

# Your Skinfoformation

**Q** *I had a C-section last year. I've exercised and lost all of the baby weight, but I can't get my tummy to flatten. Is there something I can do that doesn't require surgery?*

**A** That C-section bulge which occurs just above the scar can be frustratingly stubborn, often resisting any amount of diet and exercise. **The CoolSculpting treatment can be an excellent choice for shrinking this bulge.** CoolSculpting freezes the fat, which then gradually dissolves away, without surgery, needles, or anesthesia. And, best of all, it is a one hour painless procedure with no downtime.

**Q** *I have a busy work and social life and can get by on just a few hours of sleep. However, I recently heard that more sleep makes us look better. Is there any truth to that?*

**A** The idea that we need our beauty sleep is now has scientific evidence to back it up! **A recent study showed that when we get eight hours of sleep, we appear more healthy and attractive to others, as compared to when we are sleep-deprived.** And to really be a sleeping beauty, spend those eight hours on your back---it minimizes wrinkles on the face and creases on the décolletage.

**Q** *My lovely 16 year old daughter has been breaking out on her face, and it's really affected her. She seems withdrawn and unhappy. Is it just a phase, or should I be concerned?*

**A** A person's self-esteem can take a big hit from acne. **In fact, a recent study showed that there is an increased chance of depression and suicide in persons with acne, so do take your daughter's sadness seriously.** Fortunately, there is a wide variety of treatments to help acne, including creams, pills, lasers, and dietary changes.

Email your questions to:  
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