

VIVANT

THE MAGAZINE



7 25274 71283 0 4 3 >



Display until 4/15 \$9.99



WHEN BEAUTY *HURTS*

*Understanding Breast Implant
Illness and the Path to Healing*

Breast implants have long been a popular choice for enhancing confidence and self-image. Yet, in recent years, a shift is emerging in the world of beauty and wellness. Women are increasingly turning to breast implant removal, or explantation, as health concerns surrounding Breast Implant Illness (BII) and other complications gain attention.

For many women, unexplained symptoms such as chronic fatigue, brain fog, and autoimmune disorders have prompted questions about whether their implants might be the culprit. While BII remains controversial and is not officially classified as a medical condition, countless women have reported improvements in their health following explantation.

Adding to these concerns, textured implants have been definitively linked to Breast Implant-Associated Anaplastic Large Cell Lymphoma (BIA-ALCL), a rare form of cancer, further fueling the conversation around breast implant safety.

A DOCTOR'S PERSPECTIVE

Dr. Fredric M. Barr of Palm Beach Plastic & Cosmetic Surgery is one of the many medical professionals leading this shift. A Board-Certified Plastic Surgeon and Fellow of the American College of Surgeons, Dr. Barr made the bold choice to stop performing breast implant surgeries in 2018. His decision reflects his commitment to patient health and his belief in the power of listening to women's concerns.



“Due to ongoing FDA and clinical investigation, along with heightened patient concerns and reports regarding breast implants, I have chosen NOT to perform breast implants,” Dr. Barr explained.

Instead, Dr. Barr focuses on explantation procedures, offering women a path to relief from unexplained symptoms often dismissed by other medical professionals. “Women often face medical gaslighting when they bring up symptoms possibly associated with their implants,” he says. “As a surgeon, my role is to take their concerns seriously and empower them to make informed decisions.”

THE NEW TREND: EXPLANTATION AND WELLNESS

As awareness grows, a new trend is sweeping the beauty and wellness landscape: breast implant removal. Many women are choosing to embrace their natural bodies, prioritizing health and well-being over societal beauty standards. Explantation is becoming a symbol of empowerment, with women taking charge of their health and redefining what confidence means to them.

Patients often report a significant improvement or complete resolution of symptoms such as:

- Chronic fatigue
- Joint and muscle pain
- Brain fog and memory loss
- Digestive issues
- Anxiety and depression
- Insomnia
- Recurrent infections

For some, explantation is more than a medical procedure—it's a reclaiming of their health and identity.

The choice to remove breast implants is deeply personal. It requires a trusted healthcare provider who not only understands the medical aspects but also provides compassion and validation. Explantation surgery, when approached thoughtfully, can be a transformative step toward improved physical and emotional health. However, as with all surgical procedures potential risks and complications need to be fully understood.

As the FDA continues its investigations, the conversation around BII and implant safety is far from over. However, the rise of explantation reflects a broader trend: women advocating for themselves and their health.

If you're experiencing unexplained symptoms and suspect your implants may be a factor, consulting with a surgeon experienced in explantation, like Dr. Barr, could be life-changing. Every woman deserves to feel heard, empowered, and in control of her health.

Breast implant removal is more than a trend; it's a movement that reflects a deeper shift toward prioritizing health and wellness. It's about listening to your body, seeking answers, and embracing the confidence that comes from making choices aligned with your well-being.

*To learn more, visit **Palm Beach Plastic & Cosmetic Surgery**.
Dr. Barr can guide you on your journey to health and empowerment.*