

## Faking it: how selfie dysmorphia is driving people to seek surgery

People used to call Anika the Snap Queen. Between the ages of 19 and 21, she was obsessed with Snapchat. Sometimes her followers would suggest meeting in person. “Then it would be like, ‘I have to look like my **selfie**.’ ” It was around this time, the height of her Snapchat obsession, that Anika started contacting cosmetic doctors on Instagram.

When the American Academy of Facial Plastic and Reconstructive **Surgery** surveyed its members in 2017, 55% of surgeons said patients’ motivation was to look better in selfies, up from just 13% in 2016.

selfie 自拍照

surgery 外科手术

The phenomenon of people requesting procedures to resemble their digital image has been referred to as “Snapchat **dysmorphia**”.

A recent report in the US medical journal JAMA Facial **Plastic Surgery** suggested that filtered images “blurring the line of reality and fantasy” could be triggering body dysmorphic disorder (BDD), a mental health condition where people become fixated on imagined defects in their appearance.

dysmorphia 畸形

plastic surgery 整形外科

Tijion Esho, founder of the Esho clinics, says the **pervasiveness** of airbrushing on social media means it can create “unrealistic expectations of what is normal” and lower the self-esteem of those who don’t use it. Even novelty filters such as Snapchat and Instagram’s, as well as adding **bunny** ears or **specs** to your selfie, **plump** your lips, erase your **pores** and lift your **jowls**.

pervasiveness 广泛性; 普遍性

bunny 兔子

specs 眼镜

plump 使丰满

pore 毛孔

jowl 下巴

For Dr Wassim Taktouk, referrals from social media make it harder to safeguard patients' mental health. Taktouk says far more industry-wide regulation is needed, before there is a headline-grabbing *tragedy* and apps become even more *transformative*.

tragedy 悲剧

transformative 变形的