

The Role of Cosmetic Surgery In Public Health

By
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Abstract

Public health and cosmetic surgery have been coordinating to provide happy and healthy communities worldwide. While most of the requests for cosmetics surgery are personal choices, it falls under the domain of public health, considering that more people are undergoing this procedure and that it can be linked to mental health, a fundamental aspect of public health. This paper examines the history and definition of cosmetic surgery, the definition of public health, and how public health and cosmetic surgery connect. The linkage is shown using peer-reviewed journal articles, books, other relevant academic sources, and one clinical case. There are several benefits when public health professionals are involved in cosmetic surgery and reducing cases of mental illness. The change in opinions both socially and medically has contributed to millions of lives saved directly and indirectly. The connection between being socially acceptable with mental illness has been a direct call for public health intervention and the restructuring of what is elective and what is needed to live their lives as fulfilling as possible.

Objectives

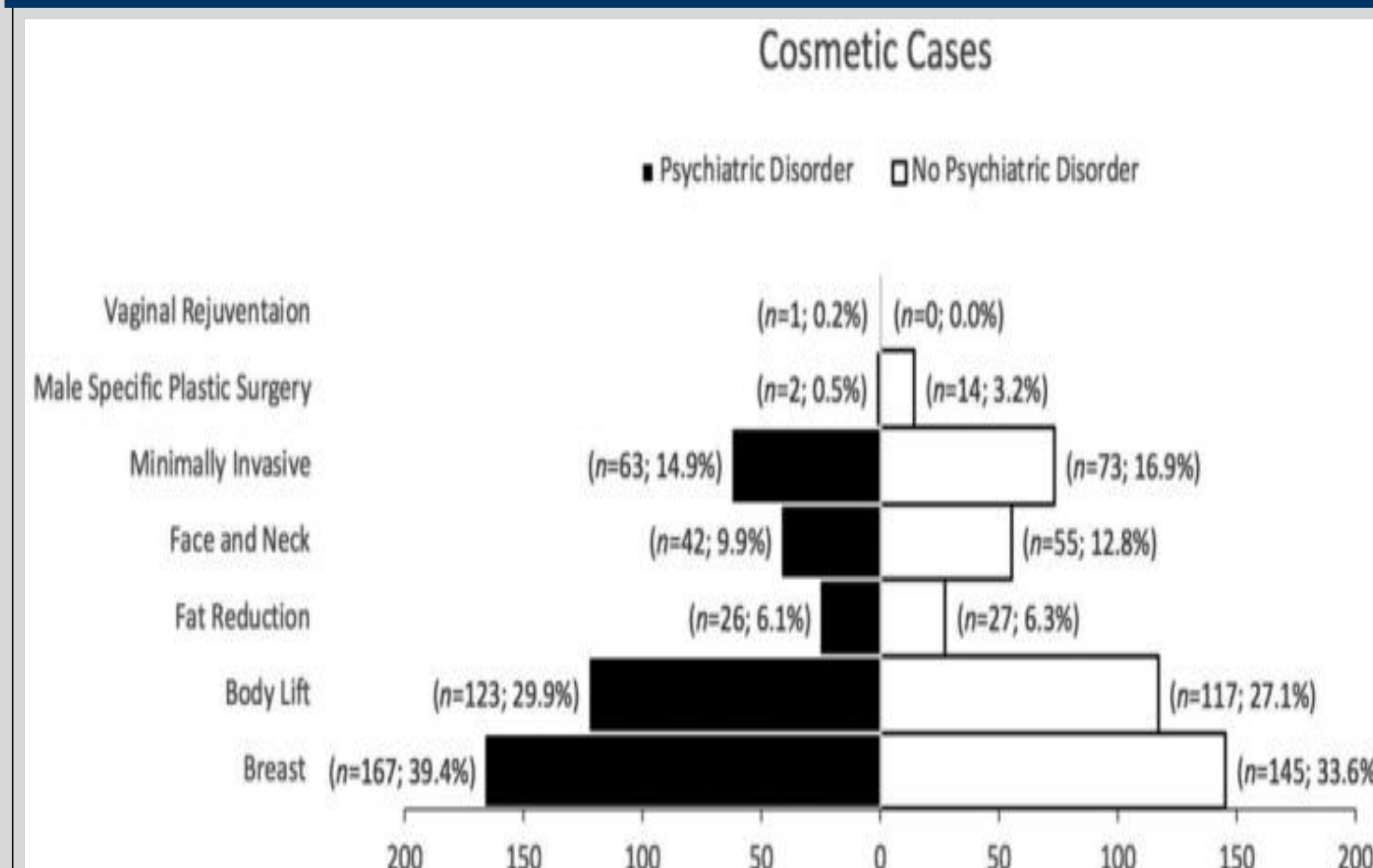
- The increased number of requests has led to researchers and policymakers curious as to whether cosmetic surgery can be included in the umbrella of public health, considering that the requests are evident in all social classes
- While most of the requests for cosmetics surgery are personal choices, it falls under the domain of public health, considering that more people are undergoing this procedure and that it can be linked to mental health, a fundamental aspect of public health.
- This research assesses the role of cosmetic surgery in public health



Definition of cosmetic surgery and public health

- Santoni-Rugiu and Sykes (2007) mention that Johan Friedrich Dieffenbach did the first restoration of the nose on a patient with post-traumatic septal deviation in 1829. The physician used a scalpel to detach the septum from the hard plate. As a result, the nasal bones were freed from the maxilla, thereby reshaping the nose .
- While cosmetic surgery began to rectify an injury, it soon became an option if people wanted to change or improve their appearance. Notably, there were 15.6 million cosmetic procedures done in 2020, where the nose, eyelid, facelift, liposuction, and breast augmentation being the top five procedures, respectively
- Public health is the practice of addressing healthcare issues that affect our community by preventing illness and promoting healthy behaviors overall
- While most practitioners of public health serve their communities, the discipline is geared toward entire populations
- While the basic consideration when most people think about health is diseases or visible body harm, healthy living is a holistic concept that concerns all aspects of our well-being, including our mental and emotional health

Fig 1



Mental health as a connection between cosmetic surgery and public health

- The dysphoric body disorder is part of obsessive-compulsive disorder and related disorders where a person is concerned about one or more physical defects
- The affected often experience severe stress, drop in mood, and anxiety due to increased concern about their perceived physical defect (Perrotta, 2020). Perrotta (2020) affirmed a relationship between the level of awareness of the alleged defect and the degree of obsessive thoughts and behaviour of the affected. Notably, the higher the level of awareness of the physical defect, the more the obsession with the defect, and the higher the levels of stress and depression
- Those who have dysmorphophobia are tormented by their imperfection and cannot stop negative thoughts about their appearance. No level of comfort can appease their anxieties; only high levels of appeasement such as surgical procedures have to be done to alter their problem.

Public health, mental health and cosmetic surgery

- In reference to the definition of public health, it is clear that cosmetic surgery is within its scope. This is because cosmetic surgery is therapeutic and contributes to the patient's general wellness by positively influencing their physical and mental being
- Jang and Bhavsar (2019) affirmed that the number of people with psychiatric disorder seeking cosmetic surgery is high (see table 1)
- While cosmetic surgery can seem unnecessary to improve a person's life, public health officials such as psychologists and other mental health providers work to examine the causes of the insufficient regard and dig deeper into how these issues can be rectified
- In many cases (as with those who go through sex transitions), surgeons who are public health officials themselves work to provide the best care to achieve the end goal of positive self-identity.
- Studies such as that of Watson (2017) show that people live healthier and improved lives post being able to look and feel like their true selves.
- Public Health has been working especially hard on addressing increasing illnesses. While mental illness is not just from poor self-image, it is one of the most prevalent causes.
- When the body diagram of a person does not match the image they consider the best, then the discrepancy forms the starting point of conditions such as depression and hyperactivity.
- The patient only finds harmony when the image they consider perfect is portrayed on themselves.
- So, these body changing procedures goes beyond an individual and is covered under the domain of public health

Discussion/Conclusion

- Young and women live with high levels of anxiety and depression secondary to self appearance.
- Public health has worked to eliminate these issues by partnering with plastic surgeons post mental evaluations to assure that altering the person's appearance is a way to address the individuals' mental stability and improve their overall quality of life.
- While cosmetic surgery can seem unnecessary to improve a person's life, public health officials such as psychologists and other mental health providers work to examine the causes of the insufficient regard and dig deeper into how these issues can be rectified.
- In many cases (as with those who go through sex transitions), surgeons who are public health officials themselves work to provide the best care to achieve the end goal of positive self-identity
- Public health is also critical in combating mental health among the LGBTQ community. With the LGBTQ community proliferating and young men and women having sex transitions, it is essential to look deeper .
- While those with mental health are among those who benefit significantly from this partnership, there are other areas in which a positive impact has been made. In urban areas, public health has been impactful in many ways. Primary care for those in the community that may have a sickness that caused physical defects, those born with a defect, and even those who have long term chronic illness that causes increase weight gain and another connected sickness, public health has worked with a plastic surgeon to assist with attending to those issues
- Today, cosmetic surgery is not covered by health insurance, a feature that those in public health are working hard to change
- Our youth population is one of the most important, if not the most influential, parts of our society struggling with mental health. There have been many instances where young teens have tried taking their lives or withdraw from their lives, friends, and family with the sole cause of feeling "ugly."

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