

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 or 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 or 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.

I am thinking about getting braces to straighten my teeth. What are the pros and cons with Invisalign instead of traditional braces?

B. Goleman, Dallas

The best pro of any orthodontic procedure is the result of a beautiful smile. Many adults are not willing to try braces if it takes them through the "tin grin" look of traditional braces. Now that Invisalign or "clear braces" have come on the market, there is another option.

Invisalign is a series of clear aligners similar to bleaching trays except less flexible. Movements are made by changing the aligner every two weeks. Worn 24 hours a day, you only want to remove them to eat and drink and brush your teeth. Because they are removable, your oral hygiene is able to be much better than with traditional braces. But

if you do not wear them enough, you will not achieve the desired changes.

Traditional braces definitely have their place in dentistry for the more complicated cases. Certain movements are much more predictable with brackets and rubber bands. Just be sure to always discuss your outcome in detail with your doctor so your expectations are met. Visit www.invisalign.com for more details.

Jill Wade, DDS, FAGD

www.stonebrairsmiledesign.com

I have suffered with rosacea for the last six years, and I always find that my face gets red more in the summer. It is quite embarrassing. What can I do to reduce the redness?

C. Bowes, Flower Mound

Rosacea is a chronic and often progressive skin disease. As many as 14 million Americans, most between the ages of 30 and 50, have rosacea, which may begin as a tendency to flush or blush easily, and progress to persistent redness in the center of the face that may gradually affect the cheeks, forehead, chin and nose.

To minimize flare-ups it is important to identify the main trigger factors. The top three are sun exposure, emotional stress and hot weather. Following these would be wind and cold weather, heavy exercise, alcohol and spicy foods, hot baths and humidity, and certain skin care products.

A gentle skin care routine can help control rosacea. Clean your face with mild cleansers such as Cetaphil, Basis or NewPort, and then rinse with lukewarm water and blot the face dry. Do not use a rough washcloth or a loofah sponge.

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Using products with lavender and chamomile may also help calm the skin and reduce the redness.

As the sun is a strong trigger, a good non-irritating sunscreen (minimum SPF 30) used daily is very important. For those that are sensitive to chemical sunscreens, a physical sunblock (using zinc oxide and titanium oxide) may be more suitable. Makeup can also be a trigger, and it is best to use mineral makeup, which also contains zinc and titanium dioxide. The zinc alone will boost the immune system and balance your skin (try Mineralogie SPF 26, Jane Iredale SPF 20, i.d. Bare Minerals SPF 15).

If you still have persistent redness, visit with your physician to consider prescription skin care products, oral medications, or cosmetic laser treatments. More information can be found at www.rosacea.org.

Dr Fiona Wright

Aesthetic Institute of Plano

www.FionaWrightMD.com

I am 44 years old and enjoy exercising. Recently, I started to experience a lot of lower back pain and my doctor told me that I have early arthritis. What would be the safest exercise machines to use for a cardio workout?

R. Akin, Carrollton

In general, 50 percent of people at age 40 have some arthritic findings on their back X-rays. They may have pain for other reasons, but the vast majority of those patients do well with exercise. Core stabilization (strengthening) of the back and abdominal muscles is very

helpful. Aerobic exercise helps on a variety of levels: increasing endorphin levels, increasing lean body mass, increasing oxygen utilization, increasing cardiopulmonary efficiency.

The safest cardio machines are probably stationary bicycles. There are a variety of types. Some hip and sacroiliac joint problems may make using the bike difficult; these patients do better on a treadmill or Nordic track-type machine. Stair machines are great exercise but can be more difficult for patients who are de-conditioned or who become dizzy or unsteady on their feet.

Physical therapists are experts at tailoring an exercise program to your needs, capabilities or restrictions. Most PT facilities have a variety of machines to try. The therapist can look for deficits, check your technique, and recommend a program specific to you and your problems. Your doctor can make the referral.

James D. Cable, MD

Texas Back Institute

972.205.1890

I am 52 and have noticed a change in my skin. It is more dry and dull. What would be some simple steps to help improve it?

K. Blackwell, Plano

As we age our skin will experience the problems of moisture loss, decreasing production of sebum, and the loss of collagen and elasticity. This often will result in a dry, dull and yellowish complexion. We also begin to see deeper facial lines, loose skin and enlarged pores

on our cheeks and chin.

Dry and mature skin needs replenishment of low moisture reserves. Replenishing the loss of sebum on the skin's surface with equalizing humectant hydrators (panthenol, urea, hyaluronic acid, glycerin) with barrier occlusive moisturizers (oils, ceramides, dimethicone) will aid dryness and restore suppleness. You can find these ingredients in creams, gels and washes. Also, drinking ample water daily keeps the skin cleansed and well hydrated from the inside.

Moisturizers alone, however, cannot repair damaged cells or restore collagen and elasticity. Within five years after menopause, women will lose 30 percent of their facial collagen, with 15 percent lost in the first two years. Using an exfoliating wash (Aveeno, Clean/Clear, NewPort) can assist the cell renewal process. To restore cell vitality, idebenone has strong studies to support its success; you can purchase idebenone as Prevage MD (1 percent) through a physician or Prevage (1/2 percent) at department stores. The next necessity to combat the signs of aging is to use SPF 30 sunscreen daily.

Finally, to stimulate collagen and elasticity, a cornucopia of anti-aging products exists. The most promising products create a blend with bio-engineered proteins (peptides) derived from animal and plant collagen, with botanical therapies (soy, green tea, red marine algae, beta glucan). When choosing a cosmetic product, check the labels, and remember, ingredients are listed from the highest concentration to the lowest.

Dr. Fiona Wright

Aesthetic Institute of Plano

www.FionaWrightMD.com

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.