

Your Skinfoformation

Q *I run and play tennis a lot in the summer. Although I wear sunscreen, is there anything else I should be using to protect my skin?*

A While we consider broad spectrum sunblock to be mandatory, you do raise an important point. Sunblock does not provide complete protection from the damaging effects of the sun. Try to cover up as much as possible with a broad brimmed hat and protective clothing. Use an antioxidant product daily, such as a vitamin C serum, for additional protection. If you have a tendency



Phloretin CF \$150



Phaze 13 \$45 Obagi Clear \$85

to get sun spots, brown patches or freckles, be sure to use a skin bleaching cream to control these discolorations.

Q *In the summer, I have a very active lifestyle and tend not to wear much makeup. I've always felt that I looked okay, however, this year, I feel I look older and more tired. I want to look fresher, but I want a low-maintenance routine.*

A When someone feels that they are looking older, we have found that there are certain facial changes that are usually taking place. Dark circles under the eyes, drooping of the brows, flattening of the cheeks, and sagging of the chin and jawline area, even when subtle, will age you. We perform in-office procedures such as Sculptra™, BOTOX® and Dysport® to provide better facial contours. This will do more for you than any amount of make up.

Q *I have a problem with excessive underarm sweating. I've tried every antiperspirant, but none of them work for me. My shirts get soaked, and it's very embarrassing. Can this be helped?*

A This condition is called "hyperhidrosis," and it is not uncommon. As you have experienced, over-the-counter antiperspirants do not alleviate this condition. Sometimes a prescription-strength antiperspirant is helpful, but if it is not, BOTOX® injections are extremely effective at stopping the sweating. This procedure is FDA-approved, takes just a few minutes, and a single treatment may last 6 to 12 months.

Email your questions to:
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