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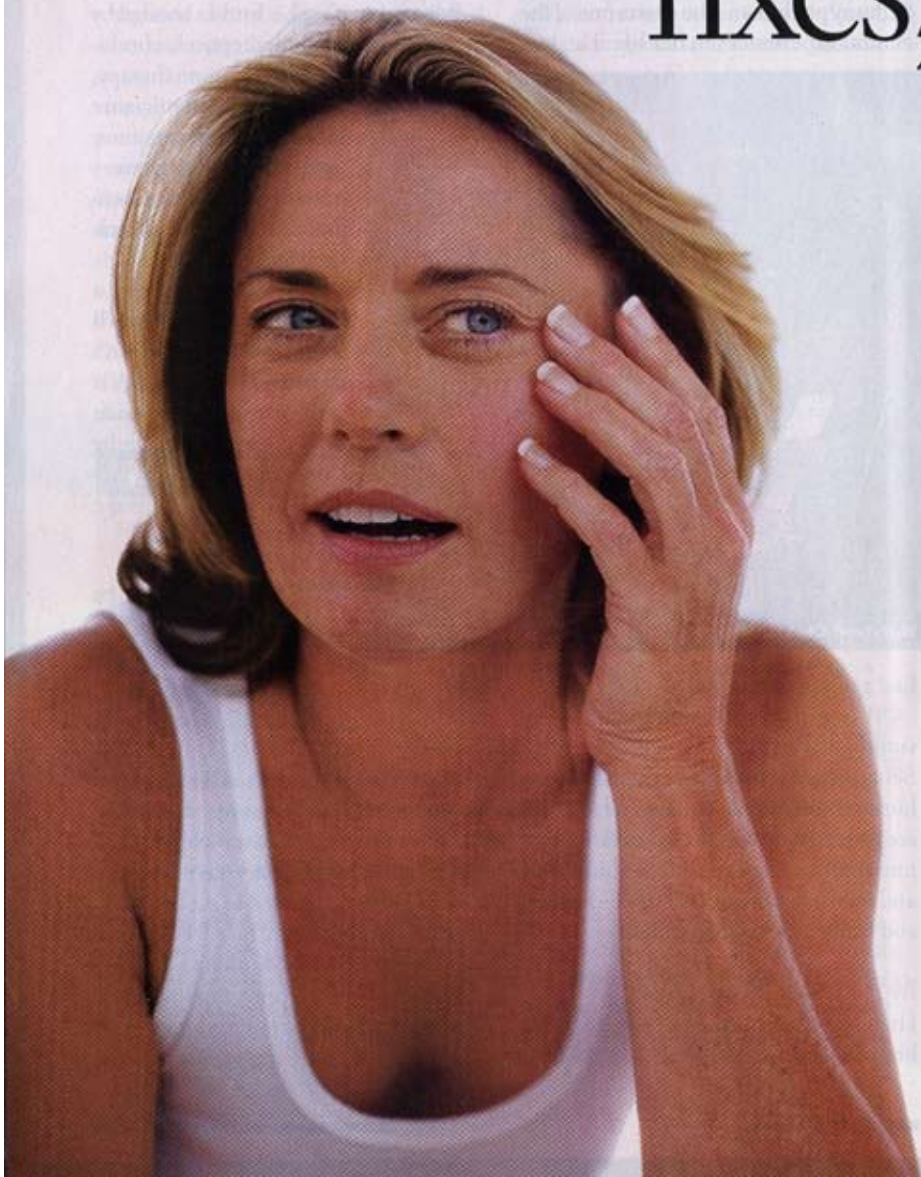


NOVEMBER 03



small fixes,

fixes,



big payoffs

By Hema Sundaram, MD

THE LEAST INVASIVE,
MOST EFFECTIVE
COSMETIC SURGERY
PROCEDURES NOW

A CALIFORNIA BEACH baby who grew up when sunbathing seemed a healthy thing to do, Nora came to my office looking older than her 45 years. She explained that she wanted to do *something* about her sun-damaged, sagging jawline, crepey neck, and crow's-feet, but when another doctor advised her to have a face-lift, she had reservations. She didn't like the "done" look she'd seen on so many women who'd had face-lifts. And since the recovery time is several weeks, she wouldn't be able to play or teach violin.

A recent American Society for Aesthetic Plastic Surgery poll showed that nearly one-quarter of all Americans and one-third of all American women say they'd consider having cosmetic procedures. But a major concern for women and men is to look as natural as possible. No perky "plastic surgery noses" or face-lifts that stretch their skin taut as plastic wrap. And like Nora, most patients also want procedures that are less invasive, with a quick recovery time. "Beauty docs" such as myself (I'm a board-certified dermatologist specializing in cosmetic surgery) did nearly 6.9 million procedures last year. And more than three-quarters were nonsurgical procedures, such as chemical peels and salt macrodermabrasion, that a patient can have on her lunch hour.

Thanks to recent developments in cosmetic procedures, patients such as Nora have a number of options, including procedures that give more natural-

**ONE-QUARTER
OF AMERICANS
SAY THEY
WOULD
CONSIDER A
COSMETIC
PROCEDURE**

looking results, are less invasive, and involve less—or no—recovery time. You can get very satisfying results when you combine some of these procedures, doing them in a single session; in some cases, patients can leave the office and go right back to their lives. Nora was very happy with the results of her procedure, laser resurfacing, in which I used a specialized laser to vaporize the upper layers of the skin of her face and neck, which stimulated formation of new collagen and other supportive tissues. Afterward, she looked *younger* than 45.

Are you considering a cosmetic procedure? Here's a feature-by-feature guide to the latest medical solutions. For recovery times, costs, risks, and other specifics, see the chart on p. 138.

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eyes

THE PROBLEMS EYELID SAGGING AND BAGGING

THE SOLUTIONS

Chemical peeling with optional Botox pretreatment Sagging and bagging can be fixed with chemical peeling (using a chemical solution to peel away the skin's top layers). Light peels remove the uppermost layers, which contain dead skin cells. Medium peels remove more layers of skin and stimulate the production of collagen and other underlying tissues that support and enhance the resilience of your skin. (As you age, collagen, fat, and related tissues in your skin tend to thin.) Because the skin on your eyelids is very delicate, you need a dermatologist or cosmetic surgeon who really knows



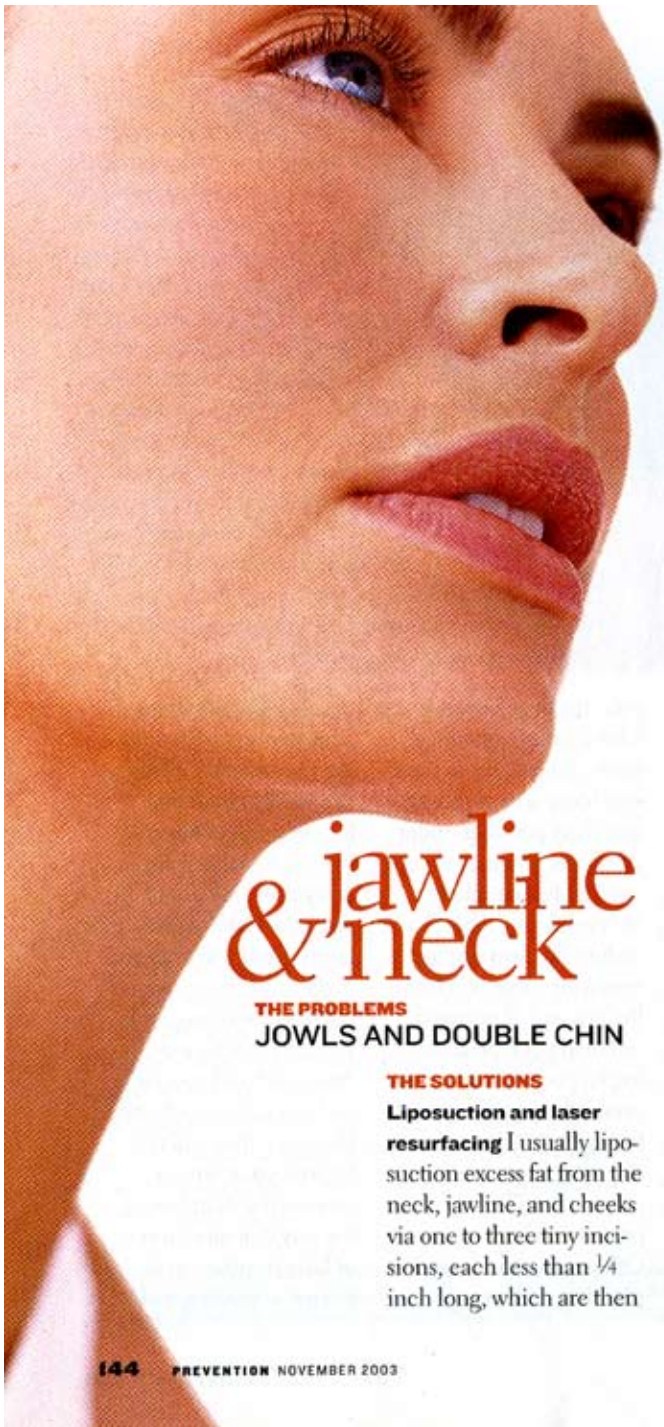
what he's doing. Pretreatment with Botox can enhance the results of chemical peeling because it smooths out crow's-feet, so the chemical solution will then cover your lids more evenly.

Laser resurfacing with Botox pretreatment, possibly in combination with blepharoplasty Laser resurfacing employs highly focused laser beams to vaporize the skin's upper layers and stimulate formation of new collagen and other supportive tis-

ues. It can go beyond what medium chemical peels achieve. If you have very loose skin or prominent fatty pouches under your eyes, you may also need a blepharoplasty, or "eyelid job." This procedure involves surgically removing loose skin from the lids and, if necessary, removing or repositioning fat pockets under the eyes. After laser resurfacing, your skin may stay pink for a month or more, so you'll need to protect it from the sun. Otherwise, it may stay pink longer or even

develop discolorations. The recovery period for laser resurfacing is typically longer than that for chemical peeling. If you can't manage any downtime, ask about the CoolTouch or NLite lasers. Both will improve sagging and bagging over a series of sessions, and you'll have little more than mild pinkness for an hour or two each time. However, they will not tighten your skin or remove discolorations the way that other forms of laser resurfacing or chemical peeling will.

PHOTOGRAPHY BY HELMUT



jawline & neck

THE PROBLEMS

JOWLS AND DOUBLE CHIN

THE SOLUTIONS

Liposuction and laser resurfacing I usually liposuction excess fat from the neck, jawline, and cheeks via one to three tiny incisions, each less than 1/4 inch long, which are then

hidden under the chin. I've found that skin that's a little loose after liposuction can be coaxed back into shape with laser resurfacing. I perform this the same day as the liposuction; it has the added benefit of removing freckles and discolorations. After it's done, I ask patients to wear a post-liposuction chin strap day and night for 3 to 5 days, then 8 to 12 hours daily for a month. This aids skin recontouring after the underlying fat has been removed.

Neck-lift I see many women who've been told that they should have this procedure but, in fact, don't really need it. Do you? Only if the skin of your neck has deep wrinkles or is hanging in folds. In a neck-lift, as in a face-lift, the skin and muscles are surgically cut and pulled tight.

forehead

THE PROBLEMS

HORIZONTAL "WORRY LINES" AND EYEBROWS THAT HAVE FLATTENED

THE SOLUTIONS

Botox with professional eyebrow shaping A few injections of minute quantities of Botox (purified botulinum toxin type A) into overactive facial muscles beneath your skin can relax these muscles and smooth out those lines. Overtreatment with

Botox relaxes your muscles so much that you can't use them at all, giving you an expressionless or frozen look. But treatment in just the right places weakens the overactive muscles in a controlled manner, smoothing out wrinkles while still permitting you to show normal facial

expressions. Professional eyebrow shaping with tweezers to restore your youthful arches is the perfect complement to Botox treatment.

Surgical brow-lifting

For more pronounced lines, brow-lifting, also known as forehead-lifting, is the procedure of choice. It involves making a surgical incision along your scalp, an inch or two into your hairline, and pulling up and stitching any loose skin and muscles in place after cutting away the excess. A newer variation, endoscopic brow-lifting, involves making several tiny incisions in the hairline and inserting tiny surgical instruments into the incisions to tighten the loose forehead skin and muscles.

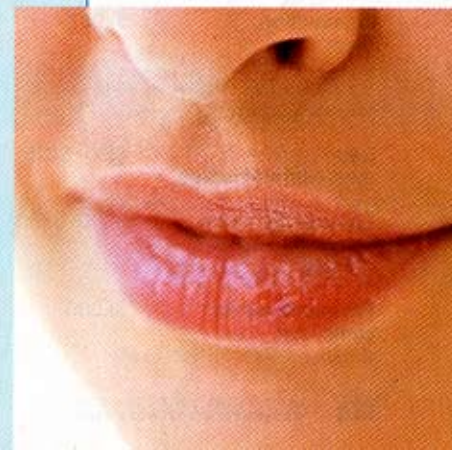
mouth

THE PROBLEM

THINNING, PUCKERING, AND DOWNTURNING LIPS

THE SOLUTION

Lip enhancement with fat and collagen injections I generally take this process slowly and in stages, so the changes are undetectable to an outside observer. I may reshape lips with fat injections over a few months, for example, then follow with a session of collagen injections. Fat is good for filling and for providing long-lasting fullness to the lips. Because collagen is a little stiffer, it's good for sculpting. I can use it to turn the borders of the lips up slightly to produce a subtle pout.



The Real Price of Beauty

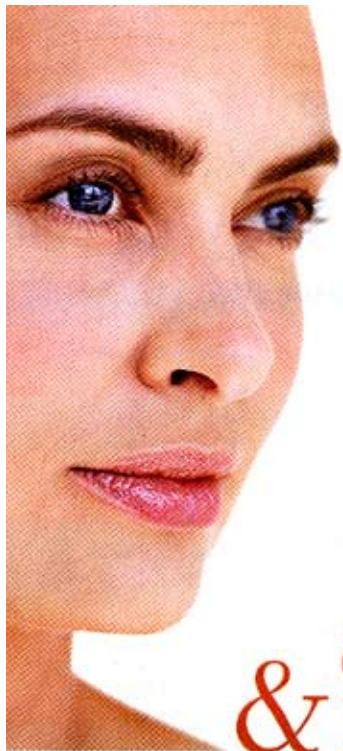
So you've decided that makeup and creams aren't turning back the clock far enough? Before you agree to a procedure, check on what it will set you back, both financially and in time missed from your life.

PROCEDURE	AVERAGE COST	POSSIBLE RISKS
Botox injection	\$333	Redness, bruising, or swelling, loss of muscle movement
Brow-lift/forehead-lift	\$3,374	Injury to facial nerve casing (loss of motion, muscle weakness, or asymmetrical look)
Chemical peel	\$546	Tiny whiteheads (temporary), infection, scarring, skin allergies, fever blisters, cold sores
Laser resurfacing	\$3,168	Burns or injuries caused by laser heat, scarring, skin discoloration, flare-up of viral infections (cold sores)
Blepharoplasty (eyelid job) (upper and lower)	\$3,816	Temporary blurred or double vision, infection, bleeding, and swelling at the corners of the eyelids, dry eyes, whiteheads, scarring, pulling down of the lower lids
Face-lift (with neck-lift)	\$6,053	Nerve injury, infection, bleeding, poor healing, excessive scarring
Fat injections (cheeks)	\$1,106	Allergic rash, including rash, hives, swelling, or flu-like symptoms, possible triggering of connective-tissue or autoimmune diseases
Lip augmentation (fat/collagen)	\$1,654	Allergic rash, including rash, hives, swelling, or flu-like symptoms, possible triggering of connective-tissue or autoimmune diseases
Liposuction (neck)	\$1,987	Asymmetry, bagginess of skin, fluid retention, excessive fluid loss leading to shock, infection
Cortisone injections for acne cysts	\$45-\$200	Possible temporary atrophy in injection site
Salt macrodermabrasion	\$150-\$225	Pigmentation changes, scarring (rare)
Collagen injections	\$300-\$400	Allergic rash, including rash, hives, swelling, or flu-like symptoms, possible triggering of connective-tissue or autoimmune diseases
Fat injections for smile lines	\$1,000	Allergic rash, including rash, hives, swelling, or flu-like symptoms, possible triggering of connective-tissue or autoimmune diseases



AVERAGE TIME	BACK TO YOUR LIFE	NO VISIBLE SIGNS AFTER ...
Less than 30 minutes	Immediately	A few hours
1-2 hours	7-10 days	2-3 weeks
1-2 hours	2-4 weeks	3-6 months
Minutes to 1 hour	2 weeks	6-12 months
1-3 hours	7-10 days	Several weeks
Several hours	2-3 weeks	2-3 weeks
15 minutes to 1 hour	Next day	7 days for swelling to diminish
15 minutes to 1 hour	Next day	7 days for swelling to diminish
1-2 hours	1-2 weeks	1-6 months
5 minutes	Immediately	1 day
30 minutes	Immediately	1-2 hours
30 minutes	Immediately	1-7 days
1 hour	1 day	5-7 days

-CHART COMPILED BY KERRY HOLLAND



THE PROBLEM
**GAUNT CHEEKS
AND LINES FROM
THE NOSTRIL
BASE TO THE
CORNERS OF
THE MOUTH**

THE SOLUTIONS
Fat and collagen injections Fat injection treatment is usually a two-step process. The physician first liposuctions a few

**& cheeks
& nose**

tablespoons of fat from another part of your body, usually your buttocks or abdomen, by making a tiny incision and inserting a thin hollow tube that's attached to a suction device or syringe. He then injects the fat under your facial skin to fill thinned areas or lines. I often achieve the best results by combining fat and collagen injections. Collagen is firmer than fat, and I like to use it for fine sculpting.

Face-lift, possibly followed by fat and collagen injections If your skin is hanging in loose folds, fillers are not enough. During a face-lift, your skin and, if necessary,

underlying muscle and fibrous tissue are surgically cut and pulled tight with stitches. If you opt for a face-lift, consider the possibility of combining it with fat or collagen injections in your cheeks to prevent you from looking overtightened.

THE PROBLEM
DISCOLORATION

THE SOLUTIONS
Laser resurfacing, chemical peeling, and salt macrodermabrasion

There are a variety of options for skin discoloration, and combining them works best. For instance, I'll laser resurface to remove patches of brown discoloration due to sun overexposure and to erase spider veins. Then I'll use a specialized laser, the DioLite 532, to remove sharply defined darker freckles and moles. The DioLite laser can also be combined with chemical peeling or with salt macrodermabrasion, in which tiny natural salt crystals flow from a machine into a hand piece and onto the skin, to gently polish and exfoliate it.

complexion

THE PROBLEM
ACNE CYSTS

THE SOLUTION
Cortisone injections, Accutane, laser resurfacing, peels, or surgery

Acne cysts are hard, red, and tender. When they eventually heal, they may leave persistent dark spots. Injecting a mild cortisone solution into cysts can flatten them within a day or two and is a great remedy for a woman who has an occasional cyst. In my experience, a significant number of patients plagued by cysts are completely cured after taking a course of the drug Accutane, a relative of vitamin A. Because it can cause birth defects, however, it's not for women who could become pregnant. It can cause other side effects as well, including liver inflammation. But I'm convinced of its safety if used as recommended. I'm rigorous about seeing patients regularly and checking the appropriate blood tests during their treatment course, which

lasts about 5 months. For remaining acne scars, laser resurfacing, chemical peeling, or surgical removal can do the trick.

THE PROBLEM
PROMINENT PORES

THE SOLUTION
Facials and salt macrodermabrasion When properly performed, facials can work wonders for prominent pores by allowing the plugs of oil that stretch them, called sebum, to be removed after gentle steaming.

Hema Sundaram, MD, is a board-certified dermatologist specializing in cosmetic surgery. She completed a fellowship with the National Institutes of Health and is in private practice in the Washington, DC, area.



FINDING DR. RIGHT

Finding the doctor who's right for you is one of the most important parts of the whole cosmetic procedures equation. When looking, remember your ABCs.

The first area to focus on is ability. Ask a prospective doc how much experience he's had with the procedures you're discussing and what his results have been. You want someone who does the procedure you're considering an average of two or three times a week. Then ask to speak to patients who've already gone through them. Among other things, ask past patients this question: "Knowing what you know now, would you have this procedure again with this doctor?"

The next thing to consider is board certification. Check that your prospective doc has passed an exam in a relevant medical specialty such as dermatology or plastic or cosmetic surgery. Call the American Board of Medical Specialties toll-free at (866) ASK-ABMS (275-2267), or visit its Web site via www.prevention.com/links.

The final element is chemistry. Does this doctor feel right to you? You've got to be comfortable turning to your doctor at any time with questions or concerns. You'll achieve the best results only if your doctor is prepared to sit down, talk to you, and get to know you.