

A Younger, Slimmer, Healthier You Without Surgery

By Dr. Beatriz H. Porras
Cincinnati Woman Magazine

Men and women of all ages want to look younger, healthier and slimmer. Nowadays there are many alternatives to achieve great results without undergoing surgery. With the newest laser technology and no down time, many problems can be addressed: skin laxity, wrinkles, scars, stretch marks, sun and age spots, unwanted facial and leg veins, acne and rosacea. Lines and deeper wrinkles can be minimized by FDA approved injectables (Hyaluronic Acid, Collagen and Radiance®). Prevention of wrinkles and improvement of existent active wrinkles can be achieved with Botox® injections.

Double chin, facial sagginess, and abdominal laxity after pregnancy or weight loss can be treated with *Titan*, a form of infrared light. Several treatments give a younger look without the need of a facelift or tummy-tuck.

If fat deposits or cellulite are your concern now, there is a way to treat these bothersome problems without liposuction. *Mesotherapy*, a technique that has been used in Europe for many years to eliminate fat deposits, is now available in the USA. It will give you the chance to get rid of stubborn fat deposits and cellulite that will not go away with diet and exercise. Mesotherapy is done in series of 5-10 treatments; results are impressive.

Excess facial and body hair is a nuisance of the past. With the newest laser technology, the need to pluck, shave, wax or resort to old-fashioned electrolysis is now history. Laser permanently reduces unwanted hair from the face and body.

Your skin reveals how much you take care of yourself; it reflects your diet, your habits and lifestyle. One of the best secrets to looking young and healthy and preventing skin cancer is the daily use of sun block to avoid sun damage. The use of medical grade skin products is essential. Use only skin products prescribed by physicians - those with hypoallergenic formulas and tailored to the skin of every individual. Rely on advice from your skin physician to choose the best skin products.

Not only baby boomers but men and women of all ages, races, backgrounds and occupations want to look and feel great. There are many possibilities to help you achieve great results without down time. Dr. Beatriz H. Porras at Skin Diagnostics Laser and Rejuvenation is ready to help you. Call for an appointment at 513-631-0059. For more information visit www.skindiagnosics-rejuvenation.com.

Dr. Beatriz H. Porras, Board certified Dermatopathologist, is the Medical director of Skin Diagnostics Laser and Rejuvenation.

Sun Protection

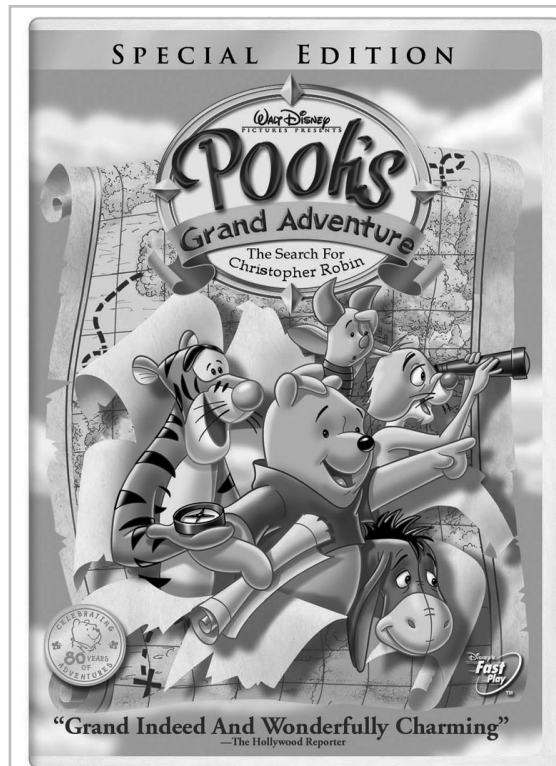
By Joseph J. Moravec, M.D., F.A.C.S.

Summer will soon be here, and most of us will be spending more time outside. As rewarding as outdoor activities like golf, swimming, and gardening are, the exposure to the sunrays causes harmful, accumulative damage to our skin. In fact, sun damage is by far the single biggest factor accelerating the aging of skin. The skin becomes dry, wrinkled, and leathery in texture more quickly when exposed to the sun. Additionally, extensive exposure to the sun increases the risk of skin cancer.

There are two types of rays which cause damage: UVA and UVB. UVB is the most common and is the strongest during the heat of the day. It is best to avoid sun exposure between 10 a.m. and 3 p.m. Sunscreen with PABA or a Sun Protective Factor (SPF) of 15 or greater is recommended. UVA is a deeper and often more damaging ray that can pass through windows and clouds. The best protection

from this ray is a sunscreen with titanium or zinc oxide. There are now highly effective products with transparent zinc oxide so white-coated noses are history! When you select your sunscreen, look carefully at the ingredients. A wide-brimmed hat (at least 4 inches) and light-weight clothing also help protect your skin from harmful sunrays. Other skin care products such as topical Vitamin C, as an antioxidant, also protect the skin from dangerous sun rays and can even reverse some of the sun damage.

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