

Summer Is Here – Getting Swimsuit Ready

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Summer is finally here and the daily quest for outdoor activities starts: golf, baseball games, gardening, the zoo, the water park, the beach and the pool. Are you ready for this? Shorts, sleeveless tops, mini skirts, and, of course, bikinis. After a long winter probably you are not. This is a list of things that you can do to improve your appearance and get you swimsuit ready this summer.

Weight Gain

If you put on some extra pounds like I did and your clothes feel tight, it's time to start exercising again. Since we all are very busy with work, children and homes, either get up 30 minutes earlier or go to bed 30 minutes later, and use those extra 30 minutes to do your exercise routine. There is plenty of daylight and that's helpful. Ideally exercise three to five days per week; do at least 20 minutes of cardio and 10 minutes of weights. In addition, if you can, ride your bike, play your favorite sport or take walks with your family.

Consume a balanced diet. This starts in the grocery store. Learn to read labels and teach your kids to do it so they know what they are putting in their bodies. In the summer, it is possible to find great quality fruit and vegetables. Always start your meals with a good salad or a slice of watermelon or whatever fruit you prefer. Be careful with salad dressings. Make your own salad dressings with natural ingredients like vinegar, lemon, herbs and olive oil, and avoid the creamy dressings. Always include in your meals a serving of every food group; balance well what you put on your plate. Eat five small meals per day instead of three large meals. Drink water instead of juice or soda. A glass of red wine once in a while is great. However wine has plenty of calories so don't do it too often.

Once you start your diet and exercise routine, you will feel and look better. However, if you have areas of stubborn fat that don't go away with diet and exercise, I highly recommend Mesotherapy. This is designed for spot fat reduction. Mesotherapy is the injection of small amounts of medications (vitamins, enzymes and supplements) into the subcutaneous tissue. Several treatments are required. The injections are done with a very thin needle;



the patients are anesthetized with topical anesthetic, making the treatments very comfortable. Several treatments are required - usually three to six depending on the amount of fat. In men I commonly treat the love handles and abdomen, in women the hips, waist, knees and abdomen. Mesotherapy is considered a safe procedure; the only side effect is minor bruising and tenderness.

If your problem is cellulite you can get more information about this in the April issue of *Cincinnati Woman Magazine* ("Cellulite - Are You Stuck With It?"). Laxity and saggy legs, abdomen or arms can be treated with Titan. This is an infrared light that is applied to the skin, penetrating to the deep dermis and stimulating collagen contraction and new collagen production by fibroblasts. Titan is used to tighten saggy legs, abdomen, buttocks, arms and knees. Three treatments are recommended, done once a month. Titan is also recommended for patients that had liposuction and ended up with saggy skin and lumpiness and for after-pregnancy abdominal laxity. Maintenance is required by doing one treatment once a year.

If you just need to get a smoother look of the hips, abdomen and thighs, then Lipomassage or Endermologie will help you achieve that. Lipomassage is a deep therapeutic massage performed with special equipment called Endermologie Machine.

These treatments help to reduce cellulite and improve skin's tone. Endermologie® offers a non-invasive, non-surgical "yet temporary" cure for skin contour irregularities. Endermologie can also reduce body mass by a few inches. The Endermologie machine literally sucks the skin up and rolls the skin out, resulting in deep tissue massage. This simultaneous act of massaging loosens tightly packed fat from the skin and promotes better circulation and lymphatic drainage. The act of massage also stimulates collagen growth to strengthen connective tissue underneath the skin. An Endermologie session takes about 35 to 40 minute. Endermologie is very relaxing; some patients may even fall asleep during the treatment. Endermologie also reduces body measurements and many patients report having lost several inches in their treatment area. Changes can usually be seen within four to five treatments. The guidelines for treatments established by the FDA in the clinical trials are to have two treatments per week for the first five weeks and then continue just once a week. For maintenance one treatment once a week is ideal. Buying packages of ten treatments is the most affordable and practical way to get these treatments. Endermologie is non-invasive, affordable and really gives good results.

Pale Skin

Naturally after winter your skin is going to look pale. Lots of people don't like this and run to tanning beds. Please don't do it. You will regret it later. If you want some color, use self-tanning lotions. Nowadays you can find really good quality products that won't leave you looking orange. My favorite is Jergen's Natural Glow; if you apply it everyday, you are going to have a very natural tan the entire summer. You can also try the spray tan or mystic tan. Make sure you exfoliate your skin before applying it; also make sure to wash your hands after the application.

Excess Hair

Excess hair is a very common problem. It is mostly seen on the face, legs, underarms and bikini area for women and the back and chest for men. Excess hair now has a permanent solution - Laser Hair Removal. This innovative procedure eliminates hair for good. Several treatments are required, but it really works great. Laser Hair Removal is a

great solution for people that get folliculitis (infection of hair follicles) by waxing, plucking or shaving. Folliculitis clinically looks like small red and white bumps, very common in the bikini area and the legs.

With laser hair removal, you will never have to shave, pluck or wax again and as a consequence the red and white bumps of folliculitis will be gone for good. The treatments are done once a month, usually the number of treatments depends on the color and density of the hair and the patient's skin color. With the lasers that we have in my office, we can treat all skin types, from light to dark skin.

From Veins to Acne

If you are concerned about spider and blue veins on your legs, now you don't have to have those painful sclerotherapy injections. The newest laser technology allows us to treat these veins quickly and easily. Usually two to three treatments are required depending on the number of veins present. The treatments are done every eight to ten weeks.

Stretch marks and scars are permanent and difficult to treat, but with laser treatments and topical treatments we can minimize them.

A problem encountered by teenagers and some adults is acne on the back and chest. People are really self-conscious about wearing strapless tops or swimsuits because of this. We use prescription medications, Photodynamic Therapy and lasers to treat this bothersome problem.

Last but not least, when you are getting swimsuit ready, don't forget a good sun block with Zinc Oxide and the seal approval of the American Academy of Dermatology. Enjoy the great weather and look your best!

Skin Diagnostics Laser and Rejuvenation offers the latest lasers, Endermologie/Lipomassage and Mesotherapy to get you Swimsuit Ready this summer. Call us for an appointment at 513 631 0059 or visit our website at www.cincinnatiaskinlaser.com.

Dr. Porras is the Medical Director of Skin Diagnostics Laser and Rejuvenation. She is a member of the American Academy of Dermatology, the American Society of Cosmetic Dermatology and Esthetic Surgery and The American Society for Laser Medicine and Surgery.

