

**SPECIAL!** *Total Guide to Healthy Breasts*

September/October 2007

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### THE BIGGER THEY COME, THE HARDER THEY FALL

Last year some 145,000 women opted for breast-reduction surgery, a number that experts expect will continue to climb. We asked Allen Rosen, M.D., a spokesperson for the American Society of Plastic Surgeons, for the lowdown.

**Q** Why do breasts become so droopy and saggy after weight loss, and can anything be done about it?

**A** Breasts are mostly made up of fat and glands. For women with very glandular breasts, weight loss doesn't change the breasts that much. For women with very fatty breasts, however, a significant weight loss can cause dramatic sagging. Breast-reduction surgery, which involves cutting away the excess tissue that remains after weight loss, can help with drooping and sagging. Plus, by repositioning the nipple, it offers a breast lift as well as a breast reduction.

**Q** Who's a good candidate for breast-reduction surgery or a breast lift?

**A** Anyone with a lot of excess skin as a result of a dramatic weight loss and anyone with neck, back, and shoulder pain due to a large breast size.

**Q** Will insurance cover the cost of breast-reduction surgery? How much does the surgery cost?

**A** If more than a pound of tissue is removed from each breast, insurance will generally cover the cost. Reduction surgery can cost between \$5,000 and \$15,000, depending on where in the country you live.