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WHEN CELEBRITIES HIT THE RED CARPET FOR THE GRAMMYS AND ACADEMY AWARDS, WHAT WILL BE THE COVETED BODY PARTS THAT SEND PEOPLE RUNNING TO THEIR PLASTIC SURGEONS?

New York, NY December 2002 - Celebrity designer dresses found on the red carpet during awards ceremonies continue to impact fashion trends. But nowadays, fans no longer are content to purchase the same clothes as their favorite superstars, they want to buy their body parts!. With the Grammy and Academy Awards Shows just around the corner, baring body parts becomes the trademark for divas like Britney Spears, and Jennifer Lopez. But the question always remains, “what body part will be exposed at this years awards shows?” Once this years ‘must haves’ are revealed, plastic surgeon’s offices are usually filled with those in search of the au courant belly button, derriere, and abdomen respectively.

Dr. Bruce Nadler is a New York plastic surgeon who has witnessed this body trend first hand. His patients have the doctor to thank for skillfully replicating famous areas of the body for ordinary folks. Dr. Nadler performs his surgical magic via surgical procedures such as buttock implants, umbilicoplasty, and “ab-etching.

Sheryl Crow’s Abdominal – Nobody says ‘exposed’ more than rocker Sheryl Crow. Replicating her sick pack abs has never been so effortless. Ab-etching is a revolutionary process that delicately removes any excess subcutaneous adipose form (read fat) in between the abdominal muscles. “It’s imperative though that fat levels are already low,” says Dr. Nadler. He adds, “A candidate for ab-etching is someone with already low fat levels. If one has excess fat, the fat will still act as cover for the underlying muscle.”

The J. Lo Booty-Jennifer Lopez has brought back the booty in a big way and the trend shows no signs of diminishing. For those whose derrieres could use a little more oomph, there is now “buttock enhancement.” A true candidate is someone who has very realistic expectations and has a certain degree of flatness and soft tissue deficiency. Dr. Nadler uses a new recently FDA approved softer solid implant. This implant affords a more natural look and feel than its predecessor that should eliminate much of the negative feedback of earlier models. Thanks to this procedure J. Lo wont be the only one shaking her booty!

The Britney Belly Button-For those who covet Britney Spear’s belly button, they can have it! “Patients seeking tummy tucks often have their bellybuttons reshaped as an adjunct of the surgery, but now, with the popularity of belly rings and barely-clad fashions, more and more patients are coming to Dr. Nadler specifically to change the appearance of their bellybutton.” Unbellyvable!

Mariah Carey’s Enhancement- We all heard Osborne family matriarch Sharon, host of this years American Music Awards, say that Mariah Carey has the best implants she has ever seen. But isn’t that what all women hope will be the case with breast implants? Well nobody is more up to the task than Dr. Nadler who has performed countless numbers of surgeries for women looking to measure up to their favorite celebrities. Dr. Nadler says, “Measurements are done of the existing size and shape, and the desired

size and shape. By taking into account the patient's height, shoulders, rib cage and hips, the proper implant can be chosen."

Eve's Micro Minis-At last year's Grammy Awards show we saw singer/rapper Eve in a short black skirt revealing a lot more than her designer shoes. For women with fatty knees, budding saddlebags, soft inner thighs or a slight abdominal pouch, help with getting into this seasons micro mini can be accomplished as fast as you can say, "Micro Lipo.' Many workout gurus offer exercises designed to target this area, but they often prove fruitless because it is hard to build muscle around the knees and burn fat. Micro Lipo allows the surgeon to specifically zone in on the fatty pads surrounding the knees.

Halle Berry's Sleek Arms- Women are especially prone to visible upper-arm fat and the skin laxity that occurs as a result of gravity taking a toll, So if you want to look like Halle there are two procedures that can be ideal for you. The first is the batwing procedure, which is designed for those with excess fat and loose, hanging skin of the upper arm. For patients whose problem is solely excess fat, this group would include those who are usually under 45 and who have not gained or lost large amounts of weight, a second option is liposuction of the upper arms. "Liposuction of the upper arm is a remarkably easy procedure," says Dr. Nadler, "because often the removal of a small amount of fat -- around 100 cc's -- makes all the difference." With halter-tops and sleeveless shirts making their way back this summer, excess fat should not be an accessory.

Catherine Zeta Jones' Voluptuous Appeal- Even though runway models may be slimming down, celebrities are accentuating their curves with dress designs to help stylize their hourglass figures. According to Dr. Bruce Nadler, women are pursuing hourglass figures more than ever before. "The number of breast augmentation cases I have done has doubled over the last decade," he says. So as celebrities 'strut their stuff' on the red carpet-- take notes on what is hot and what's not. Duplicating the body parts of our favorite celebrities has never been easier.

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