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Health+Beauty



Giving Back What Breast Cancer Steals

By **GARY MOTYKIE, M.D.**

Breast augmentation is the second most popular cosmetic surgery for women in the United States. Unfortunately I have seen a trend in breast surgery in which half of my work is now repairing surgery initially performed elsewhere. This type of surgery can be very challenging because scar tissue formation has already taken place inside the breasts and the normal anatomy of the breast can be permanently altered.

A portion of my practice has begun to evolve into a highly specialized area that deals strictly with patients that have had multiple breast surgeries yet remained unsatisfied with their breasts. I have realized that most women want breasts that look and feel like they could be their own natural breasts and not breasts that are large, heavy and unnatural. In fact, most women want what I term "Goldilocks Breasts." These are breasts that are not too small, not too big, not too hard, not too soft, not too fake and not too real...But rather "just right." This type of surgical result is most likely achieved through a successful first surgery and becomes increasingly more difficult to achieve after each attempted revisional surgery due to progressive scar tissue formation and altered internal breast architecture. In short, it is always easier to "get it right the first time."

So what should a woman do if she does not get what she desired from a previous breast surgery? I would recommend seeking out a surgeon that specializes in revisional breast surgery because these types of surgery can be very complicated and making things worse is always a possibility in less experienced hands. In correctional breast surgery cases, the internal scar tissue may need to be removed, the breast may need to be reshaped and the implants may need to be exchanged. A very common question is whether saline or silicone implants are superior for revisional breast surgery. The answer quite simply depends on a given situation and the primary goals of the surgery. Each implant has its own unique benefits and drawbacks and the choice to use one over the other has to be a joint decision made between the surgeon and patient.

Approximately two years ago, I performed a very difficult revisional breast cancer surgery on the reality television show *Dr. 90210*. The patient's emotional journey and phenomenal surgical results opened the floodgates and I began to receive hundreds of e-mails from breast cancer survivors all over the world that needed correction of previous reconstructive surgeries. These patients' insurance companies had deemed them "finished" from a reconstructive stand-point because they had been given breasts even though those breasts sometimes felt strange, unusual and "alien."

Without the help of the insurance companies, many of these women cannot afford the revisional surgery they need. As e-mails filled my office from women that had won the battle against breast cancer, only to be left with breasts that they could not call their own, I decided to create a charity that gives them back what breast cancer steals: Their breasts, their femininity and their lives.

Over the past year, I founded and launched "The Healing Curve" (www.thehealingcurve.org) which is a non-profit organization designed to fund surgery for breast cancer survivors who cannot afford the revisional surgery they desperately desire. As my practice began to see more and more women in need of revisional breast cancer surgery, I began to realize that what these proud survivors simply want, and deserve, are "Goldilocks Breasts" too.

*Dr. Gary Motykie is one of America's most respected, published and innovative plastic surgeons. In addition to running a busy private practice in Beverly Hills, he is always in demand with the media, making regular appearances on E!'s *Dr. 90210*, *Extra*, *Discovery's TLC* and *Dr. Phil*. Additionally, he is quoted in newspapers and magazines including *The Wall Street Journal*, *the L.A. Times* and *US Weekly*. He has authored several scientific journals and written textbooks on many areas of plastic and reconstructive surgery, and many of the techniques he has helped create are referred to by surgeons today. Dr. Motykie is committed to the cultivation of breast cancer reconstruction. He donates hundreds of hours to survivors in the mission to achieve natural looking breasts after the physical and emotional effects of chemotherapy, radiation and mastectomies.*

THE HEALING CURVE



Greta Mendes, patient of Dr. Gary Motykie, breast cancer survivor and inspiration behind formation of The Healing Curve.

Health+Beauty



Westside Today's Valerie Westen and John Saade

Real-Life: We're Getting Plastic Surgery Like Mother, Like Daughter

When Dr. Motykie invited *Westside Today* to observe first hand the cosmetic makeover of two Westsiders, Managing Editor **VALERIE WESTEN** and photographer **JOHN SAADE** took on the challenge. After all, it couldn't be worse than watching it on TV, right? Dr. Motykie's patients: Debbie Britton, a 50-year-old hospital department secretary, and her daughter Rachel, 22, who have both had plastic surgery a few months ago. They were so pleased with the results, they asked Dr. Motykie to perform a few more procedures – on their faces this time. Debbie, who had a tummy tuck and liposuction done in June, now wants a neck lift, fat grafting in her cheeks, botox injections and an eyelift. Rachel, who had breast augmentation and liposuction last spring, requested a chin implant, fat grafting in her cheeks and a nose job.



Rachel

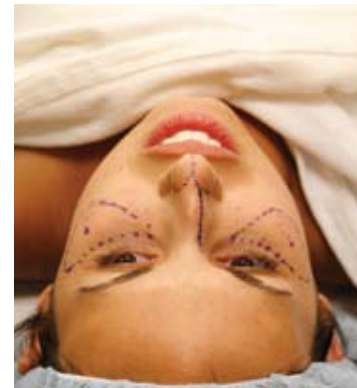
Debbie



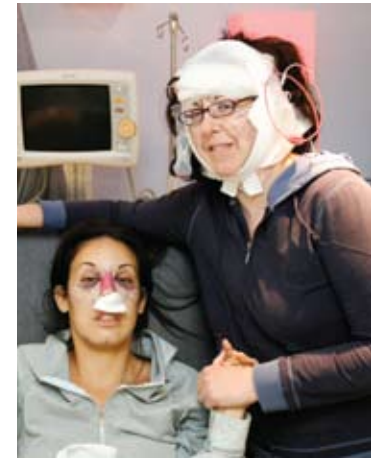
"We're trying to achieve a natural look for the girls; turn back time for Debbie and for Rachel, create a prettier version of herself," Dr. Motykie said.



Rachel has worked as a surgical technologist for several plastic surgeons and assisted Dr. Motykie during her mother's surgery.



Dr. Motykie and his assistants worked diligently and with very precise movements as we watched the procedures being performed on Rachel.



Rachel is having a hard time waking up, so the nurses joke around to wake her up: "Come on Sleeping Beauty, it's time to wake up, you're going to be late for work!"



Removing sutures...

"It's insane, I love it!" Rachel said.

After only one week, Dr. Motykie admires his work. Well done indeed.

