ultrasound assisted liposuction (UAL) and I went to see plastic surgeon Dr. Joseph O'Connell.

"Liposuction is perfect for diet-resistant areas," Dr. O'Connell said. "But it's not a miracle."

The surgery cost \$3,400, but I decided to go for it. When I awoke from the surgery there was so much swelling I looked even bigger than my size 20-waist was before. "It hurts," I told the doctor, but he insisted that soon I'd be a new me!

A month later I tried on a pair of pants and

UAL shrank Barbara's waist and inspired her to lose even more by eating healthy and walking in her hometown of Shelton, Connecticut.



I'd dropped to a size 14! Spurred by the positive results, I began dieting again. And my fiancé Ralph and I began walking. For the first time in years, I looked great all over! But best of all, I felt better about myself. And in a few months, I'll walk down the aisle in a wedding dress I once thought I'd only be able to dream about—a flowing white gown, cinched at the waist—to fit my new hourglass figure.

THE METHOD: ULTRASOUND-ASSISTED LIPOSUCTION (UAL)

HOW IT WORKS: The surgeon uses ultrasound to destroy fat cells. He then "vacuums" away fatty deposits. Common areas for UAL are the abdomen, thighs, neck, arms, back, knees and ankles.

COST: Abdomen: \$3,000-\$4,000; hips and thighs, \$4000; neck \$1500.

HOW MUCH YOU CAN LOSE: Five to twenty pounds.

THIS METHOD WILL WORK FOR YOU IF:

- You are close to your ideal weight but have some fatty areas.
- You see a little soreness and the risk of surgery as a small price to pay for your slimmness.

Woman's
THE WOMAN'S
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WEEKLY

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