



WHAT THE COSMETIC DENTIST SAYS

Dr. Kern: I've tried every cream known to man. Botox has been recommended for me, but I still haven't done it, although many of my friends have and they love it.

FOUR FEMALE BEAUTY EXPERTS SHARE THEIR PERSONAL EXPERIENCES—AND PROFESSIONAL ADVICE—IN DEALING WITH FOUR ISSUES MOST WOMEN HAVE TO CONTEND WITH.

WHAT THE EXPERTS SAY

ABOUT THE TOP BEAUTY CONCERNS

WHAT THE FACIAL PLASTIC SURGEON SAYS

Dr. Jarmuz: I'll never have crow's-feet because I use Retin-A to stimulate collagen production and Botox to prevent muscular contraction. Many women don't know that deep crow's-feet in the mid-eye area can be due to droopy brows, and either a Botox browlift or surgical browlift can offer significant improvement.

WHAT THE DERMATOLOGIST SAYS

Dr. Alster: Crow's-feet are relatively easy to treat if you catch them early. Botox is the way to go since it diminishes the movement in the eye area so you don't have regular creasing.

WHAT THE PLASTIC SURGEON SAYS

Dr. Sweis: I'm a big fan of Botox because it keeps the lines around the eyes from becoming etched. It really works, and I'm using it on younger patients in their late 20s and early 30s to prevent crow's-feet from forming. Many women seem to wait for them to pop up, but I encourage patients to treat the area before this happens.

01 CROW'S FEET

A NATURAL SIDE EFFECT OF LAUGHING AND SMILING, CROW'S- FEET BECOME APPARENT AS THE YEARS MARCH ON.

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| <p>DERMATOLOGIST</p>  <p>TINA ALSTER, MD
LATE 40S</p> | <p>PLASTIC SURGEON</p>  <p>ILIANA SWEIS, MD
EARLY 40S</p> | <p>COSMETIC DENTIST</p>  <p>JEANETTE KERN, DDS
EARLY 50S</p> | <p>FACIAL PLASTIC SURGEON</p>  <p>THERESA JARMUZ, MD
MID 30S</p> |
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02 STRETCH MARKS

SOME WOMEN GET STRETCH MARKS WHILE OTHERS MAKE IT THROUGH WEIGHT FLUCTUATIONS AND PREGNANCY UNSCATHED.



WHAT THE FACIAL PLASTIC SURGEON SAYS

Dr. Jarmuz: We originally started treating stretch marks with cocoa butter and topical vitamin E, which essentially did nothing other than moisturize the skin. Now, we are much more knowledgeable about the actual process of how a stretch mark forms, so we can target the therapies. We now use retinoid-containing products to stimulate collagen production (and plump the dermis), and we can use lasers to tighten the skin and minimize the appearance of red stretch marks. But in a pinch, we can use waterproof cover-up like Dermablend to cover them up.



WHAT THE PLASTIC SURGEON SAYS

Dr. Sweis: Stretch marks are tears in the dermis, and excessive weight gain makes you more prone. My best advice is to maintain a stable weight. Some women see horrible stretch marks with pregnancy and some see none—it's all based on the quality of the skin.



WHAT THE DERMATOLOGIST SAYS

Dr. Alster: I've heard some crazy at-home remedies, like crushing vitamin A and massaging it on the skin like a scrub. Although vitamin A is the active ingredient in Retin-A, which has been shown to improve the appearance of stretch marks, all this do-it-yourself treatment does is cause irritation.



WHAT THE COSMETIC DENTIST SAYS

Dr. Kern: I have two beautiful children, and during my pregnancy I asked my OB about how to prevent stretch marks. I was told that after breastfeeding Retin-A and laser treatments would help, but I slathered myself in cocoa butter while pregnant and didn't have any stretch marks after I gave birth.

03 LEG VEINS

MORE THAN AN UNSIGHTLY PROBLEM, LEG VEINS CAN BECOME A MEDICAL PROBLEM IF NOT PROPERLY EXAMINED AND TREATED.



WHAT THE DERMATOLOGIST SAYS

Dr. Alster: I have a couple of leg veins, including one I can't reach, so I haven't treated it yet! I perform sclerotherapy on any vein that is large enough to inject, and I save lasers for my needle-phobic patients or veins that are too small. To prevent leg veins, try to avoid excessive standing and prop your feet up at night if you're on them all day. Also stay away from salty foods because they can cause swelling in the ankles that makes circulation more difficult.



WHAT THE PLASTIC SURGEON SAYS

Dr. Sweis: I have spider veins and they are a nuisance. I've treated them with sclerotherapy, which I prefer over lasers because it's more predictable. The disadvantage is that you need multiple treatments, but it's a simple procedure with little downtime or risk. The important thing is to see someone qualified and have a thorough examination, because a spider vein can be a branch of a bigger varicose vein.



WHAT THE COSMETIC DENTIST SAYS

Dr. Kern: For my own leg veins, my dermatologist used a vascular laser and I got excellent results. I have darker skin, so it took more treatments, but after two or three, I was very happy.



WHAT THE FACIAL PLASTIC SURGEON SAYS

Dr. Jarmuz: I used sclerotherapy injections to treat the veins in my legs, along with compression stockings. It gave an immediate and lasting result. I've tried lasers, however, the treatment was painful and not very effective. Many people don't realize that spider veins aren't really broken blood vessels, but rather tiny superficial veins that grow in response to certain stimuli.



WHAT THE
PLASTIC SURGEON
SAYS

Dr. Sweis: People are under the impression that liposuction eliminates cellulite, but they should know that as plastic surgeons, we can't get rid of it. We can make a lot of areas look better with liposuction, but it typically can't get rid of cellulite.



WHAT THE
DERMATOLOGIST
SAYS

Dr. Alster: Everyone from puberty onward has a little cellulite. I really like VelasMOOTH, and this is something I recommend for my patients as well. Although it's not a quick fix, most really like it. Many women whose weights fluctuate don't realize that extra fat stored in cellulite-prone areas is harder to lose, even if body weight is decreased.



WHAT THE
COSMETIC DENTIST
SAYS

Dr. Kern: Luckily, I've been blessed. I work out regularly so I believe that's helped keep cellulite under control, although it is a myth that only overweight women get it. It's more genetic, and not related to size, and many of my friends have seen great improvement with Endermologie.



WHAT THE
FACIAL PLASTIC SURGEON
SAYS

Dr. Jarmuz: The most effective treatment for cellulite is combination therapy, and must include exercise for the muscle layer and topicals, such as retinoids or vitamin C, to maintain the collagen and elastin. Later in the game, you may need laser treatment like VelasMOOTH to improve the area to a point when it can then be maintained with topicals and touch-up treatments.

04

CELLULITE

THESE LUMPS AND BUMPS AREN'T THE LEAST BIT DISCERNING, AFFECTING MORE THAN 90 PERCENT OF WOMEN.