**Best Bargains At The Mall** (UNDER \$20) October 2007 mazing From The Hills Get A Sneak Peek At Lauren's New **Fashion Line! Tricks For Your Body And Your Style** Pretty Without Working Out (In Minutes) Could This Happen To You? Hooking Up With My Boyfriend \*\* en.com



why are we so obsessed with

# PLASILYS

Everywhere we look, we're bombarded with images of celebrities and models with newly perfect-looking bodies. Now more girls think they should get nipped and tucked too. BY VERONICA BYRD

At some point many of us have wished we could change something about our bodies. But now a record number of girls aren't just wishingthey're actually going under the knife. Last year, 94,000 teen girls had cosmetic surgery, according to the American Society of Plastic Surgeons. Girls are getting breast implants, nose jobs, liposuction—sometimes as birthday or graduation gifts. What's behind the trend? Reality-TV shows like Dr. 90210, for one thing-they make surgery seem so simple. Tabloids are feeding the frenzy too, by showing us images of young post-op stars week after week. It's starting to seem more normal to have surgery than to be happy with what you've got. When you see that so many young, pretty celebs are getting surgery, you can't help thinking, Would I look better with 36C breasts or a tinier nose? It can make you feel like there's just one definition of sexy, and it can only be bought at the doctor's office. It doesn't make you a bad person if you've had-or want to have-plastic surgery. We all want to look our best. The problem is when it becomes a reflex instead of a carefully considered choice. Changing your body to please yourself is one thing; changing it to please others is another. Have you been thinking about getting work done? Read

this first.

### "GUYS DON'T EVEN LOOK AT MY FACE!"



I was always the girl who had a flat chest. I watched as my friends' breasts grew, but mine stayed flat—an A cup. Whenever I looked into the mirror, they were the only thing about my body that I didn't like. (I have wide hips, so I felt disproportionate; dresses and tops never fit right.) I started

researching breast implants on the Internet and saving money from my part-time job to pay for the surgery. At first my boyfriend was against the idea—since he was happy with me the way I was, he didn't get why I wanted to change my body. I told him that I just needed to feel more confident and attractive. I found a board-certified doctor, who asked me a lot of questions about why I wanted bigger breasts. He also told me the risks (like scarring and infection).

The operation went fine: I'm now a C cup. But there's a downside I didn't expect. Yeah, guys pay more attention to me, which I thought I'd like. But now it seems like they're interested in me only because of my boobs! When they look at me, I wonder if they're just thinking about sex—and that feels degrading. Sometimes I'm not sure if the surgery was worth it.

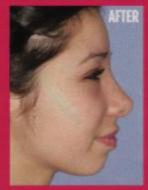
-ALEXXIS, 18, SAN DIEGO, CA



I had people ask me [if I've had breast implants]. I feel like I should let the mystery live on. I'm all for plastic surgery. When I'm older, I'm getting everything sucked, tucked, and cut off.

 Kellie Pickler, former American Idol contestant, when asked if she'd had plastic surgery





#### I • MY NEW NOSE

I was always embarrassed by my bumpy nose. The kids at school called me Big-Nose Denise and Elephant Girl. I'd try to act strong—then I'd go home and cry. So last year I asked my mom if I could get it fixed. I'm really happy that I did. I used to look at other girls and think, They're so much prettier than me—now I'm like, Yeah, they're pretty, but I'm pretty too!

-Denise, 17, San Antonio, TX

There is more to life than being thin! I am incredibly proud of my achievements over the past year. I shan't be getting any surgery; instead I will be eating lots of bread and pasta and thinking about what to write about for the next album.

 Lily Allen, singer, in a blog post in response to a previous post about researching lipo

## THREE REASONS TO HOLD OFF ON SURGERY

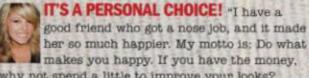
1. you're still growing Girls' bodies can continue to change into their early twenties. A body part that appears too large or too small now can become more proportionate over time. Give your body a chance to develop fully before calling a doc.

2. you haven't researched the procedure and risks Surgery is dangerous whether it's elective or not. So do your homework: Talk to girls who've gotten the procedure you're considering, ask yourself some hard questions (like, Can I handle it if the results don't look the way I thought they would?), and choose a doc who's certified by The American Board of Plastic Surgery.

**3. you're doing it for the wrong reasons** Think changing your looks will instantly make you more popular and happy? It won't. So talk with your doctor or therapist about *why* you want surgery. She'll help you figure out if your expectations are realistic.



#### WHAT YOU THINK ABOUT PLASTIC SURGERY



why not spend a little to improve your looks? Besides, what a girl does with her own body is her choice. Who am I to judge?" -EMILY. 16, BRANSON, MO DONT DO IT! "I don't think girls should have plastic surgery unless it's necessary, like if they have a medical or lifethreatening emergency. Most people get surgery because they feel insecure. There are different kinds of physical beauty—and we're not all supposed to look alike!" -SOLA. 17, POQUOSON, VA