

Men Catching Up on Nips and Tucks

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SATURDAY, March 8 (HealthDayNews) -- Vanity, thy name is ... man?

In the latest sign that once-rigid sex roles continue to blur, men are flocking to plastic surgeons for treatments ranging from Botox injections and liposuction to eye lifts and breast reductions.

They include James Babbin, a 37-year-old actor from New York City.

In 2000, he visited Dr. Philip Miller, a facial plastic surgeon in Manhattan, for some internal nose surgery for health reasons. Then, he decided to enhance his looks by undergoing blepharoplasty to reduce the puffiness and swelling under his eyes.

"It was something I always wanted to have done, and it's definitely had a positive effect on my life," says Babbin, who has since had Botox treatments to smooth out unwanted wrinkles.

The procedures have boosted his confidence and led to more TV and film work, he says. "If someone is thinking about it, it's worth exploring," he adds. "It's more public now, and a lot more accessible."

Accessible indeed.

Consider these statistics from the American Society of Plastic Surgeons:

- In 2001, 17 percent of patients having chemical peels were men, up from 4 percent in 1992.
- During that same nine-year period, the number of men having facelifts climbed from 7 percent to 10 percent.
- Males opting for liposuction rose from 13 percent to 18 percent.
- And men who chose to reshape their nose jumped from 28 percent to 37 percent.

When asked why they decided to go the plastic surgery route, most men say they want to improve their looks and give themselves an edge in their professional and personal lives.

"Over the last few years, more and more men are aware of the treatments that can benefit them in the workplace as well as in their social life," says Miller, who's an assistant professor at New York University's School of Medicine.