

# IDEAS 6

**International Online Teachers Society  
Debate  
Educational Materials For  
Advance and Upper Intermediate  
Students**



**International Online Teachers Society  
Publishing Committee**



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## COSMETIC SURGERY - A REALITY

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Cosmetic Surgery, per se, is not new to us since this method was already practiced even before the time of Christ, wherein the Hindu physicians perform surgical reconstruction of the nose. The modern techniques of Cosmetic surgery also originated in the post-World War I years by surgeons repairing... the wounds and disfigurements of combat veterans and gave hope to young soldiers (who had treatment and reconstruction of war injuries). Cosmetic surgery is a surgical specialty which is not only concerned with the disfigurement, but also with the restoration of impaired and improvement of physical appearance. It is largely concerned with the bodily surface and with the reconstructive work of the face and exposed parts.

In the not so distant past, Cosmetic surgery was confined only to surgery which was absolutely necessary to the health and well-being of a patient – for instance, skin-grafting for serious burns, reconstructing a dislodge eye, repairing a broken nose or jaw, or treating an unseemly birthmark across the face. Fifty years ago, when the rich and famous began opting for elective cosmetic surgery; the subject was whispered about and considered taboo. Since the 1950's, because of the growing popularity of Cosmetic surgery, it has become misidentified with "beauty surgery". In fact, only a small percentage of Cosmetic surgeons have practices limited to cosmetic operations. Today, cosmetic surgery is often done also for cosmetic reasons, to remove blemishes or to change contours. Actually, there are a lot of celebrities even the elite circles including prominent persons who would disappear for a while and then emerge after a secret cosmetic surgery looking younger, prettier or thinner. Then, the fact remains that cosmetic surgery is not only a science to increase the beauty of a person but it is also to enhance the appearance of the individual that is done by altering the parts of the body. As the saying goes "Vanity, thy woman's name," will not only be true for women alone but it will also hold true for men.

There are a number of different cosmetic surgery options, wherein the most common cosmetic surgical procedures involve redefining some aspects of the body, while others involve enhancing the skin through a variety of measures (Susan Gail 2000). Liposuction is a very popular cosmetic surgery option. While there are a variety of cosmetic surgery options which are available today correcting almost any skin or body problem, it is also important for patients to have realistic expectations. Although these procedures are available, anyone interested in cosmetic surgery should consider the risks and remember that it is, ultimately, surgery. Not all procedures come out exactly the way doctor and patients foresee it and that recovery is just like any other surgery, complete with pain and the possibility of infection. Therefore, patients should also choose doctors wisely, obtain several references and keep realistic expectations. So, for those who are bent to have one, the major thing to do is to weigh the advantages and disadvantages of Cosmetic surgery. The persons undergoing these procedures should consider the physical and health risks which are associated with Cosmetic surgery.

Questions for discussion:

1. Can an injured person spare to undergo a Cosmetic surgery?
2. Is Cosmetic surgery the only way to enhance an individual's appearance?
3. What are the constraints of this procedure?
4. Is it worth it to have Cosmetic surgery?
5. Are you willing to risk your physical and health welfare just to have a Cosmetic surgery?



## COSMETIC SURGERY – ITS PROS AND CONS

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Cosmetic or Aesthetic Surgery is a highly sophisticated specialty that is dedicated not only to the return of the face and body to normal but to improvements that surpass the normal. Nowadays, cosmetic surgery has become more popular for modern people. There is a growing awareness that the role of modern medicine should not be limited only to the treatment of diseases but that it should alleviate human sufferings in all its forms. Survival is no longer the only principal effort; improvement of the quality of life is also important. It is impossible to measure human suffering because some people are so consumed with their appearance that they let it affect their well-being. A flat nose may be unimportant to one individual; however, in another it can produce emotional discomfort. Cosmetic or aesthetic surgery can truly satisfy many needs and more than often will provide the extra measure of inner measure, which we all know is difficult to achieve. It is however not the answer to all of life's problems. The sole purpose is to improve or enhance one's appearance as much as possible.

We can not deny the fact that enhancing one's appearance is the demand of the people because everyone always wants to be good-looking in other's eyes. The point is if you take too much advantage of cosmetic surgery, it can be dangerous and eventually face unforeseen consequences, then it will probably be too late for you to regret. Take the case of Donatella Versace (famous fashion designer), her face changes drastically due to some unfortunate plastic surgery. Therefore, one has to think carefully before making any cosmetic surgery. On the other hand, other people disagree with it. They say that cosmetic surgery involves risk which may cause heart attack or it can even have side effects that can be detrimental to an individual's health. In reality, it only masks the inner problem, for what cosmetic surgery does is only to change or alter the appearance but not the mental state of an individual. In some cases, cosmetic surgery does help individuals. For instance, things like skin grafts on burnt victims or the correcting of an abnormal feature on the human body. These things help people feel more normal and this is how cosmetic surgery was first used. But now, people started to use cosmetic surgery, not to look merely normal but perfect.

I believe that cosmetic surgery is a personal option but in some cases it becomes a bad addiction. In the case of personal option, it is not necessarily a bad thing for it serves as a self esteem booster, that is circumstances where cosmetic surgery is minor but it creates a positive change in a person's life and in many cases too helps save people's lives. When cosmetic surgery becomes an obsession, it turns to be a bad situation because people start changing their perception from a physical to a mental problem. Overall, it really depends on the person who would undergo this procedure for I believe that each individual person truly contributes to cosmetic surgery to be both good and bad.

Questions for discussion:

1. Is Cosmetic Surgery good or bad?
2. Does Cosmetic Surgery have more advantages or disadvantages?
3. If you were asked to choose, would you rather have Cosmetic Surgery or prefer not to? Why?
4. Is Cosmetic Surgery changing or affecting the inner self of a person?
5. Is Cosmetic Surgery one and the same thing as aesthetic surgery?



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