

## Healthy Hollywood: Wellness Wednesday — Teen Star Is A Botox Baby!

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Teen singer Charice is ready to hit the big time with her debut on the TV hit “Glee.”

Yet, instead of only brushing up on her singing skills, the 18-year-old Filipino native revealed she recently got Botox injections and a non-surgical 30 minute Thermage skin-tightening procedure, “to look fresh on camera,” and to make her naturally round face slimmer.

Charice’s plastic surgeon, Vicki Belo, cited the singer’s excessive chewing gum-habit as the reason her face was getting “wider.”

“You chew gum and it turns out to be a favorite super-exercise for these muscles, your chewing muscles...this muscle here is a bit protruding,” said Belo, “It’s like a ball, so we are going to Botox that in order to get it flat so she will have a cuter face...we want to give you’re the apple cheek look because it’s cute, right?”



Charice reportedly agrees she’s not cute enough! The singer is worried her looks won’t measure up to “Glee’s” reigning beauty, Lea Michele, who plays diva Rachel Berry. “All people will be anticipating how will Charice look? Is she good enough to pit against Rachel Berry? So, of course there’s tremendous pressure,” the singer recently revealed.

Charice’s rep confirms she had Botox, but adamantly denies it was for cosmetic reasons, and said the procedure was done to, “relieve a jaw problem similar to TMJ.”

Whatever the reason, I am shocked to learn Botox is an increasing trend amongst teens. According to the American Society of Plastic Surgeons, the number of 13-19-year-olds receiving Botox is up 2% - even more disturbing is that parents are actually giving them Botox as gift to help their teen ward off future wrinkles.

Say what? As the mother of a teenage girl, I am saddened to think Botox is even on the minds of young wrinkle-free girls. Talk about a self-esteem buster! Frightening!

Baffled by this Botox trend, I asked [Dr. Shoib Allan Myint](#), an oculo-facial plastic surgeon practicing at Eye and Facial Plastic Surgery of Las Vegas, his thoughts on this growing phenom.

**Q: Do you think Botox is a dangerous trend among teens?**

“It can be dangerous if not regulated properly. This trend of “teen toxic” has a potential for unnecessary complications from untrained injectors who are not physicians...Most teens are wrinkle free and Botox does not prevent natural aging. Unless there is compelling need, it should not be administered under age 18.”

**Q: Why would a teen need Botox?**

“Most often it is peer pressure from friends of even family. With the explosion of more plastic surgery reality shows, teenagers are connecting to these patients and want to look like them. I believe there is an underlying self-esteem issue as well...Their thought is that Botox will prevent further wrinkling which is not true.”

**Q: Charice’s rep claims Botox was used to relieve pain in her jaw, is that possible?**

“There have been cases where patients have received Botox for a muscle spasm. This is not a typical indication for Botox especially in a teenager. If not done properly, one can be left with a temporary facial palsy.”

**Q: What sort of message do you think this sends to young kids about plastic surgery?**

“I think the message we are sending teenagers is that it is ok to have plastic surgery. This is a very dangerous message. The complications that come with plastic surgery in a teenager can damage their self-esteem even more. Certain procedures are warranted; others are not, Botox, I believe, is one which is not. It is up to parents to send the right message to their teenagers to wait before considering these procedures.”