

Find the wRight answer...

Join the forum today by emailing Dr. Wright at drwright@onmagazine.net and express your personal fitness or beauty question.

She may answer your question herself or she may ask a colleague for their expert opinion. Then, read ON Magazine's next issue to discover the wRight answer to your fitness and beauty question.

For more than 12 years, Dr. Fiona Wright has been serving her patients' cosmetic dermatology needs and also referring patients to our area's most sought-after physicians and fitness experts for fitness and beauty advice. Now, within ON Magazine, she shares this information with all of us.



Dr. Fiona Wright is the founder of the Aesthetic Institute of Plano. She has lived and practiced in Collin County for 12 years and has earned a reputation as one of the premier physicians in the area of cosmetic dermatology in the Dallas- Fort Worth area.

Dr. Wright has been featured in several NBC News Health Reports and is well known for her honest opinions and expertise.

Q Is a Low Carb Diet really the best way to lose weight – and how does it work
S. Lawson, Dallas

A Low carbohydrate diets are based on the premise that a diet very low in carbohydrate leads to a reduction in the body's insulin production, resulting in fat and protein (muscle) stores being used as its main energy source. When carbohydrates are restricted large amounts of water will be shed, leading the dieter to think that significant weight reduction is taking place. However, most of the weight loss is water rather than fat. The lost water is regained quickly when a healthy and balanced eating pattern is resumed. Appetite is often reduced when a low carbohydrate diet is being followed and usually calorie reduction occurs because the diet's monotony tends to discourage overeating. If weight loss is achieved on a low carbohydrate diet remember this is a loss of lean muscle mass which in turn can lead to a decrease in metabolism.

Low carbohydrate diets can cause quite a few

health risks over the long run. Two major risks are heart disease and cancer. Heart disease risk increases because a low-carbohydrate, low-fiber diet is high in animal protein, cholesterol and saturated fat. All three can raise serum cholesterol particularly LDL or "bad" cholesterol. Cancer risk increases when fruits, vegetables, whole grains and beans are eliminated from the diet. The National Cancer Institute currently recommends, based on scientific research, you should eat a plant-based diet that is high in fiber and low in fat for optimum health.

Your best bet for permanent weight loss and good health is three fold:

- 1) Increase the amount of fruits, vegetables, nonfat dairy products and whole grains consumed daily.
- 2) Eat in moderation. Most patients I counsel eat healthy foods, but their portion sizes are too large. Think about eating three small meals and 2-3 snacks.
- 3) Exercise on a regular basis. You should aim for 45-60 minutes of exercise most days of the week.

*Nutritionist Nancy Rissler
Presbyterian Hospital of Plano*

Q I am 34 and I still get acne. What am I doing wrong? Is there any special diet or skin care regimen that I can do to help?

D. Cooke, Allen

A Nearly 17 million people in the United States have acne, making it a very common problem! Although the exact cause of acne is unknown, we do know what factors can make it worse. Environmental irritants (pollution and cosmetics), friction (leaning on the skin and hard scrubbing), and squeezing and picking the blemishes will all aggravate the problem.

Cosmetics, because of their chemical compounds, are directly related to acne. Acne cosmetica can usually be recognized by small bumps and whiteheads on the chin, cheeks, and forehead. It is important to avoid products with stearic acid, D and C dyes, myristate, lanolin, and strong fragrances. However, Mineral Makeup does not create oil problems and is actual good for your skin! Mineral Makeup contains zinc and titanium dioxide. Zinc alone will boost the immune system and

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balance your skin, while the combination of elements provides a water resistant UVA and UVB SPF protection. (Mineralogie SPF 26, Jane Iredale SPF 20, i.d. Bare Minerals SPF 15).

It is easy to take care of normal skin, but acne prone skin needs special handling. Skin should be washed twice a day and after heavy exercise, with clean hands and a mild cleanser. Oil-free cleansers with Benzoyl Peroxide (antiseptic agent) can reduce surface skin bacteria and oil production, and can be very helpful in mild to moderate acne. Other helpful over-the-counter medicines can include salicylic acid and sulfur. Astringents are not recommended unless the skin is very oily. An oily T-zone can be wiped with a moist alcohol or glycolic based astringent at least every other night. Finish your regime with cold water (it will help shrink the pores) and gently pat the skin dry. Remember that it can take up to 6 weeks to see improvement. However, if your acne is not improving or if you experience skin irritation from your products it may be time to consult your physician.

Dr. Fiona Wright

Aesthetic Institute of Plano

Q I am thinking about having liposuction. Please tell me the difference between liposuction, liposelection, and ultrasculpt?

B. Kirby, Dallas

A Liposuction was introduced about 25 years ago to remove small, localized fat deposits. It is the most commonly performed cosmetic surgery and has evolved into a procedure that is utilized to treat multiple areas of the body while safely removing large volumes of fat. The most commonly treated areas are the abdomen, thighs, waistline, and hips. It can also be used

to treat the neck, arms, and chest.

Most plastic surgeons perform standard liposuction, which utilizes a long hollow suction cannula attached to a vacuum source. The suction cannula is passed through the fat deposits, simultaneously cutting through them and suctioning the fat out. Fluid is injected into the fat before it is suctioned out, sometimes referred to as tumescent liposuction. This fluid contains lidocaine to aid in pain relief and epinephrine, or adrenaline, that helps prevent bleeding. The cannulas come in many different sizes and lengths that improve the ability to sculpt different parts of the body.

Ultra Sculpt™ is a form of ultrasonic liposuction, which was introduced about 10 years ago. Ultrasound waves are passed through the fat that help to emulsify it before suctioning it out. The ultrasonic method can be used for any area of the body, but has become popular for areas that were difficult to treat with standard techniques, such as the male breast and other fibrous or scarred areas.

LiposelectionSM, sometimes referred to as the Vaser®, is my preferred method of tumescent liposuction and can treat the entire body. It has expanded the field of liposuction to once difficult areas to treat, such as the arms and neck because of its greater ability to tighten loose skin. LiposelectionSM, the third and latest generation of ultrasonic liposuction, uses patented technology that enables it to deliver less energy to the body in a more efficient manner, therefore causing less tissue trauma. LiposelectionSM uses the smallest probes and therefore smaller incisions can be made and it is considered to be the gentlest and most tissue selective form of ultrasonic liposuction. Because of the gentle nature of LiposelectionSM, recovery is generally easier compared with the other forms of liposuction

and results are improved.

Dr. Kenneth Smart

Frisco Plastic Surgery

Q Is a daily aspirin good for the heart? What about Fish Oil?

C. Holt, Plano

A Great questions! There are no exact correct answers. Certain patient populations are likely to receive benefit from daily aspirin. Patients with high blood pressure, diabetes or established cardiovascular disease can reduce their risk of heart attack and stroke with daily aspirin. Healthy patients over the age of 50 may consider aspirin for similar prevention benefits. The risk of chronic aspirin use is bleeding. Always discuss the risk versus benefit of taking aspirin with your doctor. Doses from 81 to 325mg have demonstrated benefit.

Since 2000, the American Heart Association dietary guidelines have recommended that healthy adults eat at least two servings of fish per week, particularly fish such as mackerel, trout, herring, albacore tuna and salmon. These fish contain two omega-3 fatty acids-eicosapentaenoic and docosahexanoic acids (EPA and DHA). Patients with established heart disease or high triglycerides may benefit from additional supplements of 1 to 4 grams of EPA and DHA per day after consulting with your doctor. Decreased clotting, lower blood pressure and improved arterial health may be mechanisms responsible for omega-3 fatty acids benefits. More research is forthcoming regarding the benefits of our fishy friends!

Marc Shalek MD

Cardiologist

Information will be held by Dr. Wright and names will be abbreviated in print. The views, questions and answers are editorial opinions and not necessarily the opinions or views of ON Magazine or our affiliates.