

Ejercicios resueltos > Write in your own words

Plastic surgery: Beauty or beast - In your own words

Some psychologists are worried about the psychological impact on those who undergo drastic cosmetic surgery – and also on those who don't and, consequently, may feel inadequate. Although radical transformations are rare, some psychologists plan to investigate the surge in cosmetic procedures and whether these surgeries have any lasting psychological consequences. The number of cosmetic operations increased by 44 percent from 2003 to 2004, according to the American Society for Aesthetic Plastic Surgery. Plastic surgeons conducted a record 11.9 million procedures last 5 years, both non-surgical (like Botox) and surgical (like breast augmentation or liposuction).

How do such practices affect patients psychologically? Social workers have made a recent analysis of 37 studies on patients' psychological and psychosocial functioning before and after cosmetic surgery. It suggests positive outcomes in patients, including improvements in body image and possibly a quality-of-life increase too. But the same research – published in April 2005 – also found several elements of poor outcomes, especially for those who hold unrealistic expectations or have a history of depression and anxiety. The researchers found that patients who are dissatisfied with surgery may request repeat procedures or experience depression and adjustment problems, social isolation, family problems, self-destructive behaviours and anger toward the surgeon and his or her staff.

In your own words and based on the ideas in the text, answer the following questions. (?)

a) How may plastic surgery affect patients?

Plastic surgery can affect patients psychologically and psychosocially, both in a positive and a negative way. On one hand, patients may improve their quality-of-life as they see their body image improved. But on the other hand, patients who are not satisfied with their transformation may experience negative symptoms, such as depression, adjustment problems, social isolation, family problems and self-destructive behaviours.

Ayuda: la respuesta la encontramos en el segundo párrafo, que nos ofrece los resultados de los estudios sobre la conducta de pacientes que se han sometido a operaciones plásticas. Algunos pacientes reaccionan de manera positiva y ven mejorada su calidad de vida. Otros, insatisfechos por sus operaciones, experimentan depresiones, problemas familiares y sociales, y conducta auto-destructiva.

Vocabulario: *both*: tanto; *way*: modo, manera; *on one hand*: por un lado; *improve*: mejorar; *such as*: como por ejemplo; *isolation*: aislamiento; *behaviours*: conductas.

b) Are all patients psychologically prepared for plastic surgery?

According to the text, not all patients are psychologically prepared for plastic surgery. Those patients who have a history of depression and anxiety and those who hold unrealistic expectations should think twice about undergoing plastic surgery, because according to researchers, they are likely to suffer poor outcomes afterwards.

Ayuda: Según el texto, los pacientes que han tenido antecedentes de depresión o ansiedad y que tienen expectativas poco realistas no son los más adecuados para someterse a una cirugía plástica pues según los estudios pueden experimentar ciertos problemas tras la operación.

Vocabulario: *according to*: según; *hold*: mantener; *think twice*: pensárselo dos veces; *researchers*: investigadores; *be likely*: ser probable; *poor*: malo, insatisfactorio.