

# The Tip Sheet

Smart Strategies for Your Money, Health, Family, Technology, Design, Real Estate, Travel

## THE LIST

Our top picks for the week ahead.



**RENT** **'Heights,'** a smart indie film about how lovers lie and destroy one another. James Marsden (necking above) stars, but Glenn Close is a scene stealer as a stage actress.

**HEAR** **'Diana Krall: Christmas Songs.'** Pick up a copy of this sultry collection—with classics like "Jingle Bells" and "I'll Be Home for Christmas"—for an early holiday celebration.





**SURF** **the Meet Me In ...** travel tool. Up to four people from different cities can coordinate their itineraries so they all arrive at that bachelor party in Vegas at the same time ([site59.com/meetmein](http://site59.com/meetmein)).


**BUY** **OCEANIC T shirt** (\$25; [lostfanclub.com](http://lostfanclub.com)). It comes with the logo from the aircraft that crashed the "Lost" cast. Get some more clues (but don't book a flight!) at [oceanic-air.com](http://oceanic-air.com).



**JOIN** **National Novel Writing Month** ([nanowrimo.org](http://nanowrimo.org)). Participants crank out 50,000 words in 30 days. Start your pens Nov. 1.

 **Read** an interview with actor James Marsden of 'X-Men' and 'Heights' ...

 **Listen** to Christmas songs from jazz vocalist Diana Krall's new holiday album ...

 **Browse** our list of books about civil rights at [Newsweek.com](http://Newsweek.com) on MSNBC.

## HEALTH

# LIPOSUCTION: GOING MICRO

BY KAREN SPRINGEN

**B**RANDY MONTOYA, 28, eats healthy and visits the gym at least three times a week. But as hard as she tried, she could not get the bottom half of her body to match her smaller torso. So in July, she signed up for \$9,000 worth of liposuction. Denver plastic surgeon John Millard performed a new procedure, Lipo-Selection, which uses ultrasound to liquefy fat before it's suctioned out of the body, often resulting in less bruising. Montoya said good-

bye to millions of fat cells on her thighs, her hips—and even the inner part of her knees. "I look like somebody you'd be jealous of, I really do," she says.

Liposuction has long been the nation's top plastic-surgery procedure. But with advances like LipoSelection, which promises a quicker recovery, and the use of tiny suction tubes ("canulas") that allow doctors to target smaller body parts, it's growing faster than ever. Lipoplasties were up 24 percent last year over 2003, to 478,251.

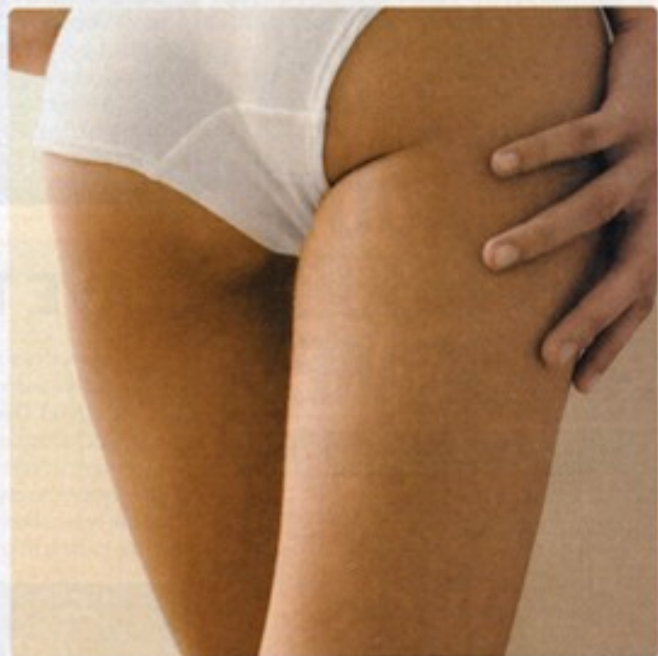
The newest lipo converts aren't settling just for having their tummies and thighs done: like Montoya, they're adding on ever-tinier body parts, like ankles, knees and cheeks. This quest for perfection is fed by reality-TV makeover shows that leave no flaw untouched. But before you sign up, remember that lipo, like any surgery, comes with a lengthy recovery period and is typically recommended for healthy patients no older than their 50s. And make sure your doctor is certified by the American Board of Plastic

Surgery (check [plasticsurgery.org](http://plasticsurgery.org) or [surgery.org](http://surgery.org)). Here's a guide to some popular microprocedures.

**Calves and ankles ("cankles").** Nearly anyone with thick ankles is a potential candidate, says New York plastic surgeon Gerald Pitman, author of "Liposuction & Aesthetic Surgery." Though it affects a relatively small area, the surgery is ex-

45 minutes and costs about \$3,500. Doctors make the incision behind the knee so the scar is less visible.

**Face.** Good candidates have full cheeks but aren't obese. "If you have someone who comes from a family where they all look like cherubs, that's a good person to do it for," says Pitman. Surgeons remove small amounts of



pensive (\$10,000) and time-consuming (about two hours), but patient satisfaction is high.

**Neck.** Sagging skin requires a neck lift. "But for the younger patient who just has a full neck, [lipo's] a home run," says Pitman. The procedure takes less than an hour with a one-week recovery period. The cost: about \$4,000.

**Knees.** Having fat removed from the inner knee takes about

superficial fat through tiny incisions inside the nose and behind the ear. Cost: about \$5,000.

In the future, doctors hope to also perform nonsurgical body contouring by zapping fat with high-energy ultrasound, says Dr. Mark Jewell, president of the American Society for Aesthetic Plastic Surgery. (The killed-off fat cells would be metabolized by the body.) Until then, we'll just have to live with the bruises.