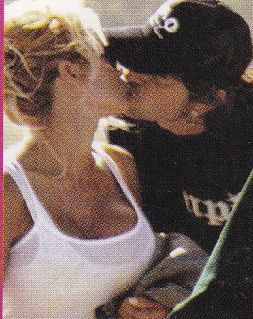
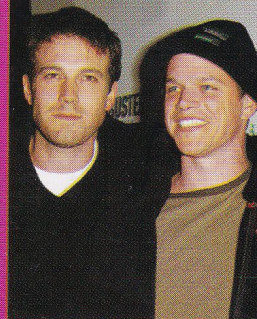


**SURPRISE! IS BRITNEY
DATING JOHN CUSACK?**

WEEKLY



**Pam & Tommy
Lee: Kissing!**



**Ben & Matt: Still
Best Friends?**



**Nick's Surprise
For Jessica**

SPECIAL REPORT

Plastic Surgery Under 30

**Who's had it, who hasn't?
The stars talk about the
pressure to be perfect**



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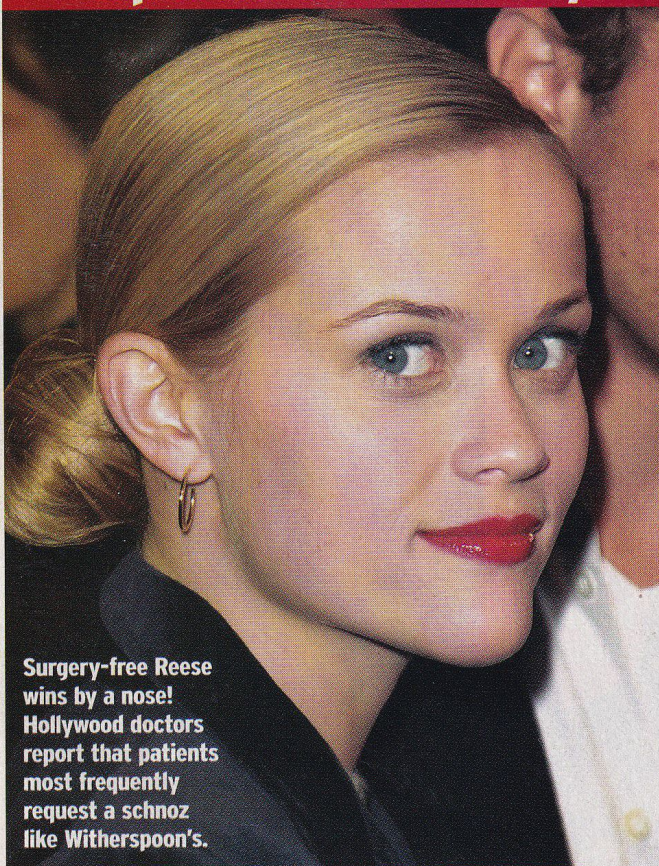
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Top Docs Set the Hollywood Plastic Surgery Record Straight



Surgery-free Reese wins by a nose! Hollywood doctors report that patients most frequently request a schnoz like Witherspoon's.

Us asks the experts . . .

Q: Is it dangerous to get plastic surgery when you're young?

A: "No, actually you're healthier when you're younger. A girl who's 21 years old and wants her breasts done heals quickly because her body is in such good shape," explains Los Angeles plastic surgeon Richard Ellenbogen. "But a 45-year-old woman who's had two kids and hasn't exercised much will take a little longer to heal."

Q: How young is too young?

A: It depends, since body parts reach maturity at different times. "We operate on 7-year-old kids if their ears stick out, because ears are almost fully grown at that age and you can pin them back," explains Ellenbogen. But when it comes to nose reshaping, most surgeons wait until the patient is 16 or 17 years old. "Breast augmentation requires a level of sexual maturity, so I wouldn't perform it on someone before she's 18," explains Beverly Hills plastic surgeon Randal D. Haworth.

Q: Can getting surgery now actually sidestep bigger surgery later?

A: Reports suggest that getting Botox injections at an early age may prevent deeper wrinkling (and a face-lift) later on. How? Botox paralyzes muscles, preventing repetitive movements such as frowning, which can cause creases on the brow. "[Women in their late 20s and early 30s] used to wait for the aging process. Now they're preventing it from happening," explains New York City cosmetic dermatology surgeon Howard Sobel.

In Their Own Words: Why I Got Breast Implants

Jenna Jameson, 29

When I got into the adult-film world at 19, I *had* to get implants. If you don't have them, you don't get video-box covers. There's a lot of pressure for women in [Hollywood to have big breasts]. I went to a 32-DD, and they looked really fake — up to my chin! I decided to have them redone by Dr. Garth Fisher, the doctor everyone wants. Sometimes I wish I hadn't gotten mine done. When I sleep, I have to put pillows under my hips just to be comfortable.

"Surgery boosts your confidence. But don't go overboard. Once you get past a C, it's just a pain in the ass."



Jameson has appeared in Eminem's 2002 video "Without Me" and NBC's *Mister Sterling*.

Survivor's Heidi Strobel, 25

When I was 21, I was training for a marathon, and I went from a C-cup to an AA in one year. One morning I just looked in the mirror and said, 'What's going on?' I decided to get breast implants. There's only so much that you can do naturally to make yourself look good. I know it sounds bizarre, but it had nothing to do with getting guys. I just didn't like the 'old Heidi.' Now that I've had surgery, I feel better about my body and I have a more positive attitude about working out. I feel comfortable in my own skin."



From AA to C!

A contestant on CBS's *Survivor: The Amazon*, Strobel posed for the August 2003 issue of *Playboy*.