

# LOOKING AND FEELING YOUR BEST

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Shoreline Dermatology Laser and Cosmetic Surgery

www.cosmeticlaser.com

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## Quick and Easy Ways to Boost Your Energy Without Going to the Gym

Dear Valued Patient and Friend,

Welcome to our new newsletter!

As the name suggests, inside you'll find tips and resources for looking and feeling your best. I've tried to locate little-known secrets from all kinds of different sources. I hope you enjoy it and if so let us know, or better yet, let your friends know. We'll be happy to send them a complimentary subscription.

Okay, so let's jump right in with the features for this issue...

Let's face it, most of get tired throughout the day and need a little pick-me-up. Well, instead of going to Starbucks for a double latte, try a few of these easy exercises instead.

1. The first exercise is to simply jogging in place for at least one minute. Try to lift your knees high and swing your arms back and forth to incorporate more muscles.
2. Next, try standing in a forward lunge position, with your back leg far behind your bent front leg. Then inhale deeply as you raise your arms high above your head. Join your hands and hold this position while you exhale completely. Inhale again and exhale as you bring your arms down towards the floor. Inhale deeply once more and lift your arms up again. Now, switch legs and try again.



These simple, do-anywhere workouts will give you a quick burst of energy, stimulate your mind, and increase your circulation. Give them a try!

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## Vitamins and Your Skin

It has been known for years that deficiencies of certain vitamins in the diet can have profound effects on the skin. For example, too little vitamin C can cause rough, dry skin that bruises easily. A vitamin A deficiency can also lead to rough, dry skin. Too little of the B vitamins can cause unusual rashes and sores around the mouth or itchy, scaling skin. Consuming the correct amount of vitamins daily often insures a glowing, rosy complexion. Applying vitamins topically, even if you have a healthy nutritional balance, can further enhance this condition of wellness (more on topical vitamins in a future article).

### Here are the vitamins that help you maintain healthy, glowing skin:

**Vitamin A** Even the recommended daily allowance (RDA) of vitamin A is enough for our skin to function normally. Oral supplements of vitamin A should be limited to the RDA, especially in women who may become pregnant, because of an increased risk of birth defects at higher doses.

**B Vitamins** This group includes niacin, riboflavin, and biotin. These vitamins are known to be essential to the normal functioning of the skin. Again, the RDA taken orally is sufficient for healthy skin.

**Vitamin C** Vitamin C acts as an antioxidant throughout the body, including the skin. Like other antioxidants, vitamin C counteracts the harmful effects of “free radicals,” a type of unstable oxygen molecule that occurs naturally and is increased by

ultraviolet light exposure and even air pollution. Vitamin C can increase collagen production in the skin, possibly preventing wrinkles and improving wound healing. Studies have shown that the optimal dose of oral vitamin C is 500 milligrams taken twice a day.

**Vitamin D** Our skin actually produces vitamin D when exposed to even small amounts of sunlight. This exposure, combined with dietary sources such as fortified milk, provides adequate amounts of this vitamin for nearly everybody.

**Vitamin E** This vitamin, also an antioxidant, protects our bodies from the major culprit responsible for our outward signs of aging: sunlight. Ultraviolet radiation from the sun is responsible for wrinkles, age spots and even skin cancer, so you should always use sunscreens and limit sun exposure. However, by taking more Vitamin E (about 400 IU) you can significantly reduce sun damage.

Also, be sure to get *natural* vitamin E because studies have shown that natural vitamin E stays in the body twice as long as synthetic vitamin E. You can tell by looking at the label: natural vitamin E begins with *d-* (i.e., d-alpha-tocopherol), whereas the synthetic type starts with *dl-*.

**Vitamin K** This vitamin is essential for blood coagulation. A deficiency can lead to easy bruising of the skin. Vitamin K should be taken at the RDA dose because too much of this vitamin can be toxic.



## What Do Your Eyes Tell About You?

In a recent study conducted at the University of Western Ontario, psychologists tested people's perceptions of eye size. They used computers to manipulate pictures of 18 women's and 9 men's eyes so that they were made to look small, medium and large.

Then the researchers asked test subjects to characterize the personalities of the people in each photo. Interestingly enough, the scores for honesty, likability, nurturing, empathy, and intelligence all increased in direct proportion to eye size of both men and women. As eye size increased the scores increased and vice versa.

Other experiments in which eye spacing and lip fullness were altered had no effect on the ratings.

It seems that people associate large eyes with open, youthful innocence, the psychologists reported. Not only do large eyes convey these positive characteristics, but they're also considered more attractive – thus leading people to make other positive assumptions about everything from kindness to popularity.

## At Last You Can Eliminate Bags, Bulges and Drooping Eyelids!

Now, here's a way to get more beautiful, wide-open and younger-looking eyes. It's a procedure that seems to have remarkable results for patients; it's called blepharoplasty (or eyelid surgery).

## Why do Eyes Look Tired, Dull and Old?

As we age, the elastic tissue around the eyes (both upper and lower eyelids) begins to lose its springy, rubberband-like quality. This allows pockets of fat to form, giving the appearance of puffy eyes.

Moreover, the skin around the eyes stretches out and muscles weaken, causing fat to accumulate and giving eyes their droopy and saggy appearance. You'll begin to notice this in different ways around your upper and lower eyelids.

On the upper eyelids the skin can hang down over the eyes creating a droopy and saggy appearance. For some people this excess skin may even interfere with vision.

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A patient treated by Dr. Langdon...



Before Laser Blepharoplasty



After Laser Blepharoplasty

### **The Eyes Have It, continued...**

Also very common as we age are puffy eyes or sagging bags around the lower eyelids. These bags are due to excess fat that has bulged forward. These bags can produce the effect of looking tired and sad, even when you feel wide-awake and fine.

However, now with the cosmetic surgery procedure known as laser blepharoplasty (or eyelid surgery), we can safely remove excess skin and puffy bags on both the upper and lower eyelids, leaving you looking years younger.

### **Here's how it works**

Blepharoplasty removes excess fat and skin from the eyelids. For upper eyelids a crescent moon-shaped fold of skin is removed and pockets of fat are cut out. This incision is

made along the lid crease so it hides the minor scar. To remove the puffy bags common in lower lids, you don't even have to have an incision in the skin. Surgery is done inside the eyelid *leaving no scar* whatsoever!

### **Breakthrough Laser Technology**

Using a CO<sub>2</sub> (Carbon Dioxide) laser as a scalpel we can perform the eyelid surgery in a precise and bloodless way. The laser delivers high-energy, precisely focused light to cut away delicate eyelid tissue. As the laser cuts, it also seals off blood vessels, almost eliminating any bruising or black eyes.

No other tool has made eyelid surgery so precise and accurate. Moreover, the laser seals off nerve endings around the incision site, thus largely eliminating pain and discomfort following surgery.



## **Health Quiz**

Look here each issue for fun ways to increase your health knowledge. Send in the right answer by April 1st and you'll receive a \$5.00 discount off of any product or service from our Aesthetics Center. Here's this issue's question:

**Q. What health problem is prevented by taking a sufficient amount of Vitamin A on a regular basis?**

The correct answer will be revealed in our next issue (or if you can't wait check out our website at [www.cosmeticlaser.com](http://www.cosmeticlaser.com) for the answer).

## **Referral Reward Program**

Our practice continues to grow through your positive referrals to others. We want to thank everyone who has generously shared their "beauty secrets" with their friends, neighbors and colleagues.

We would like to do something special for everyone that refers from now on. It's something we call the ***Referral Reward Program***. Because the truth is we'd much rather reward you than paying for expensive advertising or marketing — check out the enclosed insert with your newsletter issue to find out how you can earn great gifts just for sending your friends a free gift of beauty.