

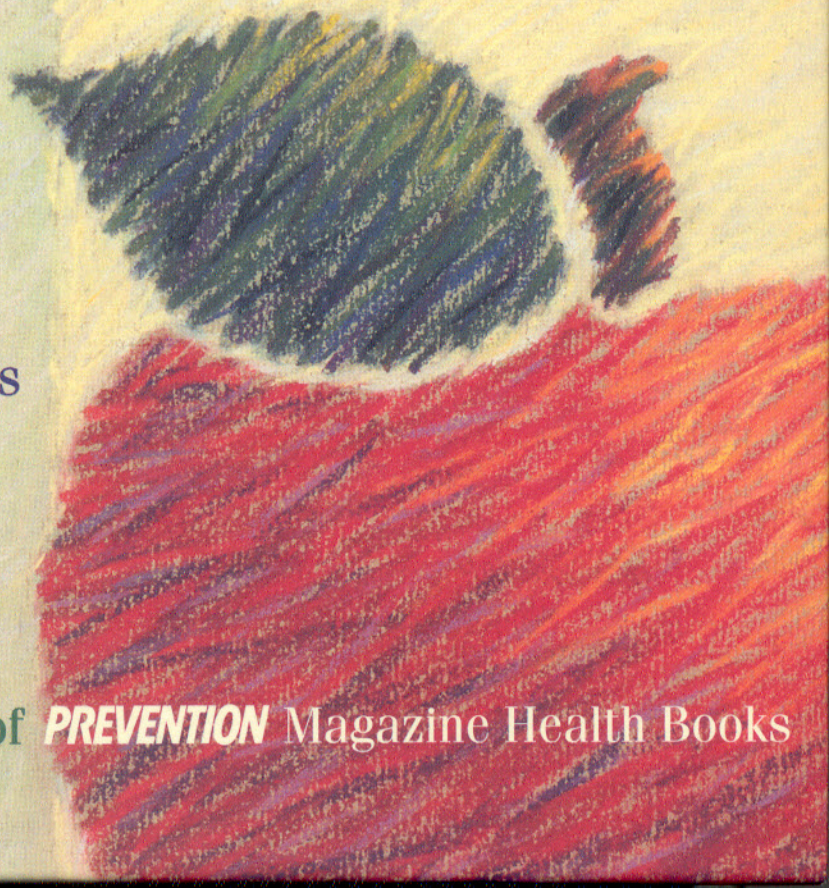
The Doctors Book of Home Remedies[®]

for

Women

Women
Doctors
Reveal Over
2,000 Self-Help
Tips on the
Health Problems
That Concern
Women
the Most

By the Editors of **PREVENTION** Magazine Health Books



stores. For best results, she suggests that you ask a salesperson to help you pick the right shade and show you how to sponge it on and coordinate it with the rest of your makeup.

Block the sun. To prevent age spots from enlarging or multiplying, make sure that you wear a sunscreen on your face every day of your life, says **Debra Price, M.D.**, clinical assistant professor of dermatology at the University of Miami School of Medicine and a dermatologist in South Miami.

"If I could have only one skin-care product, it would be a sunscreen," says **Dr. Price**. It should go on right after you wash your face in the morning and before you apply anything else. She recommends non-chemical sunscreen containing titanium dioxide, which reflects all the sun's harmful rays—both ultraviolet A and B.

Allergies

Natural Relief for Itching and Sneezing

Hazel and Harriet are sisters. Hazel spends the day spring-cleaning and dusting her knickknacks. She takes her dog for a walk, enjoying the breezes that waft from the neighboring fields and woods. Then she comes home and curls up in bed with a pile of dusty mementos from college and her two cats, Pinky and Percy.

Meanwhile, Harriet is miserable. Getting within striking distance of a dusty quilt sends her into fits of wheezing and sneezing. Walking through the park leaves her eyes red and itchy. She misses her dog and two cats—they live with Hazel.

One thing that these sisters don't share is allergies. In women like Harriet, the immune system releases histamines and other irritating substances in response to perfectly normal (and otherwise harmless) airborne particles like dust, mold, tree pollen and animal dander (dandruff).

Typical allergy symptoms include sneezing, nasal itching and a dripping nose, along with congestion and red, swollen, itchy eyes.

Arm Flab

Firm Up the Slack

*H*ave you been wondering if surgeons do liposuction on arms as well as thighs? And where did this arm flab come from, anyway? It certainly wasn't there when you starred on the college tennis team.

"As we age, our skin loses elastin and collagen—the connective tissues that hold everything together," says Anita Cela, M.D., clinical assistant professor of dermatology at New York Hospital–Cornell Medical Center in New York City. Elastin and collagen also keep skin flexible enough to stretch and contract through multiple pregnancies, weight gains, diets and smiles. But when your body starts to produce less collagen and elastin, your skin starts to sag. The overall result is loose, flabby skin that, under your arms, just hangs.

Sagging underarm skin also contains fat, accentuating the problem, says **Debra Price, M.D.**, clinical assistant professor of dermatology at the University of Miami School of Medicine and a dermatologist in South Miami. Losing extra pounds is always a good idea in terms of general all-around health. But weight loss is generally not the most effective way to beat underarm flab, since no one can predict whether the fat will be taken from your hips, thighs, abdomen or under your arms. Even normal weight or underweight women can have flabby arms.

What's more, says Dr. Cela, since the skin is no longer able to snap back into shape once it has been stretched by even a few extra pounds, weight loss can actually make underarm sag even worse.

TONE AT HOME

Until someone invents control-top panty hose for arms, women bothered by jiggly skin between their armpits and elbows will have to investigate other options, like toning.

"If you can build up your biceps and triceps muscles—the biceps run along the front of your upper arm, while the triceps run along the back of it—you'll fill the empty, sagging skin with muscle, creating the illusion of firm skin," says **Dr. Price.**

Crow's-Feet

Delay Fine Wrinkles Indefinitely

If you take twin sisters, and one becomes a lifeguard while the other takes a desk job, chances are that on their thirtieth birthday, the lifeguard will have more crow's-feet—tiny lines radiating from the corners of her eyes—than the office worker. And if the lifeguard smokes, the difference will be even more marked.

"Crow's-feet are usually the earliest wrinkles to appear on a woman's face," says dermatologist **Debra Price, M.D.**, clinical assistant professor of dermatology at the University of Miami School of Medicine and a dermatologist in South Miami. But they're not necessarily a sign that you're aging. "Crow's-feet are caused primarily by exposure to the sun—what we call photoaging."

Squinting into the sun contributes to the process as well, explaining why outdoor enthusiasts may be more susceptible to crow's-feet than less-exposed women, says Margaret A. Weiss, M.D., assistant professor of dermatology at the Johns Hopkins Medical Institutions in Baltimore. Once the skin has been exposed to sunlight over the years, it loses its elasticity. Squint long enough and often enough, and temporary wrinkle patterns formed at the corners of your eyes eventually become permanent.

Women smokers may develop crow's-feet earlier than women who don't smoke. According to Dr. Weiss, smoking makes you unconsciously squint as your eyes try to avoid the smoke's irritating and drying effects.

TAKE STEPS TO PREVENT CROW'S-FEET

Women dermatologists agree: If you never smoke, squint or tan your face, you'll get fewer crow's-feet. So the sooner you take steps to prevent crow's-feet, the younger the skin around your eyes will look. If the damage is already done, there are ways to minimize their appearance.

Here's what women doctors suggest for preventing crow's-feet in the first place—or preventing existing lines from getting worse.

Go glycolic. You can minimize the appearance of existing crow's-feet by moisturizing the area with an eye cream that contains glycolic

acid—one of a group of alpha hydroxy acids—originally derived from sugarcane, says Dr. Weiss.

Glycolic acid encourages wrinkled cells to slough off and newer ones to emerge. The moisturizing agents in the cream will prevent any wrinkling from dryness.

Not many over-the-counter eye creams contain glycolic acid, says Dr. Weiss. One is Murasome Eye Complex 10 by Murad (developed by a dermatologist at the University of California, Los Angeles). To find a store near you that carries Murad products, call 1-800-33MURAD.

Whatever you do, *never* use higher strength skin lotions with glycolic acid (10 percent strength formulated for use on the face and neck) around your eyes without the supervision of a dermatologist. You could get a nasty burn. Around your eyes stick with 5 percent strength.

Turn back the sun. Since crow's-feet appear only after sunlight has begun to destroy the skin's elastin and collagen fibers over time, the best way to prevent crow's-feet is to use a sunscreen around the eyes, says **Dr. Price.**

Use a broad-spectrum sunscreen made especially for the eye area. Dot it gently around your eyes, including your upper and lower eyelids. Reapply every few hours. **Dr. Price** suggests using only fragrance-free sunscreens in the eye area, since some people might find fragrances irritating to delicate eye tissue.

Wear sunglasses and hats. In addition to applying sunscreen, wear dark sunglasses and wide-brimmed hats that shield as much of your eye area as possible, says **Dr. Price.**

Avoid smoke. Chalk up another reason for giving up cigarettes: Smoking, or spending a lot of time in a smoke-filled environment, makes you squint, so avoiding tobacco smoke helps prevent crow's-feet, adds Dr. Weiss.

Do the eye area last. Smooth the AHA preparation over your entire face, but no closer to your eyes than the length of your eyelashes, says Dr. Lambroza. "I recommend that you do your face first and your eye area last, so that you don't apply too much to your eye area," she says. "You can use it underneath your eyes, but not on your eyelids. And be sure to follow up with a moisturizing eye cream."

Repeat daily. If no redness or irritation occurs, begin using the preparation once a day, says Dr. Lambroza. You may experience some tingling as the AHAs begin to work, but the tingling should subside within a few minutes. If no irritation develops after several days, you can increase your use of AHAs to twice a day: once in the morning and once at night, says Dr. Lambroza.

NO MORE LINES, EVER

Women doctors say that unless you take steps to protect your face against wrinkle-forming forces, your antiwrinkle efforts will be less than optimally effective. Here's what women doctors advise.

Double up on sunscreen. "I generally recommend that women use two sunscreens at the same time if they plan on spending the day outdoors," says Dr. Gendler.

Sun protection factor, or SPF, only refers to the product's ability to screen ultraviolet B (UVB) rays. But UVB rays only penetrate the top layers of skin. You also need to protect against ultraviolet A (UVA) rays, which penetrate to the deeper layers of skin, also causing wrinkles.

There are not many products that specifically protect you from UVA. The best product available is called Shade UVA Guard, says Dr. Gendler. It also has an SPF of 15 to guard against UVB rays. For day-to-day use it's all you need. But if you're going to be spending lots of time in the sun, apply a second sunscreen with a higher SPF over top to give you added UVB protection.

If you go swimming or participate in outdoor sports that make you sweat, adds **Dr. Price**, use a waterproof SPF sunscreen and reapply it every 1½ hours.

Forget tanning booths. Tanning salons should be called wrinkling salons. Tanning parlor operators and tanning equipment manufacturers claim that tanning booths and tanning beds give a "safe tan." The truth is, tanning equipment produces rays that can cause premature wrinkling of the skin and skin cancer, says Allison Vidimos, M.D., a staff dermatologist at the Cleveland Clinic Foundation. No woman who values her skin should set foot inside a tanning booth.