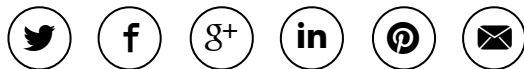


Cosmetic Surgeon Dr. Richard Buckley Comments on How a Just-Published Study in The Lancet Has Cosmetic Surgery (Body Sculpting) Implications

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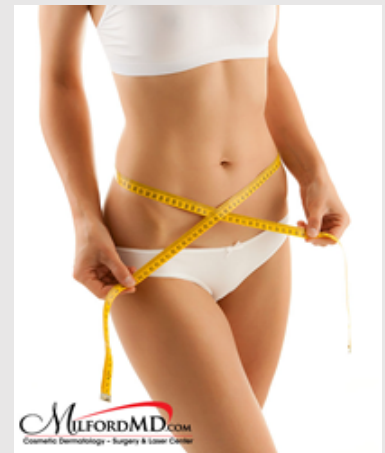


A large new study published in The Lancet shows that even small amounts of excess weight can shorten life. Cosmetic surgeon Dr. Richard Buckley talks about cosmetic surgeons have an opportunity to educate body sculpting patients about how eating right and exercising to maintain normal weight is not only good for maintaining benefits of cosmetic fat removal procedures but also for lifelong health.

MILFORD, PA (PRWEB) DECEMBER 14, 2016

Weight concerns and their impact on body image often drive people to their cosmetic surgeons' offices in search of liposuction and other fat-reducing procedures. But a new [study](#) in the scientific journal The Lancet suggests that even small amounts of excess weight can affect much more than body image. Researchers reported that not only obese people are in danger of premature death, but also overweight people. In the article looking at health information from 10.6 million people from four-continents, involving 239 studies, the new research contradicts a prior paper in The Journal of the American Medical Association, which suggests that being slightly overweight actually decreased risk of death and having a BMI between 30 and 35 did not increase risk of death. Not so, according to the new study. In fact, even being slightly overweight can shorten your life.

"Increasing the risk of dying is a powerful indicator of health. The new results on overweight should be strong motivation for people to return to a healthy weight," said the study's author Jonathan Samet, director of the University of Southern California Institute for Global Health, said in a [press release](#) on the study.



A new study shows that even small amounts of excess weight can shorten life. That's why Dr. Buckley educates his patients about the advantages of maintaining weight after a fat reduction procedure.

Cosmetic Surgeon and MilfordMD Cosmetic Dermatology Surgery & Laser Center Medical Director Dr. Richard Buckley says that cosmetic surgeons often have the opportunity to help and educate overweight patients who come into their offices looking for permanent fat removal procedures. “The procedures we do to remove fat and sculpt the body have the best results if patients are equal partners—meaning they complement what we do, surgically or with new body sculpting devices such as [CoolSculpting](#), with healthy eating and exercise,” Dr. Buckley says. “I educate my body sculpting patients about the importance of achieving and maintaining normal weight, not only for looks but also for life-long health.”

The Milford, Penn. cosmetic surgeon says cosmetic surgical procedures also can help people who are doing all they can to maintain a healthy weight, but have diet-resistant areas of fat. “The patients that partner with us in their health are ideal candidates for procedures, from fat freezing with CoolSculpting to the more dramatic laser liposuction with [SmartLipo Triplex](#) or ProLipo. They’re already practicing healthy living, but have annoying, stubborn fat pockets around the knees, thighs, love handles, arms or elsewhere,” he says. “We can fine-tune their efforts, giving them a more sculpted look.”

Dr. Buckley says he has found that many patients who have cosmetic body sculpting procedures after or along with weight loss are likely to keep the weight off because they’re so pleased with the way they look. Body sculpting options, including skin lifting and tightening procedures with Thermo radiofrequency devices, Ultherapy, [Thermage](#) and more, are more accessible because there’s no downtime associated with those options.

“I believe it’s often body image (and not always health concerns) that drives people to cosmetic surgeons and others looking for body fat solutions,” Dr. Buckley says. “Our taking that opportunity to educate patients not only about how we can permanently remove their fat, but also how eating right and exercising will not only keep them looking good but also prolong their lives, is our responsibility as physicians.”

With the holidays and the associated over-indulging around the corner, the study is timely, Dr. Buckley says. “It’s our resolution at MilfordMD to help our patients not only address their cosmetic concerns, but also to understand how what they do in their lives can help them maintain results, confidence and a longer-life,” he says.

About [MilfordMD Cosmetic Dermatology Surgery & Laser Center](#):

The MilfordMD Cosmetic Dermatology Surgery & Laser Center offers state-of-the-art highly specialized procedures in laser and cosmetic surgery and aesthetic skin care. In addition to its AAAHC accredited surgical center and extensive laser surgery capabilities, MilfordMD offers physician designed skin care products for home use. Milford Pennsylvania’s MilfordMD Cosmetic Dermatology Surgery & Laser Center is sought out by patients from around the world for expertise and innovation in cosmetic treatments performed by Richard E. Buckley, M.D. and Marina Buckley, M.D.

MilfordMD Cosmetic Dermatology Surgery & Laser Center is located at 303 W. Harford Street, Milford, PA 18337. Tel: (800) 664-1528. For real patient video testimonials, visit our [MilfordMD YouTube channel](#).

“The procedures we do to remove fat & sculpt the body have the best results if patients are equal partners—meaning they complement what we do with healthy eating & exercise. We always stress the importance of maintaining normal weight for life-long health.”