



Beauty...

by Dr. Eugene Strasser

Is beauty really in the eyes of the beholder?

What is beauty in the human form? Does it really matter or are we just admiring the superficial? A considerable amount of research has gone into the study of human beauty. These studies indicate there are certain characteristics that we perceive as beautiful. Average parts are the building blocks of human beauty. Symmetry between paired parts or the two halves of a single part is another important characteristic. Finally, harmony in the combination of parts is essential for beauty. The parts must fit together as we might expect them so no part stands out attracting unusual attention. So beauty in the human form is the symmetric combination of average parts in a harmonious way.

Aren't we being too superficial? Is it not what's inside the person that really counts? Maybe, but consider the following facts. Given two people with the same qualifications for a job, the better looking one is more likely to get that job. Better looking people make up to 15% more than their less attractive counterparts in the same job. Attractiveness is a big asset in the competition for a mate. We also perceive better looking people to be healthier and smarter. And all this is not a learned habit but is part of us from birth. When toddlers are shown pictures with an attractive face and another with a less attractive face, they spend more time looking at the attractive face. Children also rate attractive teachers as better teachers.

We all have great potential at birth. Just being our very best can be beautiful! But if nature was less than kind in giving you a body part that you find unattractive Plastic Surgery can offer you the help you desire. It is, after all, the ultimate in self-grooming. We get up in the morning and the first order of business is cleaning and grooming ourselves. You wouldn't go to work without completing the ritual grooming. Nor would you go out on a date without looking your best! The first impression you make is a lasting one and your appearance speaks for itself.

The affects of Plastic Surgery can be life altering. A patient came to me for help. He said he was tired of being told how tired he looked. He felt fine and didn't feel tired but being constantly told how tired he looked was a real downer. After fixing his eyelids, he wrote me a note. "You can't know the full extent fixing my eyes had on me. I not only look and feel better but I meet the challenges of the day with renewed vigor". Good looks is a confidence booster, while body parts we find unattractive are confidence downers. We all have our pluses and minuses. The idea is to maximize our pluses. As one of my rhinoplasty patients put it, "I feel I had two lives, my pre-nose job life and post nose job life. I wouldn't want to go back to my pre-nose job life."

Being your best through your own efforts and at times with the help of your Plastic Surgeon not only makes you look and feel better, but it can have a profound beneficial effect on the ONLY life you have.