



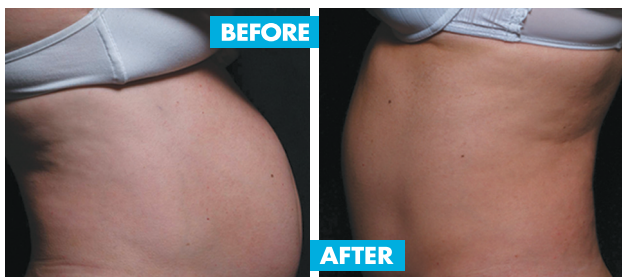
# Postural benefits from **BREAST REDUCTION SURGERY**

While some women have large breasts from a young age, in many others, there is a gradual size increase with repeated pregnancies, weight gain, and /or ageing, causing numerous problems including the difficulty in getting well fitting brassieres and clothes, the attraction of unnecessary comments , the development of chronic back, neck and shoulder pain, deep shoulder grooves and skin rashes between and below the breasts.

Breast reduction surgery involves removal of a small amount of skin, but a much greater reduction of actual breast tissue and fat and the lifting of the nipples and surrounding areola to about the level of the mid-arm.

The surgery restores balance to the patient, improving posture and fitness by the regaining of the ability to exercise without the strain caused by large and droopy breasts.

The Vertical Mammoplasty, initially described by Claude Lassus, improved by Daniel Marchac, popularised by Madeline Lejour and further refined by Elisabeth Hall- Findlay is an excellent technique for breast-reduction.



Actual patient before and after abdominoplasty surgery

## Plastic Cosmetic & Laser Surgery

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