

Nip and tuck no more

Needles are taking the place of scalpels as people seek the restoration of a youthful appearance

BY EMILIE ARKIN

The days of nipping and tucking people's faces are becoming a distant memory for most patients. People in the hunt for a facial tune-up now turn to more natural, less invasive procedures that often show results quicker, according to Dr. Ashish Bhatia of DuPage Medical Group in Naperville.

"The approach has changed a lot. We're not pulling (the skin) tight because it creates an unnatural look," says the Naperville doctor and assistant professor of clinical dermatology at Northwestern University School of Medicine. "People are moving away from surgery because they want something that is less invasive. And we're starting to understand more about the aging process and its effects on the face."

For years, face-lifts were done to address

loose skin, but Bhatia says the skin is not actually getting loose. Instead, people are seeing the results of a decreasing volume of fat and bone while the skin thins.

This is where dermal fillers, often just called fillers, come into play. Bhatia explains that fillers do just what it sounds like — fill in areas under the skin to contour features and smooth wrinkles and fine lines.

But fillers can be overdone, Bhatia says, leaving people with an unnatural look. To avoid this result, he suggests choosing the right doctor, one who is properly board certified in either plastic surgery or dermatology and is well-versed in the fillers on the market.

Bhatia provides a glance at the types of fillers on the market, explaining how they work, how long and where:



Dermal Fillers	Description	Where it works	How it works	Lasts...
Collagen Based Fillers (Cosmoderm, Cosmoplast)	Injectable collagen made from animal or human sources	<ul style="list-style-type: none"> Smile lines Marionette lines Downturned corners of mouth Forehead lines Frown lines Crow's feet Lips & Lip lines Acne scars 	<ul style="list-style-type: none"> Instant correction with injections that plump up the skin to smooth away lines and wrinkles Rapidly absorbed 	3 months (with longer lasting collagen fillers in the works)
Hyaluronic Acid (HA) Gel Fillers (Restylane, Perlane, Juvederm Ultra/ Ultra Plus)	Crystal clear gels made of HA, a natural substance that exists in the human body and gives skin its plumpness and suppleness	<ul style="list-style-type: none"> Smile lines Marionette lines Downturned corners of mouth Forehead lines Frown lines Crow's feet Lips & Lip lines Acne scars Enhance cheek bones Chin and nose augmentation 	<ul style="list-style-type: none"> Instant correction with injections that plump up the skin to smooth away lines and wrinkles Used off label to fill other imperfections such as acne scars Slowly absorbed over time Some can be used to add volume to areas that need it (like the cheek bone area) 	6-12 months
Radiesse	Soft gel made of calcium based microspheres suspended in a natural gel	<ul style="list-style-type: none"> Deep smile lines Marionette lines Downturned corners of mouth Acne scars Enhance cheek bones Chin and nose augmentation 	<ul style="list-style-type: none"> Instant correction with injections that plump up the skin to smooth away lines and wrinkles Over time, microspheres break down and are absorbed Can be used to add volume to areas which need it (like the cheek bone area) 	9-12 months or more
Sculptra	Not made from human or animal sources. A solution of tiny absorbable particles	<ul style="list-style-type: none"> Acne scars Hollow cheeks Enhance cheek bones 	<ul style="list-style-type: none"> Slow, gradual filling over several weeks Filling of areas occurs via tiny particles of absorbable material that stimulate collagen growth 	Up to 2 years
NOT A FILLER				
Botox	A purified protein — not a filler	<ul style="list-style-type: none"> Frown lines Crow's feet Forehead Lines 	<ul style="list-style-type: none"> Tiny injections relax muscles to correct wrinkles 	3-4 months

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Salmonella linked to turtles

Pet turtles were to blame for 103 cases of Salmonella infection in the second half of last year, mostly in young children, U.S. health officials say, with the true number of infections undoubtedly much higher.

Even though the sale of small turtles has been banned in the United States since 1975, the number being purchased for children has been increasing, according to the U.S. Centers for Disease Control and Prevention. Many people aren't aware of the risk of Salmonella infections from contact with pet turtles. For example, only 20 percent of people in the CDC report say they were aware of a connection between Salmonella infection and reptile exposure.

— W6MD

Spousal spats may be healthy

New research on marriage and health shows that married couples who express anger may outlive those who suppress anger. The key is for both spouses to be comfortable expressing anger, rather than one or both suppressing anger, University of Michigan researchers say. The research team found a higher death rate among married couples in which both spouses suppress anger, compared with other married couples.

— W6MD

Number to know: \$174 billion

Diabetes-related medical and economic costs in the United States hit \$174 billion in 2007, a study shows. This is a 32 percent increase from 2002. About one out of every five health dollars in the United States is spent caring for someone with diagnosed diabetes.

— HealthDay

Children's health: Tonsillitis

For kids who suffer repeated bouts of tonsillitis, surgery to remove the tonsils leads to substantial improvements in quality of life, according to study results. In one study, researchers surveyed the parents of 92 children with recurrent tonsillitis before a tonsillectomy as well as six months and one year after the surgery. The children, whose average age was 10.6 years, showed significant improvements in quality of life.

— Reuters