

Rozina Ali is one of only a handful of female plastic surgeons operating in the UK today. She is not only expert, approachable and at ease with her patients, she's smart. Perhaps that's why Rozina has chosen Norfolk as her base. Dan Cyprus finds out more.

A sense of proportion in cosmetic surgery

Despite her polished manner and London credentials, you'll probably have more in common with Rozina than you thought possible when it comes to the nitty-gritty of body image and body issues.

Rozina's passion lies in enhancing self-esteem and optimising the natural aesthetics of the body. Radical or unnatural surgery is not in her repertoire – mention the name "Jordan" and the reaction is swift. Rozina is disdainful of disproportion and equally unimpressed by the cartoonish air-brushed female form touted by the popular press as a "must-have" accessory for a fulfilling existence.

For Rozina, a woman's body is both beautiful and fantastically appealing, the curves and proportions to be cherished and applauded rather than constrained or re-engineered.

"For too long breast surgery has been characterised by disproportion," she explains. "What I'm doing is more natural and aesthetically-driven, with consideration given to proportion and balance. For me, a breast is about curves and hollows, the hidden and the obvious... just like a woman."

Rozina is clear and concise in her approach and a firm advocate of patient empowerment as the best route to a successful outcome.

She continues: "Every person has the right to know what procedures are available and to be guided through the pros and cons of the different options. I find people invariably make the wisest decision for themselves once they're armed with sufficient information."

"Achieving excellent long-term outcomes is about matching expectations to surgical feasibility and treating each patient, not just individually, but personally."

"I have some very affectionate, long-term relationships with patients undergoing complex reconstructive surgery; however,



Rozina Ali: 'Invariably people make the wisest decision for themselves.'

following surgery, the most gratifying thing any patient can do for their surgeon is to forget them, move on and have the life of their dreams. That is how I measure success."

Rozina's expertise has been gained by years of rigorous training and specialisation in the UK and abroad with internationally-acclaimed experts in breast reconstruction and microvascular surgery.

Her surgical pedigree rises to the challenge of complex breast reconstruction using the patient's own tissues, while her aesthetic

■ **If you've ever considered private cosmetic surgery and don't know where to start, why not start with a friendly and approachable expert? Rozina Ali will be offering a limited number of free 15-minute cosmetic surgery information appointments during January and February at Spire Norwich Hospital. Please call Sarah on 07792 106654 to make an appointment.**

flair allows a modern approach to cosmetic breast procedures such as enlargement, reduction and lifts.

"Of course, my surgical training in microvascular reconstruction performed to restore form and function following cancer, benefits my cosmetic work," she says.

"However, the reverse is also true. Techniques acquired through cosmetic practice are adapted to allow the best possible aesthetic outcomes in the reconstructions I perform."

Rozina is a huge proponent of self-improvement and believes in making people comfortable and proud in their own skin. "True beauty is that inner confidence and glow that comes from living life on your own terms," she says.

Gynaecological reconstruction is another fast-expanding aspect of her surgical practice. "It chose me rather than the other way round," she explains. "There is a growing awareness of the benefits of reconstruction after radical surgery in a longer-living population who insist on a full quality of life."

"I love that people insist on being their best possible selves even after life-threatening disease!" There is also a real need to reassure and guide young women who may be adversely influenced by media images of the "perfect" body.

"More often than not, my job is to actively listen, understand and where possible, reassure. Surgery is rarely the favoured option in a younger population," says Rozina. "All in all, it's a rare privilege to share knowledge, expertise and skills with people in need – that's why I became a surgeon. I listen to the patient's concerns, acknowledge their courage and then get to work."

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