

What to Know About Breast Augmentation

Breast augmentation has a long history in the United States. Breast implants were first used by two doctors in Texas during the 1960's and has grown in popularity exponentially since its inception. There are two types of breast implants available: saline and silicone. Saline implants are made of a salt-water solution whereas silicone implants are made of a silicon gel. The latter have come under much scrutiny in the U.S. during the early '80s.

The Food and Drug Administration removed silicone implants from the market after numerous women were complaining of odd symptoms. During that period they could only be used for reconstructive purposes. The problem developed from the lack of studies done on the implants in the first place. Therefore a team of doctors and government agencies such as FDA began doing research into improving the implants. After numerous government hearings the implants were re-approved by the FDA over two years ago. Some restrictions still remain, for instance the patient must be at least 22 years old (whereas with saline, women as young as 18 years old can get implants). Also it is recommended, that the implants should

be examined by MRI studies every five to 10 years to check for leaking.

Silicone implants, explains Dr. Gregory Turowski of New Horizons Center for Cosmetic Surgery in Skokie, are like "soft Jell-O" and have the look and feel of a natural breast. Saline implants by contrast are like "water in a Ziploc bag and do not feel like a breast as much."

The average age for women seeking breast augmentation is 34, according to a company spokesperson for breast implant manufacturer Mentor Corporation.

"Mentor offers a whole host of products so that physicians can give each patient their desired outcome" said the company spokesperson.



Combing Away Hair Loss

Rogaine and Propecia are not the only weapons available in the battle against hair loss. Laser energy, applied appropriately, can reenergize eroding follicles before that hair is lost forever.

While there are a number of laser-based products in the market, the HairMax Laser Comb is the only to have clearance from the FDA as a medical device. When applied to problem areas of the scalp three times per week via 10-minute "glide" sessions, the HairMax sheds away old Catagen and Telogen hairs more quickly to allow for the creation of fresh hair. Since being introduced in

2001 (HairMax was cleared by the FDA in 2007), 90 percent of the product's more than 200,000 users noticed positive improvement within two-to-three months.

"While our device is designed for standalone use, we believe a multi-tiered approach leads to improved efficacy," said HairMax managing director David Michaels.

Perhaps because most hair loss treatments are designed for and marketed to men, approximately 45 percent of HairMax users are women.

"Female hair loss is very prominent, but not really discussed enough," Michaels said.

Fighting the Signs of Aging at Home

While there are a number of state-of-the-art topical creams and products that can be purchased over the counter or online, the best way to fight the signs of aging at home is a healthy lifestyle with minimal exposure to the sun, cigarettes and alcohol.

According to Amy Derick of Barrington-based Derick Dermatology, taking care of your skin requires the same commitment as maintaining a healthy smile. Accordingly, applying a daily Vitamin A topical cream and eliminating exposure to the sun with SPF 30 sunscreen or higher is as important as brushing your teeth. Using more specific non-prescription treatments is akin to flossing and rinsing, while BOTOX and other minimally invasive treatments is like going to the dentist's office for a teeth cleaning.

There are many creams and products available to the consumers that allow them to get clinical results in the comfort of your own home. Olay offers an array of firming creams, skin peels and lip treatments. Incorporating advanced anti-aging technology, the Olay Professional ProX Anti-Aging Starter Set repairs skin compromised by UV exposure, dryness and other fine lines and wrinkles. In addition to evening out skin texture, ProX treats dark circles and puffiness under the eyes.

"The ProX has everything you need in one kit, and that's why I like it," Derick said.

Another Avon's ANEW product portfolio offers a dozen different treatments ranging from simple Rejuvenate 24 Hour Eye Cream to the more aggressive Clinical Line and Wrinkle Corrector, which uses quadruple-patented Derma-3X Technology for skin restoration.

Skin Medica's TNS Essential Serum is a new and exciting product that rapidly smoothes and fills in fine lines, strengthens the skin's natural ability to regenerate itself, as well as brighten and lighten age spots. This product is a must have for any active woman that wants to play in the sun and look great while doing it, but still having protection from the sun's harmful rays.

Moisturizers and serums aren't the only products to help you turn back the hands of time. A relatively new FDA accepted product is the Baby Quasar. The Baby Q is designed with four wavelengths of natural light making it very powerful and effective. Simply designed for consumers at home that want anti-aging or acne treatments within the fun and relaxing convenience of their home.


"The best way to fight the signs of aging at home is a healthy lifestyle..."



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