

Woman's World

THE WOMAN'S WEEKLY

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MELT AWAY FAT
on the Unlimited Food Diet!

New research:
How prayer heals

No more wrinkles!
No-surgery miracles doctors are using now



Candy-lovers' CAKE!

Tastes like your favorite chocolate bar!



Flab-free at 49!

Deidre Hall's **SLIM-BODY SECRETS**

They'll make you this **FIRM** in 15 mins a day!

The prettiest fall makeup
4 super-flattering new looks to try!

The simple posture trick that can **Save your life!**

Eat well all week!
1 great meatloaf recipe
6 fabulous dinners!

Stress-busters you can buy



KIM'S TRIUMPH
After a tragic car accident, they said she'd never teach. They were wrong

Breakthrough discoveries offer many easy ways to get young-looking skin.



It used to be that wrinkle-free skin was the exclusive privilege of two types of people: those under 25 (who took it for granted) and Hollywood celebrities (with money to burn).

The rest of us could only yearn for our days of youth as time marched across our faces, leaving behind crow's feet, worry wrinkles and laugh lines. Sure, cosmetic surgery was available. But it was expensive and gruel-

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ing, requiring weeks of painful recovery and carrying a risk of infection.

But thanks to advanced discoveries, radiant skin is now available to almost everyone. The newest anti-wrinkle strategies are safer, more effective and more affordable than ever.

"These days, we know what it takes to look the same in your fifties as you did in your thirties," says New York plastic surgeon Gerald Imber, M.D.

Lasers reveal wrinkle-free skin

Imagine waving a magic wand over your face and having wrinkles vanish. That's the power of lasers.

Recently approved by the FDA, carbon dioxide lasers allow doctors to burn away wrinkles more effectively than they can with chemical peels, the traditional option. And laser peels are twice as effective as chemical peels, say researchers.

In the procedure, doctors use a penlike wand to aim a

thin beam of high-energy laser light at a wrinkled outer layer of skin, removing it almost instantly and exposing the new, unwrinkled skin beneath.

"Lasers vaporize deep wrinkles," says Manhattan plastic surgeon Arthur Millman, M.D., "and they have a tightening effect on the underlying tissue."

One of the main drawbacks is pain: patients describe it as feeling like a rubber-band repeatedly snapping against the skin. And the heat of the laser can cause skin discoloration in some people. But the YAG laser, recently approved by the FDA, takes away these concerns by using a lower temperature. "It works without heat," explains Dr. Millman, "so there's no pain or heat damage."

● **What it takes:** one office visit. Treating a small area, such as around the lips or

eyes, may take less than half an hour under a local anesthetic; doing the full face can take an hour. Recovery time is two to three weeks for the carbon dioxide laser, one week for the YAG laser. Results last up

chance your body will reject it," says New Jersey plastic surgeon William K. Boss, Jr., of Hackensack University Medical Center; "and the results last longer." Much longer: wrinkles can be gone for up to 18 months.

One of the new options is Autologen injection, in which a small piece of your own collagen-producing tissue is removed and used to plump up lines in your face.

In another technique called Isologen, a tiny section of skin is taken from behind the ear and grown in test tubes until it makes collagen-producing cells. When the cells are injected into wrinkles, they fill in lines and produce new collagen strands that can

prevent wrinkles from returning, says Dr. Boss.

● **What it takes:** two or three sessions of injections; patients recover in 24 hours.

Safe, new chemicals flatten frown lines

"If you're frowning and squinting all the time, you're breaking down collagen," says Dr. Imber, and, over time, that sets in creases.

A new solution is Botox, a protein derived from the same bacteria that causes botulism, says Fairfield, Connecticut plastic surgeon

Joseph B. O'Connell, M.D. Studies show injecting Botox into the forehead temporarily paralyzes frown muscles, smoothing furrows. "It's an easy way to treat wrinkles," says Beverly Hills dermatologist Rhonda Rand, M.D. The effects last about six months, after which the shots can be repeated.

● **What it takes:** five minutes to receive 10 painless Botox injections.

Gentle creams erase lines

Retin-A is an unbeatable wrinkle-remover, but it can cause redness, itching and peeling. Now there's a gentler solution: Renova.

"It uses the same ingredient as Retin-A, but it's in a rich cream, so there's less irritation," says Dr. Rand. Most users notice a substantial reduction in wrinkles within months.

Renova is available only by prescription; for over-the-counter wrinkle relief, look for creams with vitamin C. "Vitamin C boosts collagen production and prevents sun damage," says plastic surgeon James Carraway, M.D., of Norfolk's Eastern Virginia Medical School. He recommends products with 10 percent levo-ascorbic acid, such as Cellex-C cream.

For an added boost, try products containing kinetin. A recent study showed this plant hormone reduced wrinkles and improved skin texture for 100 percent of users within months. Kinetin can be found in Mill Creek skin products, available at health-food stores.

—Brenda Kearns

NATURAL WAYS TO PREVENT WRINKLES

1 Boosting your antioxidants.

"Four hundred to 800 IU of vitamin E and 1,000 mg. of vitamin C daily will help your body make collagen," the connective tissue that repairs your skin, says surgeon Gerald Imber, M.D.

2 Using sunscreen daily. Sun means skin damage, and you can get it even in the dead of win-

ter. Dr. Imber's recommendation: use a moisturizer with an SPF of 15 every day.

3 Avoiding yo-yo dieting. "As you gain and lose weight, elastic tissue breaks down and skin sags," says Dr. Imber.

4 Not smoking. Cigarette smoke damages collagen-producing fibroblasts by decreasing their oxygen supply.

to eight years, compared with three years with chemical peels.

New, improved collagen fills in wrinkles

Doctors can fill in wrinkles easily and affordably by injecting the skin under them with donated human fat or collagen from cow tissue. But the body attacks these substances as foreign invaders, breaking them down—so you're back to square one within weeks.

But now new treatments let doctors harvest your own collagen, "so there's no

WARNING: THE WRONG WORKOUT CAN RUIN YOUR SKIN

"Regular exercise is great for the complexion," says naturopathic physician Irene Catania, N.D., of Ho Ho Kus, New Jersey. "It increases circulation to the skin and helps keep it youthful."

But the wrong kind of workout can do just the opposite. "High-impact ex-

ercise can make collagen break down, and the skin can become less elastic," says plastic surgeon Gerald Imber, M.D. Avoid jogging and high-impact aerobics. "Bikes, stair climbing and walking give you the same exercise, but without the skin damage," he says.

Surprising

Every year, thousands of people are stricken with emphysema or lung cancer, or come down with other painful respiratory conditions—even those who've never smoked. How does this happen?

"We're vulnerable to lung problems with every breath we take," reveals pulmonologist Anne L. Davis, M.D., past president of the American Lung Association. In addition to not smoking, here's how