

# insight

## The surgical solution for upper-arm flab

Women who have lost weight say it's a thrill to watch their bellies flatten, thighs slim and butts firm—and a bummer to still have to keep chubby upper arms under wraps. The frustration finally compelled 31-year-old Jennifer Mills to shell out \$2,500 for a permanent fix—arm liposuction. "I dieted and exercised, but nothing seemed to budge that upper-arm flab," she says.

### **90 minutes to trim and firm**

The procedure takes about 90 minutes and can be done right in the doctor's office, explains

**Mokhtar Asaadi, M.D.**, a board-certified plastic surgeon in West Orange, New Jersey. "Fat deposits are suctioned out through several tiny incisions in the armpits and near the elbows."

**Is it worth it?** Jennifer thinks so. The procedure itself was a breeze, and although it took a few months for the swelling to go down, it was totally worth it. "I can finally go sleeveless again!"