

# Mumbai women tap their bottoms for bigger busts

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At 32, Priya Sinha, an Andheri-resident, was a happily married woman with two children. She had quit her job as an event manager six years ago to raise her children. But now, with one child aged six and the other five, she wanted to resume working. Everything was more or less the same from the time I quit, she thought, except for one peculiar

## DNA SPECIAL

'problem' she felt self-conscious about: the size and shape of her breasts.

Her breasts had always been small. But breast-feeding two children had taken its toll, and now they also started to sag. Silicone implants were an easy solution, except that she didn't want

implants. Says Dr Lakshyajit Dhami, her cosmetic surgeon, "Sinha wanted better-looking breasts, without which, she felt, her confidence at the workplace would sag. But she did not want any foreign object in her body."

Sinha was a slightly-built woman, but she was blessed with

## WHY BODY FAT TOPS SILICONE

- Patients opt for fat instead of silicone because they don't want fake or unnatural-looking breasts
- Earlier, the fat put into breasts would form lumps, but the methods are better now



a substantial bottom and sizeable hips. So Dr Dhami had her undergo a liposuction surgery, where 525cc of fat was removed from her hips. The same fat was then injected into her breasts: 250cc in her left breast and 285cc in her right. Dr Dhami had first used fat

from the patient's body for breast

Fat from their own bodies, through liposuction, is now a real alternative to the unnatural feel of silicone implants

augmentation seven years ago. In about three cases, with poor results. Recalling the cases, he says, "Very little fat survived. Only about 65 per cent did, in all three cases." Unhappy with the results, all three patients went for silicone implants.

But now, this procedure is making a comeback, even though silicone implants still remain the preferred choice for enhancements. In the last two years, Dr Dhami has used fat in about 15 cases, compared to the 80-90 cases where he used silicone implants.

The difference is that earlier, doctors would inject fat into the breast, not putting much thought into which part of the breast was receiving the fat. But now the technique is more advanced, asserts Dr Varun Dixit of Criticare Multispecialty Hospital.

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also preferred by patients who fear ruptures and leaks of silicone implants. The surgery, which involves only needles, also avoids the scarring caused when silicone implants are used.

But one limitation is that fat cannot give you a humungous enhancement. "You can't go from size A size to size C size using fat. Only silicone implants can do that," says Dr Dixit, who at most injects 125 cc of fat into one breast in one sitting. "Anything more and there are chances of lump formation and a lot of it not surviving." However, there is a bright side to this too. Anybody who wants a breast enhancement of less than 120 cc can opt for fat, as the smallest silicone implants available in India are of 120 cc.

Thus, fat is ideal for people who do not

want drastic increases in breast size, or for those who need corrections after any kind of surgery on the breast. Menaka Doshi, a college student of 18, had developed a breast fibroid. A surgery to remove it left a large dent in the upper part of her right breast. Since no implants are available for such dents, Dr Dixit injected 50 cc of fat from her hips to fill the dent. Today, both her breasts look the same size.

Using fat is also sometimes cheaper. The entire procedure of breast augmentation using silicone implants, including the price of the implants (Rs60,000 per pair), is between Rs90,000 and Rs1.2 lakh, while enhancement using fat costs between Rs50,000 to Rs60,000 per sitting. However, if the patient goes for more sittings to further increase the size, the

costs go up to roughly the same as for a procedure, and sometimes higher.

Since people have the ability (and of inclination) to lose weight, can breasts were made bigger using fat, turn around when the person loses weight? "It is as much possible, but none of my patients lost so much weight," says Dr Dhami. "All of the fat survives. Even today, when the fat disappears in the first two months after the procedure, at least 20 to 30 per cent of the fat survives. Even today, when she visited him nine months later, her breasts are perfect. I feel young again."

As for Sinha, Dr Dhami recalls her when she visited him nine months later. Her breasts are perfect. I feel young again.

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