

Smart ways to live well

# Prevention

Free  
Flat Diet  
RECIPES INSIDE!

JULY 2008

New At-A-Glance Plan

## FIGHT FAT After 40!

- Fire Up Metabolism
- Eat to Burn More Calories
- Outsmart Hunger Hormones

6 HEALTH  
SIGNS  
TO NEVER  
IGNORE

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Shrink Your  
Waistline

## 23 WAYS TO LOOK YOUNGER

## DROP POUNDS Effortlessly!

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The average age of menopause is 51, and with the drop in hormones, skin becomes parched and brown spots increase. Deeper folds, including the “smile” lines that run from the corners of the nose to the corners of the mouth, develop as skin loses underlying fat. This loss also “hollows out” the under-eye area, says Kenneth Beer, MD, an assistant professor of dermatology at the University of Miami.

## Best Home Treatments

### SWITCH TO A GENTLER CLEANSER

Replace oil-stripping gel cleansers or bar soaps with a creamy face wash.

### CHOOSE DOUBLE-DUTY MOISTURIZERS

“Look for formulas that contain a humectant to draw water in and an occlusive to create a barrier that prevents it from evaporating,” says Arielle Kauvar, MD, a clinical associate professor of dermatology at New York University Medical Center. Try L’Oréal Paris Age-Perfect Pro-Calcium Restorative Hydrating Cream (\$20; drugstores) and the Body Shop Wise Woman Regenerating Night Cream (\$34; [thebodyshop.com](http://thebodyshop.com)).

**RETHINK YOUR RETINOID** If you haven’t already, switch to Renova or Atralin; both are moisturizing.

**TAKE CARE OF YOUR EYES** Collagen and fat loss under delicate eye skin makes crow’s feet more apparent. Plump lines with a nightly application of an eye cream. Look for one with silicone, an emollient that temporarily “spackles” fine lines, says Heidi Waldorf, MD, an associate clinical professor of dermatology at Mount Sinai School of Medicine.

## Turn to the Pros

**PLUMP LINES AND LIPS** Filling materials injected into your skin enhance hollow areas. For a natural look, choose a filler that contains hyaluronic acid, formulated from a substance found in skin. Both Restylane and Juvederm last about 6 months and are ideal for plumping the smile lines, lips, and under-eye area. Restylane, which is thicker, is used to fill deeper folds and sunken cheeks and lasts up to 8 months.

**PREVENT WRINKLES** Botox softens new folds and increases the longevity of fillers by minimizing the muscle movement that can cause them to dissipate.

**IMPROVE TONE** The Q-Switched Laser is a light source that unseats tenacious clusters of melanin. A scab is left behind, which falls off after a few days—taking the spot with it. One to three treatments (at about \$500 each) are generally sufficient. To zap blood vessels, most derms employ a pulsed-dye laser, which causes vessels to collapse. It takes up to six sessions (\$400 to \$500 a pop) to see total clearing. Post-procedure bruises linger up to 7 days.

**FOR OVERALL SMOOTHNESS** Fractionated nonablative lasers minimize discoloration and soften lines. They split each light beam into thousands of microscopic zones, so only 20% of your face is targeted in a session. The skin cells around these dots are spared and help the treated areas heal more quickly. Three to five treatments at \$1,000 and up each are required to resurface an entire area; expect redness for a few days afterward.