

# Medical

## **Spend Wisely to Itemize**

If you don't have enough deductions to itemize, consider bunching -- by delaying or accelerating -- your eligible expenses so that you can itemize every other year. Some expenses for which you may be able to control the payment time include medical-related costs, real estate and personal property taxes, charitable contributions, and work-related expenses.

## **Cosmetic Surgery -- Can I Deduct?**

As we lie on the beach in our bathing suits, the thought of cosmetic surgery may enter our minds. If a tummy tuck or some liposuction seems in order, the bad news is that cosmetic medical procedure costs aren't generally deductible. They are deductible, however, if required to correct a deformity caused by an accident or disfiguring disease.

## **Deductions for Drug or Alcohol Treatment**

Is it time to break some bad habits? You can deduct as a medical expense unreimbursed amounts you pay for alcohol or drug treatment programs. The cost of smoking-cessation programs is also deductible. Oddly enough, though, you can't deduct amounts you pay for weight-loss programs.