

# HEALTHY *Lifestyles*

## Move over, Mom. Dads want to look great, too.

By ELAINE HESSER

**'DAD BOD,'** per Merriam-Webster, is "a physique regarded as typical of an average father, especially one that is slightly overweight and not extremely muscular."

But not all fathers are going gently into that paunchy good night. Some are opting for "Daddy Do-Overs."

You can trace the masculine plastic surgery trend to the "Mommy Makeover" — a catchall term for a combination of procedures designed to reduce the visible aftereffects of having children. Like the female version, which can include a breast reduction or lift, liposuction, a "butt lift," and more, the Daddy Do-Overs are personalized for each client, said Carmel plastic surgeon Joshua Korman.

### National exposure

Korman, whose local office is in Carmel Rancho, also has practices in Mountain View, San Jose and Los Altos and is an adjunct clinical professor of surgery at Stanford University. And, according to his website, he "has appeared on many national television programs and newspapers as an expert in plastic surgery, including ABC's '20/20,' CNN, The New York Times, Ebony Magazine, and others. He has been named among America's 'best plastic surgeons' by Newsweek for several years in a row."

He said that one issue men often face as

they age is that in high school, they could eat and work out and easily maintain their physique. Once they're out of school — possibly leaving behind a sports team that required a lot of effort and calories — that intake/output balance can shift, and not in a good way.

### A little assist

This can start as early as a man's 20s, and it's pretty common in the 30-to-50-year-old crowd, Korman said. He said about 35 percent of his patients are men. Some come in because they have gynecomastia — enlarged breasts. The Mayo Clinic says that this can occur for a variety of reasons and affects 35 to 40 percent of healthy men "at some time in their life." It's treated by removing excess fat and glandular tissue in the area.

"Ab etching" offers help to men who have worked out and dieted, but still haven't obtained that "six-pack" look around the midsection. Korman uses liposuction to remove excess fat in the area, revealing a more sculpted appearance.

Liposuction is a form of fat removal using a cannula, or thin tube, and an aspirator, which creates a vacuum that sucks the fat cells out. When done properly, there's minimal scarring.

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Although it's not often discussed, men's bodies start to diverge from the "ideal" as they age, too.

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However, Korman cautioned, it doesn't cure obesity. He said that people accrue fat under the skin and around muscle and organs. The fat that he can remove with lipo is the former. "It's things that are pinchable," as opposed to deep beneath the surface, so that beer belly will still require a conventional weight-loss approach.

He added that men are generally pleased with their body-contouring results, and the outcomes look natural. "It's very satisfying — people are so happy," he said.

"The best compliment is when someone sees a man they haven't seen in a while and they say, 'You haven't changed a bit!'"

Korman mentioned two approaches to liposuction — Smartlipo, which has been around for a while and Vaser, which he described as "revolutionary." The former uses a laser to heat and melt the fat cells, and stimulate collagen production, which "will provide localized skin tightening," helping give patients the look they want. Vaser uses ultrasound technology to liquefy fat and also has a skin-tightening effect.

Other procedures popular with men include face lifts and brow lifts, which help with wrinkles that form between the eyes and on the forehead, and eyelid surgery to correct "drooping, sagging skin surrounding the eye."

Finally, Korman said, he works with something called PRP restoration for hair. The acronym stands for platelet-rich plasma, in which a patient's blood is removed and placing them in a centrifuge to separate out the plasma, which is then infused with platelets — and that concentrates what are known as "growth factors."



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ened hair follicles” and stimulate hair regrowth.

### **One day**

One of the most appealing aspects of the Daddy Do-Over is that it typically requires only one day. Procedures are done in Korman’s outpatient surgery center in Mountain View.

The consultation is done either by Zoom or in person. The client discusses his concerns and Korman helps create realistic expectations.

He said he’ll see the patient at least twice before operating. After the surgery, the patient can go home and complete their post-operative follow-up in the Carmel office.

Within a few days, Korman said, most patients can “go for a stroll,” but swim-

ming and other strenuous activities might have to wait three weeks.

“These are low-risk procedures in healthy people,” Korman noted. Costs start around \$10,000 and are not covered by insurance.

He said with body contouring, there are some advantages to having the procedure done before the age of 60., but it’s common for people to have face procedures in their 60s and 70s.

Korman’s expansive and cheerful medical suite in Carmel Rancho also offers services as Wunderbar medspa, where men and women can book facials, laser treatments, Botox injections and dozens of other appearance-enhancing options.

You can learn more about his services at [kormanmd.com](http://kormanmd.com). And in light of the growing number of men having work done, having a great father figure takes on a new meaning.

