

SCLEROTHERAPY BROCHURE

# Woman's World

THE WOMAN'S WEEKLY

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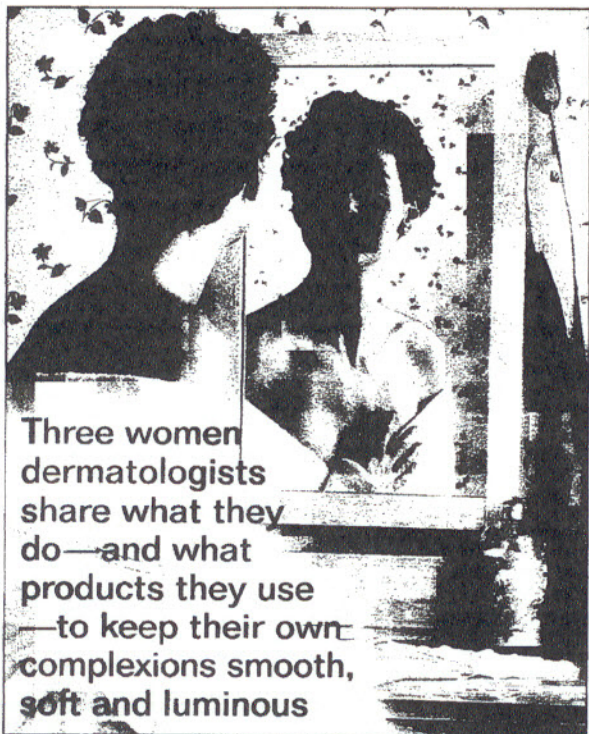
# Young-skin secrets from the pros

**Y**our skin doesn't have to grow older. Scientists now know that wrinkled, blotchy skin is more a reflection of damage by sun, smoke and pollution than age. That's why skin protected by clothing is apt to be as smooth and unblemished as a baby's while your face looks years older.

Fortunately, there are ways to prevent, even somewhat reverse, much of the environmental assault that makes you look old before your time. We asked three leading women dermatologists—Patricia Wexler, M.D., and Eileen Lambroza, M.D., who both practice in New York City, and Miami-based Debra Price, M.D.—how they keep their own skin young-looking. Here are their personal secrets.

**1 Block the sun.** As you know, the best defense against premature wrinkling is sunscreen. But most of us don't even think about it except on summer's sunniest days. What you may not realize is that even now, while you're probably not wearing any sunscreen, the sun can still cause damage to your skin.

It's crucial to shield your skin from both UVA and UVB rays, say our experts. "The sun protection factor [SPF] on a product refers only to UVB protection, but UVA



Three women dermatologists share what they do—and what products they use—to keep their own complexions smooth, soft and luminous

also ages the skin," explains Dr. Price. She uses an SPF 15 sunscreen with titanium dioxide, which blocks both types of rays. "I apply it to my face and neck year-round, and to my arms and legs if they're exposed."

**2 Exfoliate.** Using alpha hydroxy acids (AHAs) or other exfoliants "unglues" dead cells on the skin's surface that make your complexion dull and dry. Dead cells are then sloughed off more readily, leaving the skin softer and more luminous.

Every day Drs. Lambroza and Price use a prescription-only glycolic acid lotion, which contains higher concentrations of glycolic acid (a

form of AHA) than most cosmetic formulas. A University of California study suggests that glycolic acid may reduce the appearance of fine lines—and Dr. Price agrees. "My skin is smoother, and some of my fine lines are less noticeable," she says.

Dr. Wexler opts for once-a-week treatments with an over-the-counter exfoliant containing papaya enzyme (see box for products). "It gives me the same effect as using a glycolic acid product twice a day, but it has no acids that can irritate the skin," she says.

**3 Consider a peel.** Chemical peels are industrial-strength exfoliants that can actually reverse sun damage to the skin, such as fine wrinkles and dark spots. "I have a glycolic acid peel every four to six weeks," says Dr. Price. "It makes my skin look fresher, brighter and more plumped-up, and it makes brown spots disappear." Peels should be performed by dermatologists, not cosmeticians at salons, she warns.

—Nancy Arnott

## THE DOCTORS' SKIN-CARE CHOICES

To keep their skin looking young, our experts swear by the following over-the-counter products.

**Debra Price, M.D.:** Cetaphil cleanser, Dermasil moisturizer, Biomedics Phospholipid Lotion exfoliant, Shade UVA Guard SPF-15 sunblock.

**Patricia Wexler, M.D.:** Donna Karan's cleanser, moisturizer with SPF 20,

exfoliant with papaya enzyme and after-exfoliant lotion (Dr. Wexler helped formulate the entire line of Donna Karan skin-care products).

**Eileen Lambroza, M.D.:** Oil of Olay Foaming Face Wash cleanser, Chanel Skin Recovery moisturizer, Gly-Derm Lotion exfoliant, Clinique City Block SPF-15 sunblock.

## A woman's story

**B**illie Hancox was numb with fear as she listened to the doctor. It's finally here, she thought. The moment I've dreaded. "We can't wait," the doctor was saying. "If your son doesn't have a transplant, he'll die."

The 30-year-old Walhalla, South Carolina, mom drove home with tears in her eyes. Please, God, she prayed, help us through this. Johnny was only 10—and he'd been through so much already.

The day he was born, Billie's joy had been quick-

thought. Billie had a turned to pray strength and comfort she sat by Johnny's stroking his tiny praying for her little get stronger.

"Mommy loves you much," she'd whisper. "And she wants you come home soon."

Little by little, Johnny gained weight and health or improved. Finally a month, doctors said he could go home.

Billie was ecstatic. The doctors reminded her that although medicine could keep his kidneys working for years, Johnny would one day need a new kidney. But any could happen by

# Answers

When modern medicine couldn't make Billie Hancox's 10-year-old son, Johnny, well, hundreds of people who didn't even know him came forward— and prayed for a miracle

ly replaced by fear. "Your son is very sick," the doctor had told Billie and her husband Mark. A tear in the umbilical cord at birth had cut off his oxygen supply, possibly causing damage to his internal organs.

"Please don't let our baby die!" Billie had begged. Lying in her hospital bed that night, her heart

ached for her baby, fighting for his life in the intensive care unit. "Hang in there, little Johnny," she

whispered as she cried. Johnny hadn't suffered brain damage, but his kidneys were not working well. He'd eventually need a transplant, doctors said. And it would be weeks before he could go home.

Billie's heart ached at the sight of him, hooked up to machines. He looks so small and helpless! she

Billie thought. A miracle could be found.

As Johnny grew, Billie watched anxiously for signs of failing health. But Johnny ran and played just like any other child. "I'm going to be a race driver when I grow up," he told Billie.

Then, shortly after Johnny's tenth birthday,

he began to lose weight and his health deteriorated. He was diagnosed with kidney failure. The medical team could do nothing longer.

compensate for the failing kidneys. A kidney transplant would have to be performed soon. Billie's heart was torn as she told Johnny about the operation. "Don't worry, Mom," he said. "I'll get my new kidney, I'll be all better."

Tests showed Billie's son had a healthy kidney. Mark were both amazed but Mark insisted

**"If your son doesn't have a transplant, he'll die"**

Photo: Bart Bostwirth Photography