

The Secrets Of Youth



The signs of aging take place all over our bodies and they vary from person to person. Sometimes it's liver-spotted hands that reveal an otherwise youthful-looking woman's age. Sometimes it's gray-toned teeth. To prevent the myriad ways our bodies betray our age, *Q* spoke with three industry leaders from vastly different fields—a dentist, a plastic surgeon, and an aesthetician—on how to conceal the top aging giveaways.



Sarah Swanson, aesthetician
sarahswansonskincare.com

What are the most common complaints you hear from clients about aging?

The most frequent concerns are hyperpigmentation, for which we usually use lasers and creams (hydroquinone), and age-related changes, including laxity around the eye area and smile lines. For these I recommend eMatrix and, if needed, a combination of Botox and fillers.

What's the most cutting-edge aging treatment on the market now?

By far, the new eMatrix subablative skin rejuvenation is the most cutting-edge technology available today. Finally there's a way to deliver fractional energy under the skin to produce collagen and elastins that prevent and treat fine lines, wrinkles, and scars. This is accomplished with minimal redness and no downtime. Treatments can be done on your lunch hour!

How can we stop aging before it starts?

First, bar soap is for your hands, not your face. You need a pH-balanced cleanser that is appropriate for your skin. Next, eye cream is critical in combatting crow's feet, and in your twenties, you should incorporate vitamin C in to your daily skincare routine. My favorite is Obagi's vitamin C-rich CRX system. By our thirties, most of us are ready to use Retin A, along with non-invasive laser treatments. Going into your forties, maintenance is the key to keeping the fountain of youth flowing! Take care of your skin today and there will be less to turn around tomorrow.



This page: Dr. Norman Rowe in the operating room. ▶ Opposite: Sarah Swanson says Vitamin C is vital in the battle against aging. Get high doses of the age-defying nutrient with the CRX line from Obagi.



Dr. Norman Rowe, M.D.
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What changes are you seeing the field of plastic surgery today?

There are fewer cases being done, even before the economy trouble. A lot of it has to do with the fact that with all the alternatives on the market people

aren't as willing to do the big procedures. If you get enough Botox, you can look like you've had a face lift, at least for the short-term. You'll be putting off the need for surgery. It's a new thought process in plastic surgery—what can you do without surgery. We've gone from scalpels to needles.

Botox isn't just for the forehead anymore. What new ways are you using it?

I put botox in the scalp to raise brows. I put it in the chin for people with short chins, in the neck for bands, dotted along the upper eyebrows. You can use it to lower the lip of people who have gummy smiles.

What mistakes do plastic-surgery patients make?

Sometimes a patient wants bigger and bigger. I don't have to do it too often, but I'll say no if a patient wants a face lift too early. A big one is lipo; people want to be tight, tight, tight, but the skin often hangs afterward. The most common filler for twenty-somethings is lip injection, which I do, but I won't inject in the red part of the lip—that's how you get that Daffy Duck look. I do it in the white line for definition, shape, and a nice cupid's bow.



Jennifer Jablow, D.D.S.
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How do teeth reveal a person's age?

The teeth act as a holder for the vertical height in your face, as you lose that, the skin drapes looser and the lips will collapse inward. This is often the result of physical wear, when teeth change shape from grinding or bad habits, such as chewing on ice or fingernails or brushing with a toothbrush without soft bristles. Then there's chemical wear, which occurs from consuming acidic foods and drinks, or from acid reflux. This contributes to a loss of glossiness and the teeth's ability to reflect light. And, of course, there's tooth discoloration. Gray teeth are a result of thinning enamel; yellow are usually a result of "life stains." Teeth have pores like skin and we are constantly taking up stain.

How often do you see patients who grind without knowing it? More often than not. A lot of dentists do not actively diagnosis this and it can be a big surprise to the patient when I show them the evidence of wear and chipping.

What are a few at-home ways to prevent these signs of aging?

Use an at home whitening system to lift the "life stains." My system, IntelliWHiTE, is very gentle, yet very effective. For up-keep, use a sonic toothbrush and a whitening toothpaste to fight the superficial stains before they set. For worn teeth, get a night-guard made! For mild chipping in the front, some bonding can be added. Anything larger requires veneers or crowns. ♦