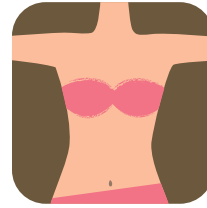


Web Derm

Suspicious spot? Unexpected breakouts? Skinlibrary.com's network of dermatologists and medical and health experts provides information and insight on remedies for skin conditions from adult acne to enlarged pores to sun spots. All content is reviewed by an independent Board of Dermatology Advisers to ensure the information is accurate, unbiased and current. It's an ideal resource in the middle of the night (though a second opinion and face-to-face with a doctor is always a good idea if your condition worsens).



Q. I'm 46 and in great shape, but after having three kids I'd like breast augmentation to return my breasts to some semblance of what I once was. My husband is vehemently opposed to me getting the procedure, feeling it's a reflection on him. He likes my breasts and doesn't understand why that isn't good enough for me. I've run out of ways to explain to him it's not about him – it's about me and the way I feel about myself. What else can I say?

A. I think your reasons for wanting breast augmentation are the right ones. You're doing it for yourself. A wrong reason would be if you were doing it for your husband. One of the most common requests I receive is from women who desire rejuvenating procedures for their breasts or abdomen once they've finished having children. While some may feel cosmetic surgery is superficial, I can attest that in many cases my patients report a profound effect on their lives, including their self-confidence, sociability, intimacy and life satisfaction. The best approach could be to get your husband more involved in the decision-making process. Ask him to keep an open mind before he commits to a conclusion. Perhaps if he attends a consultation with you, is allowed to ask questions and gets a first-hand explanation of the procedure, benefits, risks and results, he would be more inclined to give you an objective opinion, rather than an emotional one.

– Dr. Jerome Edelstein, MD, FRCSC,
a plastic surgeon in Toronto

cell mate

The speed at which our skin ages depends –largely– up to 80 per cent– on external factors, such as UV exposure, environmental elements, diet and stress. As we age, our skin-cell renewal slows down. The result is wrinkles and sagging skin. The latest prevention squad is NIVEA DNAge, which prevents damage at the skin cell's core by using two key ingredients: folic acid (found in broccoli, eggs and nuts, and aids in health cell division) and creatine (an energy booster found naturally in the body that helps build collagen fibres).

NIVEA Visage DNAge Day Crème, Night Crème, Eye Crème, Zone Action (\$23 each), Body Serum (\$13.75) and Hand Cream (\$7.45).

