

As Seen In

HealthScope

HEALTH & WELLNESS MAGAZINE



Q.

I'm uncomfortably top heavy and having a lot of pain when I exercise. Would a breast reduction help me?

A. If the weight of your breast causes you pain when you work out, a breast reduction is likely to greatly improve your comfort level and ability to have an active lifestyle. A breast reduction can also make your breasts more proportional or symmetrical, ease back and shoulder pain, and boost body confidence. Keep in mind that a breast reduction should both improve quality of life and be aesthetically pleasing. If you decide to pursue this procedure, you should choose a board-certified cosmetic or plastic surgeon who has significant artistic as well as surgical skill. Ask to see "before and after" photos of previous breast reduction surgeries. Enlisting an experienced surgeon will ensure a safe surgery and recovery, with as beautiful results—including minimal scarring—as possible.



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