

will only focus on the nasal profile.

When the chin is in proper proportion, nasal reshaping alone may adequately re-establish proper facial balance. A combination of nasal reshaping and chin augmentation is recommended when nasal size is truly excessive and chin prominence is diminished.

Experienced plastic surgeons are cautious in recommending any surgery that is not originally initiated by the patient. However, recommending chin augmentation in the context of a patient seeking nasal reshaping is considered an appropriate suggestion.

Chin augmentation often helps restore facial balance and adds no further recovery to the rhinoplasty procedure. In the proper circumstances, chin augmentation may provide a superior result over rhinoplasty alone.

*Dr. Ramsey J. Choucair*  
[www.drchoucair.com](http://www.drchoucair.com)

**I have a family history of heart disease and high cholesterol. Is red wine good for me or should I avoid alcohol?**

*Peggy S., Allen*

The current consensus is that 1-2 alcoholic drinks per day may be good for your cardiovascular health. In 1992 researchers discovered the so-called "French Paradox". They noted a 40% lower death rate from heart disease among people in France despite high amounts of fat in their diet. The moderate daily wine consumption common amongst the French was felt to confer this paradoxical protection. Red wine is a rich source of antioxidants which may protect the coronary arteries. A specific substance called Resveratrol is found in the seeds and skin of grapes. Resveratrol prevents blood clotting, lowers the bad LDL cholesterol and raises

the good HDL cholesterol. Now for the practical advice: If you do not currently drink alcohol, do not start. If you already drink alcohol, do so in moderation. This

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means 1-2 drinks per day. Greater amounts may lead to hypertension, liver disease and obesity.

*Dr. Marc Shalek, Cardiologist, Legacy Heart Center*  
[www.legacyheartcenter.com](http://www.legacyheartcenter.com)

**Is there really "Botox in a Bottle"? A friend recommended StriVectin. I would like to know what to expect before I buy it?**

*Kim D., Addison*

StriVectin-SD (Klein-Becker) is an over-the-counter cream originally formulated to treat stretch marks. Its marketing teases consumers with the question "Better than Botox?" Pal-KTTKS is a pentapeptide used in StriVectin and Oil of Olay's new Regenerist product. This pentapeptide has created excitement as several studies have found that this pro-collagen fragment can promote collagen formation. This pentapeptide can be quite effective at decreasing wrinkle depth and density, in the correct concentrations. The

original studies done used concentrations between 2 and 8 percent. The concentrations used in StriVectin are not disclosed in the packaging.

Many women want to know what to do about StriVectin. The feedback that I receive from my patients is that it is a great moisturizer. I have not had anyone tell me, "Wow, I don't need to get Botox anymore, because my lines are gone." Lines between the eyebrows (frown lines) and lines jutting from the corner of the eyes (crow's feet) are believed to develop because of small muscle contractions. Smiling, frowning, squinting and other

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habitual facial expressions cause these wrinkles to become more prominent. Cosmeceutical moisturizers are marketed with the intent of minimizing wrinkles on the face, and therefore everyone wants that cream in a tube to make their wrinkles go away. "Botox in a Bottle"? So far, there has never been anything that comes close to doing so.

*Fiona Wright MD, Aesthetic Institute of Plano*  
[www.FionaWrightMD.com](http://www.FionaWrightMD.com)