



My Big Break: Doctor's transformed practice helps transform patients

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If there's one thing I know, it's that no one is perfect. I'm not perfect; I have natural curves that I'm proud of, my share of wrinkles and a little cellulite here and there. As a woman and a medical practitioner, I understand a woman's sensitivity to changing health issues and body image. Things that are insignificant to one person, like laugh lines, forehead wrinkles or crow's feet, can be traumatic for another. I personally embrace change and transformation. I look forward to the next stage in life, even if it brings imperfections. But not everyone feels this way.

Throughout my 20-year career as an obstetrician/gynecologist, many of my patients have shared

insecurities about their bodies after having babies, during menopause or due to poor eating habits and lack of exercise. I always tell my patients that confidence and self-love has to come from within. When you truly feel good about yourself, it shows.

Through these very personal conversations came my big break: I realized I had an opportunity to help my patients in a whole new way -- by expanding my medical practice to provide affordable and accessible cosmetic surgery. If a little nip and tuck makes my patients feel better about themselves, then I have served a noble purpose. Just as my patients seek self-improvement, so do I. As a lifelong learner, I always challenge myself to learn new things. While women's health has been and continues to be my passion, I returned to school to become certified in a variety of cosmetic surgery procedures. In this new role, I accompany my patients on their journey of transformation. I'm very honest with them. Cosmetic surgery will not make you perfect. All I can do is help you become the best "you" you can be.

Since expanding my medical practice, I made it my mission to break down the barriers to make cosmetic surgery more accessible to more women. For instance, I have found innovative ways to keep the costs of my procedures down. I also use local numbing agents rather than general anesthetic to lower the risks of surgery. And I only offer noninvasive cosmetic surgery procedures that reduce bruising, swelling and recovery time after breast augmentations, tummy tucks and liposuction.

Most importantly, I establish relationships with my patients. I take the time to understand their insecurities, goals and vision of beauty. We work together to create a new and more confident version of themselves. We talk about how beauty is in the eye of the beholder, and their perspective is the most important.

I understand my patients' need to reinvent themselves because I, too, have recently undergone transformation. Since expanding my practice to offer a more holistic approach to women's health, I am more fulfilled, content and satisfied with my career and relationships with my patients.

Seeing my patients self-assured, happy and comfortable in their own skin after their cosmetic surgery procedures is extremely rewarding. It validates why I transformed my career.

Michelle Jones Singer

•**Age:** 52

•**Job title:** Medical doctor; owner and medical director of Cosmetic Surgery of Indianapolis.

•**About the company:** The company offers cosmetic surgery procedures and treatments for men and women. The practice specializes in liposuction and liposculpture; breast augmentations, lifts, enhancements and implants; tummy tucks; Botox injections; Restylane injections and cosmetic fillers; and microdermabrasion. To learn more about Cosmetic Surgery of Indianapolis, call (317) 578-0421 or visit www.Indianapolis-Cosmetic-Surgery.com.

•**Experience:** Dr. Singer also works with the Richard L. Roudebush Veterans Affairs Medical Center. She is a former clinical faculty member at Michigan State University.

•**Education:** Medical degree from Indiana University.

•**Personal:** Singer and her husband, Terry, have three sons.