

Your Skinfoformation

Q *I have a lot of unwanted hair on my back. My wife talked me into getting a laser hair removal treatment. Honestly, it was much too painful to try again. Is there another way to get rid of the hair?*

A Laser is the treatment of choice for removing hair because it gives long-lasting results. As you experienced, it can be an unpleasant procedure on large areas such as the back. The solution? The revolutionary LightSheer Duet laser. The new technology makes the treatment much more comfortable and up to 75% quicker. The entire back can be done in less than 20 minutes.

Q *My job requires me to do a lot of driving. A friend told me that I can get a sunburn and skin cancer from the sun exposure, even if my windows are up. Is this true?*

A Partly. Ordinary car window glass blocks out most of the rays that cause a sunburn, but not the rays that cause wrinkles, brown spots, and skin cancer. You won't notice immediate damage to your skin, but you can get a lot of sun damage over the years from driving. Since window tint doesn't keep out all of those damaging rays, we recommend wearing sunblock and long sleeves while driving.

Q *I'm 25 years old, and my hair is already starting to thin out like my dad's. Is there anything I can do to stop myself from going bald?*

A The most common type of hair loss is "pattern baldness," which is caused by a combination of your heredity and hormones. Some medical conditions can also cause hair loss so it's a good idea to check with your doctor to make sure that there isn't any other problem. Medications can improve pattern baldness, as well as hair transplant procedures. Current research is studying stem cells and the medication in Latisse, which is used to grow eyelashes.

Email your questions to:
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