

more

APRIL 2003

DARE TO DREAM BIG!

WOMEN WHO FOLLOWED
THEIR PASSION AND
CHANGED THEIR LIVES

THE SKIN SAVERS
AMERICA'S BEST
DERMATOLOGISTS

**SEX CAMP
FOR BOOMERS**

YOUR BODY'S CHANGING—
YOUR CHECKUP SHOULD, TOO
6 MUST-DO'S NEXT TIME

**SELF-DESTRUCT
SYNDROME
WHEN THE BEST
AND BRIGHTEST GO
OFF THE DEEP END**

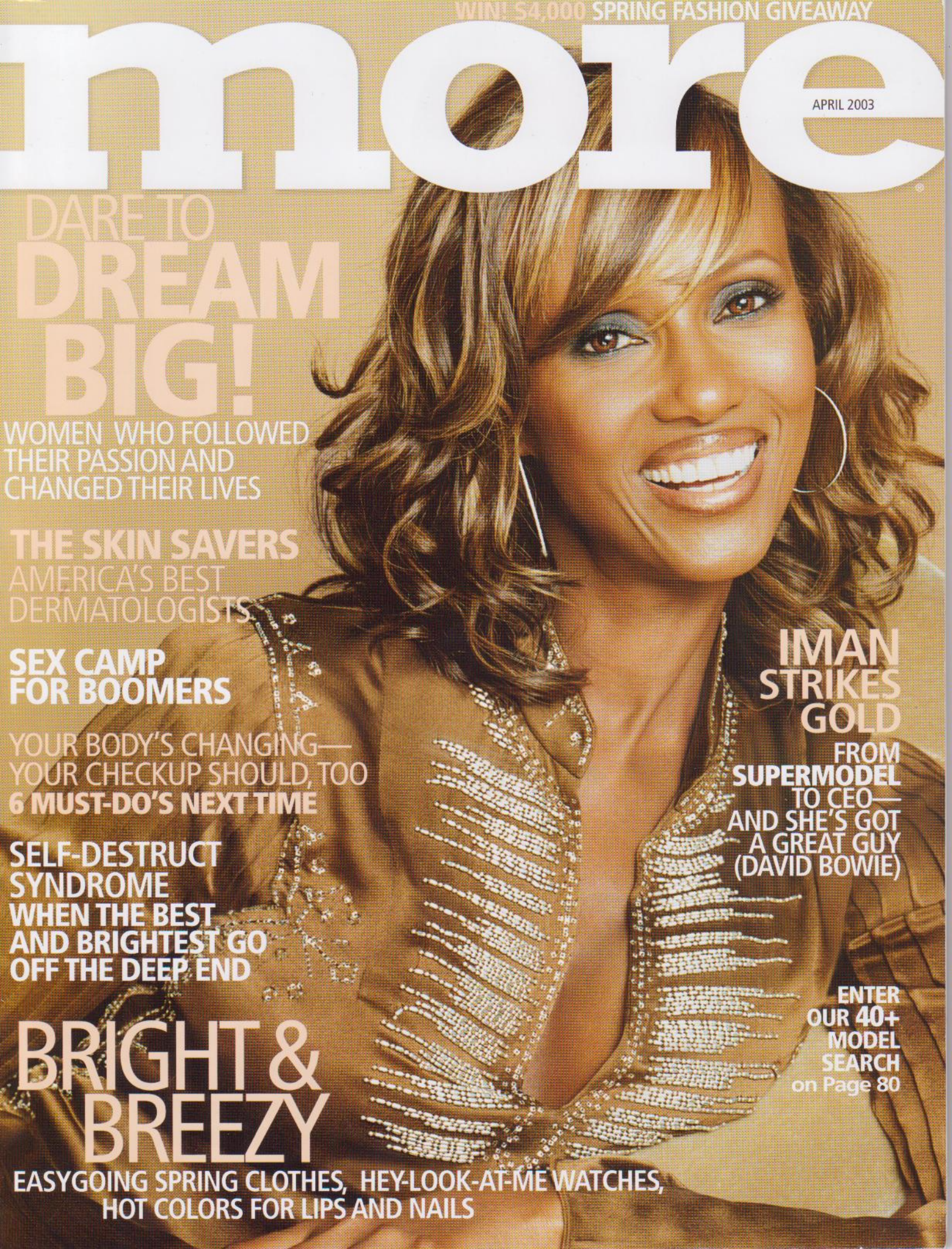
BRIGHT & BREEZY

EASYGOING SPRING CLOTHES, HEY-LOOK-AT-ME WATCHES,
HOT COLORS FOR LIPS AND NAILS

**IMAN
STRIKES
GOLD**

FROM
**SUPERMODEL
TO CEO—
AND SHE'S GOT
A GREAT GUY
(DAVID BOWIE)**

ENTER
OUR **40+**
MODEL
SEARCH
on Page 80



{more's black book}

>Miami

DEBRA PRICE, M.D.
305-670-1111

A cosmetic dermatologist in private practice, Price uses Botox to make eyes look wider, smooth neck folds and reduce wrinkling between and above breasts.

>New York

DEBRA JALIMAN, M.D.
212-517-8855

Clinical instructor at Mount Sinai School of Medicine and a dermatologist in private practice, Jaliman specializes in correcting Botox botch jobs. By performing "Botox lite," she aims to preserve facial expression.

>San Francisco

SETH MATARASSO, M.D.
415-362-2238

Associate clinical professor of dermatology at the University of California, San Francisco, Matarasso uses topical anesthesia and ice to reduce pain, bruising and bleeding. He also wields the needle to treat migraines, muscle spasms and low-back pain.

FACIAL-HAIR REMOVAL

Cost: \$175-\$600 per session
(four to six required)

>Los Angeles

GARY LASK, M.D.
310-825-6911

Director of dermatologic surgery at UCLA, Lask is the go-to guy for patients who don't get satisfactory results from lasers. He uses longer wavelengths and cooling devices to treat a variety of skin and hair tones.

>Nashville

MICHAEL H. GOLD, M.D.
615-383-2400

Director of the Gold Skin Care Center, he played a key role in obtaining FDA approval for the Intense Pulsed Light hair-removal device.

>New York

ROBIN ASHINOFF, M.D.
212-263-7019

Chief of laser surgery at NYU Medical Center, Ashinoff staffs an entirely female office, so her mostly women patients can request laser hair removal without embarrassment.

MELANIE GROSSMAN, M.D.
212-725-8600

A cosmetic dermatologist in private practice, Grossman uses cooling lasers, which deliver light over a longer period and extract heat from the skin's surface, to treat darker-skinned patients. She is also experienced in removing cowlicks and hair on the back of the neck.

>Philadelphia

SUSAN C. TAYLOR, M.D.
215-829-6861

A doctor at Society Hill Dermatology and the director of the Skin of Color Center at St. Luke's-Roosevelt Hospital in New York (212-523-5898), Taylor has achieved impressive results with the new LightSheer Diode laser, which offers a wide variation of wavelengths.

>Sacramento, CA

SUZANNE KILMER, M.D.
916-456-0400

Director of the Laser & Skin Surgery Center of Northern California, Kilmer has a solution for nearly every shade of skin and hair; options include longer wavelengths, radio-frequency energy and Vaniqa cream.

THINNING HAIR

Cost: \$4,000-\$12,000

>Dallas, TX

DOWLING STOUGH, M.D.
800-264-4247

Clinical assistant professor of dermatology at the University of Arkansas and a doctor in private practice in Dallas, Stough tries to identify the cause of hair loss—such as recent pregnancy, a high-protein diet or certain medications. He often

encourages patients to try camouflage creams before progressing to other options.

>La Jolla, CA

WILLIAM REED, M.D.
858-459-8600

A hair-transplant surgeon in private practice, Reed often consults with a patient's hairstylist.

>Louisville, KY

WILLIAM PARSLEY, M.D.
502-585-5249

A hair-transplant surgeon, Parsley focuses on re-creating women's natural hairlines that have been altered by face-lifts or other procedures. He recommends that women with hair loss use extra strength Rogaine for Men.

>Miami

BERNARD NUSBAUM, M.D.
305-274-2202

Nusbaum can restore hairlines at the forehead, temple and sideburn areas, and can also correct receding hairlines caused by traction (pulling hair back too tightly).

>Minneapolis

RONALD SHAPIRO, M.D.
952-926-0000

Director of Shapiro Medical Group, Shapiro uses a micro blade to pattern grafts in the same direction as existing hair and create a natural look.

>New York

WALTER UNGER, M.D.
212-249-9393

Clinical professor of dermatology at Mount Sinai Hospital, Unger has been doing hair transplants for 35 years. About 25 percent of his clients are women, which is significantly more than in typical practices.

LASER RESURFACING

Cost: \$275-\$1,000 per session
(nonablative); \$2,500-\$6,000
per region (ablative)

>Chicago

JEROME GARDEN, M.D.
312-280-0890

Associate professor of clinical dermatology at Northwestern,

20 million
American
women
are affected by
hair loss.
By the time we
reach age 40, most
of us have
half the number
of follicles
we were
born with

Garden is currently testing two systems for acne scarring, and recently began offering radio-frequency treatments to combat gravitational pull.

>Los Angeles

HAROLD LANCER, M.D.
310-278-8444

Known for providing Hollywood clientele with the "Lancer glow," he uses microdermabrasion to remove "surface sludge," then a long-wavelength laser to stimulate collagen production. The final step is a liberal slathering of propolis (queen bee royal jelly).

>New York

BRUCE KATZ, M.D.
212-688-5882

Director of Juva Skin & Laser Center and associate clinical professor of dermatology at Columbia University, Katz's favorite new tools are the Smoothbeam (which has longer wavelengths for treating wrinkles, sagging skin and stimulating collagen) and the V Beam (for zapping broken blood vessels, rough spots and hyperpigmentation).