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## More Men Are Discovering Cosmetic Surgery

Liposuction, eyelid lifts and nose jobs are popular procedures, experts say

By **Kathleen Doheny**  
*HealthDay Reporter*

MONDAY, Jan. 2 (HealthDay News) -- Need proof that cosmetic surgery and men is now a mainstream marriage?

Check out these statistics: While women still make up 87 percent of all cosmetic surgery patients, 1.2 million procedures were performed on men in 2004. That's a 16 percent increase since 2000, according to the American Society of Plastic Surgeons (ASPS).

"More men than ever before are getting plastic surgery," said Dr. Brent Moelleken, a Beverly Hills, Calif., plastic and reconstructive surgeon who says up to 20 percent of his practice includes men. "Ten years ago, it was just 5 to 10 percent."

Men choose to improve many of the same body parts as women. But they're different as cosmetic surgery patients in other ways, say the doctors who work on them.

The top five male cosmetic surgeries in 2004 were nose reshaping, hair transplantation, eyelid surgery, liposuction and breast reduction, according to the ASPS. Another organization that keeps statistics, the American Society for Aesthetic Plastic Surgery (ASAPS), has the same top five surgeries for men, although in a slightly different order.

Women also were most likely to opt for nose reshaping, eyelid surgery and liposuction, followed by breast augmentation and facelifts, according to the ASPS. The ASAPS reported nearly the same top five, but with tummy tucks nosing out nose jobs.

When it comes to minimally invasive procedures, men -- like women -- choose Botox injections, as well as chemical peels, collagen injections and microdermabrasion, a process in which a plastic surgeon uses a device like a "fine sandblaster to spray tiny crystals across the face, mixing mild abrasion with suction to remove the dead, outer layer of skin," according to the ASPS.

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SOURCES: Brent Moelleken, M.D., plastic and reconstructive surgeon, Beverly Hills and Santa Barbara, Calif.; Michael Olding, M.D., chief of plastic surgery at George Washington University School of Medicine, Washington, D.C.; Leroy Young, M.D., plastic and reconstructive surgeon, Barnes-Jewish West County Hospital, St. Louis

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