

Premier Issue

October 2008

SOUTHERN

ENGAGING | ENTERTAINING | ENLIGHTENING

Savvy

SENSATIONALLY SAVVY WOMEN

Do you know one?

Judge Catharina Haynes

Ascent to the Bench

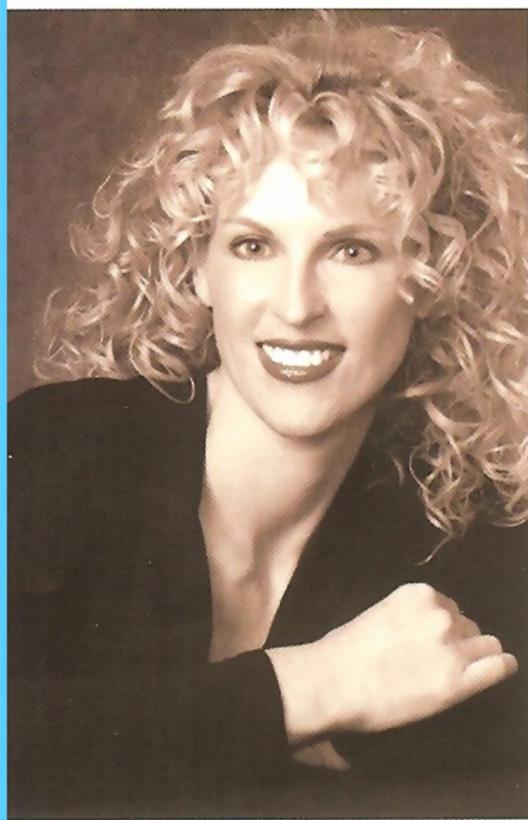
FINANCE

Women Make
GREAT Investors

FASHION

Spring Freedom

with
FAI



Dr. Fiona Wright is one of the most respected and sought after physicians in the field of aesthetic medicine. With her extensive experience, artistry and aesthetic skills, Dr Wright received the ABI National Award for Great Women of the 21st Century in the field of Aesthetic Medicine.

Dr. Wright was also nominated and honored in the published book, "Medicine Men" which showcased the top physicians in the state of Texas. She was the only woman in the state honored in the field of cosmetic dermatology and the only physician in this field, in the Dallas / Fort Worth area. Dr. Wright is also proud to be the only physician in the Dallas / Fort Worth Metroplex to receive the coveted honor of a Diamond Elite Status with Botox Cosmetic and Facial Fillers and with this, is ranked #1 in North Texas for Non-Surgical Cosmetic Enhancements and Skin Care. Her clinic is also a national training site for physicians in the education of facial contouring and laser rejuvenation. Born in England, Dr. Wright moved with her family to Canada and received her Canadian medical degree from Queen's University, where she graduated summa cum laude. She relocated directly to Texas and married Texan native, Dr. Timothy Wright. In Plano, she enjoys her time gardening, walking her dogs, working on Star Children's Charity and enjoying gourmet meals prepared by her husband!

October is National Breast Cancer Awareness Month

"Early Detection Saves Lives"



Sensitive, Dry Skin? Dull Complexion? Gaining Weight?

You are **N**OT Alone!!

The Hormonal Effect

4 Step Approach to Positive Change

By Dr. Fiona Wright

During the time of hormonal changes for women, which may begin several years before menopause, women become vulnerable to the reduced amounts of circulating estrogen. Although not every woman experiences the same challenges, many patients consult with me to help rejuvenate their complexion and contour their shape. The concerns are different for each woman, but what is a common theme for all of them is that with the change of life comes a change in their skin and body. There is no question that the science of skincare is improving and with some extra care and my "4 Step Approach" you can improve the look and health of your skin and body and look forward to a glowing future with radiant skin!

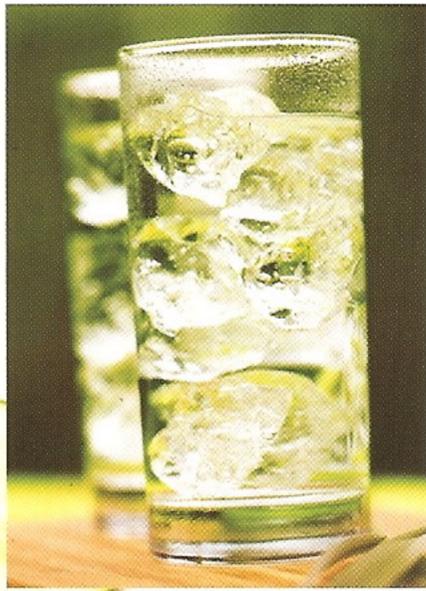
It is well-known that estrogen affects every organ system of the body including the skin. Many "menopausal transitioning women" notice changes in their skin — especially increased dryness and wrinkling. These changes are believed to be partially due to the breakdown of collagen in the skin which occurs with decreasing estrogen levels. In turn, the blood supply to the skin is decreased. The loss of estrogen also causes a decrease in the amount of sebum that is produced, leading to drier skin. While postmenopausal women are being blessed with this event, the average male does not have to experience a decrease in the levels of sebum until approximately age 80! Smoking and sun exposure also contribute to skin dryness and wrinkles. Hormone replacement therapy appears to increase skin thickness and elasticity while restoring blood flow and moisture - leading to decreased wrinkling. It is common to turn to estrogen based hormone replacement therapy to treat these and other menopause-related skin problems. But, the side effects from this type of therapy can lead to further problems.

step

1 Sun Protection. Are you aware that 90 percent of the wrinkling of the skin is due to over exposure to the sun? Damaged DNA from the sun's harmful rays diminishes the capability for genes and cells to communicate properly so they can effectively fight the aging process. It also causes skin to lose elasticity and resilience which leads to sagging of the skin. Many new sunblocks on the market (Anthelios, Neutrogena with Helioplex, Elta MD) offer strong UVA/UVB protection to help fight aging and prevent skin cancer. Wear it daily!



step 3 Treat the Skin from Within. For women going through hormonal changes associated with the aging process, the drop in estrogen causes the fat cells to produce (and reproduce!) a natural supplemental source of estrogen. Naturally, these over active cells are located in the abdominal area. This is why our mothers and grandmothers often tend to have poochie tummies along with an increase of cellulite. To make things even worse, our metabolic requirements drop significantly. So, how can you fight this? Regular exercise, nutrient rich, whole foods, plenty of pure water, regular elimination and regular sleep habits are the answer for acquiring a healthy body and healthy skin. But when you need some extra help, I also recommend you take a good, well-balanced, general multivitamin to help supplement your baseline nutrition. Additionally, a few supplements can be used for your specific needs: soy and green tea to rebalance the effects of estrogen loss, hyaluronic acid and omega fatty acids for dry skin, phosphatidylcholine for fat elimination and bowel regularity, and L-Carnitine for energy and cellulite reduction.



step

4 Visit your Doctor. In-office procedures will provide you the most dramatic benefits to stop the hands of time. All of the nonsurgical alternatives are increasing by leaps and bounds and many are lunchtime procedures requiring very little downtime. For cellulite and body contouring, several nonsurgical procedures (VelaSmooth, VelaShape, VelaContour, Mesotherapy/LipoDissolve) are excellent alternatives to the office surgeries such as SmartLipo or an in-hospital liposuction.

Laser skin resurfacing, microdermabrasion, chemical peels, light treatments and injections including Botox and facial fillers are all steps in the right direction to reduce the aged appearance. More invasive alternatives include partial or complete face lifts. My favorite nonsurgical device for skin tightening is the *Palomar 1540 Lux Lift* which can be used on the face and neck producing significant improvement in tightness and texture. The combination of skin tightening with Botox and Facial Fillers has allowed many patients to successfully avoid the surgical knife. In fact, specialists agree that if this is something you've been considering, that sooner is better than later once you hit age 50.



So, now you know the real scoop from an expert in the anti-aging battle about what to expect from your skin during menopause. The good news for all women is that we do not need to dwell on the differences in appearance, but can instead take a "4 step approach" to a positive change and embrace the joys and accomplishments of our life's experiences. 



step

2 The Basics Begin at Home. Most of us under cleanse and over moisturize our skin. The skin cannot accept nutrients if it is not properly cleansed. Removing daily surface dirt and residue is an essential start to basic skin care. The *Clarisonic MD* is an at-home, ultrasound face brush that offers an advanced level of cleansing and exfoliation. Pairing this brush with cleansers designed for aging skin (Regenerist, Previa) will help rebalance your skin. You can also begin with at-home exfoliation treatments that include ingredients such as alpha and beta-hydroxy acids, lactic acid and salicylic acid. Home microdermabrasion kits are also an option.

For hydration, using a daily moisturizer creates a barrier against dehydration. Moisturizers also reduce lines and wrinkles, while providing your skin with the proper nutrients, helping to protect it from the outside environment. When moisturizers contain a combination of a hydrating complex (hyaluronate) with antioxidants (green tea, CoQ-10, vitamins C and E) it not only keeps your skin hydrated, it also fights free radicals which age the skin.

Scientists are continuously finding new lotions to soothe and smooth your dull, dry skin. Now one of them can be found right in your own pantry! *Avenanthramides* is a substance found in oats which we already know benefits irritated and dry skin (*Aveeno Moisturizing Lotion*). But now, the spotlight is on another ingredient found in oats – *Beta-Glucan*! It is proven that beta-glucan (*Renew Moisturizer*) can improve fine lines as well as wrinkles, elasticity, smoothness and even firmness by 10 to 15 percent, while boosting moisture by 20 percent. This same powerful antioxidant also stimulates renewal of skin cells and boosts collagen production to help improve sagging skin and wrinkles.