

EXTREME

Heidi Montag made headlines after having 10 cosmetic surgeries in 10 hours. What drives a young girl to this extreme? DOLLY delves into the scary world of OTT cosmetic surgery.

LITTLE GIRL LOST

The fun-loving, wholesome girl from Colorado has been sucked out of Heidi by her never-ending quest for Hollywood "perfection". In January, Heidi Montag, 23, shocked the world when she posed for the cover of *People* magazine. Barely recognisable after undergoing a staggering 10 plastic surgery procedures in one day, Heidi cited the competitive nature of her job as the reason for the drastic changes. Even scarier, it wasn't the first time she'd gone under the knife – Heidi had her first breast enlargement at just 21.

SURGERY OBSESSION

Australian facial plastic surgeon Dr Tobias Pincock says having 10 procedures is extreme. "If I had a 23-year-old request all those things, she would not walk out having had them all," he says. Heidi confesses she's "beyond obsessed" with going under the knife. "Nobody ages perfectly, so I plan to keep using surgery to make me as perfect as I can be," she says. But Heidi's critics say she's only just physically matured into womanhood and doesn't need any more surgery.

MIRROR, MIRROR ON THE WALL

So why would a beautiful young girl go to such extreme lengths to change herself? One possibility is body dysmorphic disorder (BDD), a condition where a person looks normal, but thinks they have physical imperfections. They obsess over nonexistent flaws, which can lead to anti-social behaviour, a fear of leaving their home and, in extreme cases, plastic surgery. BDD should be treated with regular counselling, not by going under the knife. Dr Tobias believes any 23-year-old like Heidi who wants 10 procedures has got a degree of BDD. "It's sad because Heidi's gone overboard and her plastic surgeon seems to only have encouraged her," Dr Tobias says.

SELF ESTEEM SURGERY?

DOLLY Counsellor Louise Rémond is concerned Heidi's surgery is sending a dangerous message. "Cosmetic surgeons can't fix what's wrong on the inside," she says. "If someone's self esteem is so low they think plastic surgery is the answer, they should turn to a psychologist and sort through their issues – the real cause of their low self esteem, not a cosmetic surgeon." Louise says. Social commentator and FoxTEL presenter Sarah Wilson agrees Heidi's attitude toward her body is alarming. "Heidi is sending the message to young

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MAKEOVER

women that you can buy happiness," Sarah says. "It's the mentality of, 'Are you unhappy with your life? Just buy a new face.' It's scary." Even Heidi's *Hills* co-star Lo Bosworth is worried about the effect the surgery will have on her fans. "I would never want young girls to read that [article in *People* magazine] and think it's the standard they need to be measured by."

COSMETIC SURGERY: IS IT ON THE RISE?

While no data is collected on plastic surgery in Australia, Dr Tobias says it's becoming more socially acceptable in younger generations. "Patients over 35 cover up with dark glasses," says Dr Tobias. "Whereas patients in their 20s bring friends and family along – they're not ashamed of their surgery."

HOW YOUNG IS TOO YOUNG?

Dr Tobias says he'll only perform plastic surgery on teens under 18 if it's reconstructive. "A procedure like breast implants isn't reconstructive – there's no medical reason for it." Nedahl Stelio, blogger and director of cocoloc.com.au, believes girls under 18 shouldn't be allowed to get plastic surgery. "Girls often don't realise these procedures are actual operations, which leave permanent scars," Nedahl says. The best advice? Give yourself time to really get to know your body before you change it.

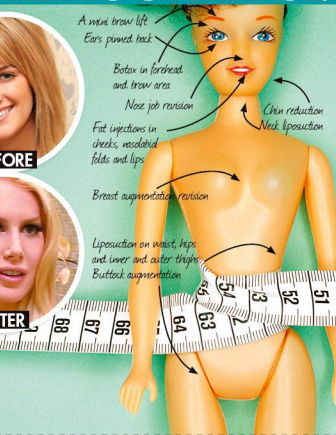


BEFORE



AFTER

HEIDI'S OVERHAUL:



REAL-LIFE TEEN PLASTIC SURGERY:

"I COULD BE THE YOUNGEST GIRL IN AUSTRALIA TO HAVE A BOOB JOB"

Jade*, 16, underwent surgery to enlarge her breasts in October last year. Here's her story.

When I was 13 I was upset about being flat-chested. People would call me "mosquito bites", others would say, "Don't you wish you had them?" because I wasn't even an A cup. It took over my life – I never wore bikinis and I was really shy around guys. By the time I was 15, I started thinking about having surgery. My mum had her breasts augmented after enduring

years of torment. She was really supportive of the idea – she didn't want me to have the low self esteem she had. My dad said he just wanted

consented. He told me I was his youngest patient to have a breast augmentation and no other surgeon he knew had performed the surgery on

Monday I was back to school. I'm a 10C now and really happy. Most of my grade found out about the operation and there were mixed views; some of the guys made comments, which were hurtful. If you're thinking about getting a breast augmentation, you need to be certain you're ready for it, and be prepared for the reactions afterwards, because not everyone will approve. For younger girls I'd suggest you wait and see if your breasts grow first.

"By the time I was 15, I was thinking about having surgery. My mum had her breasts augmented after enduring years of torments."

me to be happy and confident. My surgeon discussed with me why I wanted it done and he said he was happy to perform the operation so long as my parents

anyone so young. The operation wasn't as painful as I expected – it was more discomfort. I had it on a Saturday and was out of hospital the same day. Then on