

# AGING GRACEFULLY



*Dr. Goesel Anson*

## 'AGE MANAGEMENT' THE BUZZ WORD IN WORLD OF PLASTIC SURGERY

BY GINGER TAFOYA

Why do celebrities look so darn good? How do they keep their looks consistently youthful? Have they found the Fountain of Youth and are holding out on the rest of us?

Hardly.

They began "age management" while still young – a process found in their plastic surgeon's office and their good old medicine cabinets.

Cosmetic plastic surgery has moved beyond the notion of being an exclusive privilege of the rich and famous. People are now incorporating plastic surgery into their health and beauty regimens. The American Society of Plastic Surgeons states 7.5 million Americans are choosing procedures, tripling

since 1992 despite the first economic recession in a decade, the highest unemployment levels in seven years and a seven-year low in consumer confidence.

It's true not everyone opts for plastic surgery and some aging looks good. People should never be ashamed of it but there are many who consider plastic surgery a reasonable option to feel better about themselves, enhance their appearance or minimize the signs of aging.

Baby boomers have led the way of demanding that they grow older gracefully and science has advanced not only surgery, but also improved medicine. There is also a demand that these procedures result in a more natural look, a speedier recovery time and less scarring.

Under the realm of plastic surgery are a number of non-surgical and surgical procedures. The five most popular non-surgical procedures (nearly 6 million, increasing 44 percent from 2000 to 2001) are chemical peels, microdermabrasion, Botox injection, collagen injection and laser hair removal. The top five surgical procedures are breast augmentation, eyelid surgery, facelift, liposuction and tummy tuck.

Dr. Goesel Anson, certified by the American Board of Plastic Surgery and the American Board of Surgery, says age management begins at home, practically at birth. "It's true that genetics play an important role in aging, but with a consistent application of sun block on children, especially here in the desert, it can help to maintain healthier skin in years to come," she says.

Anson lives what she preaches, consistently applying sun block to her 7-year-old daughter. "I can't wait to see the difference in her skin when she's grown," she says.

Aging is a cumulative process and age management is a philosophy that should be incorporated into people's lifestyles, says Dr. George Alexander, a board certified plastic and cosmetic surgeon. "Nothing we know can stop aging," he says. "But to help slow it down, people need a minimum exposure to ultra violet light and to incorporate a regimen of diet, exercise and non-smoking throughout their lives. Anti-oxidants such as vitamins C and E are also very helpful." ■

