

Phoenix Health and Wellness

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MAGAZINE

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Body Contouring: When Just a Little Is Enough

Most people who seek contouring surgery have already lost weight through diet and exercise. They'll say "I've lost weight and I still feel fat". Large amounts of loose and heavy folds of skin can be left around the arms, thighs, breasts, buttocks, face, and abdomen after hitting your weight loss goal. There's no single best procedure or procedures for these people. The appeal of contouring surgery is that it's a little less invasive, combining small amounts of liposuction with other smaller surgeries.

Best Tummy Tucker

People choose to have cosmetic surgery for different reasons. Some want to change something they always found to be a bother emotionally. Others may be motivated to look younger for personal or professional reasons.

The decision to undergo any type of cosmetic surgery is intensely personal. We're often driven to see this choice from a combination of social and emotional factors. With the increase in popularity of cosmetic surgery, attitudes have changed as well. Fewer people are choosing to grow old without choosing, at least, some of the mild changes that can be made. Robert Marouk, a Cosmetic Surgeon in Chandler, explains that taking the time to be sure of your decisions is the best way to ensure you're happy with your choices later. Of course, making sure your surgeon is reputable is fundamental.

Why He's Our Pick: An advocate of newer and less invasive techniques like abdominal etching and body contouring, he's known for correcting previous surgery done elsewhere and making house calls for his patients in recovery. Many of his office staffers are former happy patients, which is always a good sign. The website is jam-packed with touching thank-you notes and fantastic before and after photos.

When asked what people should seek in a cosmetic surgeon, Robert Marouk says "Comfort and Experience". We agree. There's no shortage of cosmetic surgeons here in the valley. Someone beginning to investigate their options always needs to remember to take their time. Dr. Marouk encourages his patients to take their time and even get 2nd opinions. "This way you know you've done your homework," he says.

Dr. Marouk, along with 2 of his siblings, followed in their fathers footsteps by practicing medicine with responsibility and skill. He says it helped him understand the importance of the physician/patient relationship. He always offers a free consultation for people with questions of any kind.



Robert I. Marouk, D.O.

Board Certified Cosmetic Surgeon

Graduate Hospital (Fellowship)
Cosmetic Surgery

Peninsula Hospital Center (Residency)
General Surgery

Oklahoma State University (D.O.)

American Osteopathic Association

American Medical Association

American Academy of Cosmetic Surgery

American Osteopathic College of
Ophthalmology and Otolaryngology
Head and Neck Surgery

American Academy of Otolaryngology -
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