



Med Center Health®

[VIDEO TRANSCRIPT]

## 90 Seconds to Better Health – Health Benefits of Breast Reduction Surgery

*Katie Durnen, M.D. – Plastic Surgeon, Med Center Health*

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Breast reduction surgery is removal of excess breast tissue, fat and skin to create a lighter, more lifted, beautiful breast.

[DR. DURNEN]

Patients generally come to my office seeking a breast reduction because they're having functional issues related to heavy breasts. That can include any symptoms from back pain, neck pain, shoulder pain, headaches or skin issues. And so, after breast reduction surgery, we really hope to see significant improvement or even resolution of those issues.

[NARRATOR]

The goal of breast reduction surgery is to improve a patient's quality of life.

[DR. DURNEN]

We really want patients to be able to exercise easily, find clothing that fits well, and enjoy their day-to-day life without suffering from the effects of heavy breasts.

If you're interested in breast reduction surgery, your insurance may require a referral from your primary care. A patient's initial consultation and all of the post-op visits are done here at the Atalla Plastic Surgery building. Breast reduction surgery is an outpatient procedure done at The Medical Center at Bowling Green. It's generally a four-hour procedure under general anesthesia, and recovery can last anywhere from four to six weeks. Usually, a week off from work is enough. For those patients who do more heavy lifting with their job or who may be raising children – sometimes, a little bit longer away from those duties is better.

[MUSIC]