

Ask the Doctor

By Marc M. Kerner, MD, FACS



chemicals, stress, medications, hormonal changes, weight fluctuations, and natural aging. Companies are spending millions of dollars in the cosmetic marketplace to replace this lost element. First there was silicone, which is not a great idea given all the

We are now all too familiar with the hoopla surrounding television's "Extreme Makeover," and "The Swan." But is aggressive, possibly risky surgery lasting hours really necessary? Is it what people really want? The answer is both yes and no.

On one hand it is desirable to concede that with one six to eight hour operation you can have an entire makeover from head to toe; however, on the other hand maybe lesser aggressive, more subtle procedures may be more amenable to most people.

Only the potential client or patient can decide that with the expertise of their surgeon. There are a number of alternative procedures that have evolved over the last few years which can enhance one's appearance, reduce the signs of aging, and make one feel more refreshed and better about them self.

With the development and refinement of these procedures we as aesthetic surgeons are starting to realize that facial rejuvenation is a process, and if that process is begun gradually over a period of time, the results are better, longer-lasting and avoid many of the stigmata of overdone facial surgery. With facelifts and eyelifts those effects include the wind-tunnel effect, from overstretched facial skin, and the surprised or sunken-in appearance of the eyes after aggressive eyelid surgery.

These newer more refined procedures involve replacing tissues that tend to atrophy or diminish with aging. Look at a baby or a young child's face, notice how plump the cheeks look and how the skin around the eyes are full, not sinking into their skull. Fat tissue is naturally lost in the face over time from a combination of sun damage, exposure to

controversy surrounding breast implants; collagen, an excellent product with considerable shortcomings, and now Restyling™, a natural filler material that requires no skin testing like collagen does, and can be done in an office visit.

What's on the horizon? A number of new products will be introduced into this country within a year. They include Sculptra™ which is similar to Restylane™ but may have some distinct advantages in that this natural product stimulates fibroblasts or skin cells to create more collagen around the injected material resulting in a potentially longer lasting filler.

Another excellent solution has been the refinement of fat grafting or what we sometimes call "fat transfers," in which we harvest fat from one site in the body, prepare it, and inject it into another site to replace that lost tissue. One major advantage is that the material is your own so there is absolutely no chance of rejection or transmission of some infectious disease, but the downside is that it requires a short anesthetic with a two to three day recovery process depending on the amount of fat injected. One other issue is that there is still some variability with the long-term take rate, but that has been improved with the addition of a natural blood product prepared at the time of the procedure. This is considerably more palatable for those contemplating something nice but not that extreme makeover.

For information on any of these procedures you can contact us at www.marckernermd.com or **818 349-0600**. Marc M. Kerner, MD, FACS. Facial Plastic & Reconstructive Surgery. Assistant Clinical Professor of Surgery, UCLA

THE POWER OF THE SMILE

Why should you care about your teeth so much?

By Dr. Nelly Lyn Montilla

Service with a smile

A smile is highly persuasive in getting people to like us, agree with us and say yes. A smile shows warmth, empathy and cooperation. Deep down, people want to be liked and smiling makes them feel this. When we smile we show our teeth. So if we want to show our teeth and give our smile full impact, they better look nice.

Smile is a powerful image and communication tool

Teeth that are yellow, worn, chipped or heavily filled with silver-mercury or gold could be unattractive. However, white, bright, and relatively straight teeth are far more approachable and friendly. Also, when people are not happy with their teeth, they tend to smile with their lips shut or cover their mouth with their hands while they smile, laugh or even talk - or simply avoid smiling altogether. Again, this doesn't make for a winning, powerful smile. Smiling is a very important message that we as humans send to others. It can draw others to us, socially and lovingly, and encourage others to agree, cooperate and do business with us, in whatever form. Many are now learning to appreciate how a smile is a powerful communication and image tool. Your teeth can influence how you smile at others and what that smile represents.

Smile Success Survey

72 % of people perceive that those who smile spontaneously to be more confident and successful, while 86% say they can strike up conversations with strangers if they are smiling.

Bosses are 12% more likely to promote people who smile a lot. Research shows that 65% (many claim an even higher percentage) of communication is non-verbal. When someone comes into a room (at a party, or for an interview) people are automatically drawn to his or her face.

Peter Cosgrove, a U.K. management consultancy says, "People who smile a lot are perceived to be more attractive, intelligent and successful."

Scientists say.

A smile can radiate success and take you further in your personal and professional life. It also releases feel-good chemicals to the brain,

called endorphins, which make you feel happy. Feeling and looking happy draws other people to you more.

Having an attractive smile has a very positive influence. All the evidence shows that your teeth and their appearance are crucial for your happiness, well-being and success.

For information please contact Cosmetic and Teeth Whitening Center. Dr. Nelly Lyn Montilla 16220 Nordhoff St., North Hills, 91343. **818-893-1700** www.creativesmilesdental.com



Dr. Nelly Lyn Montilla

Healthy Happenings

Summer Yoga

Weekly classes, first Wednesday of the month. Intermediate classes, 5:30 p.m.; beginner classes, 7 p.m. \$10 per session. Northridge Hospital, Roscoe Campus, 18300 Roscoe Rd., Northridge.

(818) 885-5488

Heartsaver CPR

Adult, infant & child CPR with certification. 6p.m. to 10p.m. Wednesdays. West Hills Hospital Medical Center 7300 Medical Center Drive West Hills.

(818) 676-4747

Breast Feeding Class

Three hour class. Husbands are encouraged to attend. Fee: \$35 per couple. 9:00 am.-12 noon. Saturday. West Hills Hospital Medical Center 7300 Medical Center Drive West Hills.

(818)226-3656

Healthy Living With Diabetes

Educational program designed to meet the needs of people living with diabetes. Participants receive information and training in the skills required for "healthy living with diabetes". Day-time and evening classes, Tuesdays at Encino-Tarzana Medical Center, Diabetes Care Center, 18344 Clark Street #210, Tarzana.

(818) 345-8955

Living with Arthritis

Learn about the advances in the management of rheumatoid arthritis, the critical role of exercise and conditioning in the prevention and treatment of osteoarthritis, genes and heredity as they effect chronic diseases and much more. Free of charge, includes breakfast and validated parking. June 26, 8:45 a.m. to 1 p.m. Cedars-Sinai Medical Center, Harvey Morse Auditorium, Plaza Level, South Tower, 8700 Beverly Blvd., Los Angeles.

1-800-233-2771

Green Tea: The Ancient Cure

By Jessica Stepkin

Green tea originated in China between 4,000 - 5,000 years ago. The story simply goes that an ancient Chinese Emperor was boiling water and some leaves fell in his pot, thus creating the powerful and tasty elixir we know today. About 800 AD, the Japanese custom of drinking green tea, came about when a group of Buddhist monks returned to Japan from studying in China bringing with them the tea, which they used for medicinal purposes.

During the Kamakura era, 1191-1333, the monk Eisai wrote a book titled *Maintaining Health by Drinking Tea* (1211). In his book, Eisai stressed the powerful effects of tea: "Tea is a miraculous medicine for the maintenance of health. Tea has an extraordinary power to prolong life." From this we, as a modern day society, can see that since early times tea has been highly regarded as a medicinal property. And through our recent years of study, scientific confirmation actually backs up Eisai's early statements.

Through research, scientists have been able to determine why green tea is more beneficial than the other types of tea, Black and Oolong. Unlike the others, green tea is not fermented, so the powerful antioxidants that are lost during that process are still around. It also contains polyphenols, such as tannins - a nutrient antioxidant, catechins - EGCG, and flavonoids along with various minerals and vitamins, like C. All of these antioxidants work together to powerfully help your body fight against free radicals, which can make you sick. A few known and proven benefits of drinking green tea:

- Helps reduce the risk of cancer.
- Reduces high blood pressure, heart disease and stroke.
- Prevents arthritis.
- Lowers cholesterol.
- Lowers blood sugar.
- Slows the aging process.
- Raises metabolism for effective weight loss and management.

There are specific research cases to support the above facts. For instance, in regards to cancer, a recent study by the Mayo Clinic in Minnesota found that EGCG helps kill Leukemia cells. The studied cells were taken from 10 patients with B-cell Chronic Lymphocytic

Leukemia (CLL), which as of yet has no cure and in severe cases is treated with chemotherapy. The study showed that EGCG interrupted survival signals, prompting the Leukemia cells to die in 8 out of 10 samples. The study findings are important because it suggests new, non-toxic treatments for CLL patients. Other preliminary related studies show that green tea may help lower chances of developing other

types of cancer including breast, lung, oral, esophageal as well as other untreatable tumors. But, more research is needed in this area so we can better understand the effect green tea has on cancer prevention. It has also been found that



drinking tea can lower cholesterol and control high blood pressure; therefore decreasing certain risks of coronary heart disease, stroke and other cardiovascular diseases. In reduction of high blood pressure, green tea represses angiotensin

of fat oxidation and thermogenesis, where heat is created in the body by burning fuels such as fats.

Green tea can also help fight tooth decay. Just as it aids in bacteria destroying abilities with food poisoning, it can also kill

the bacteria that causes dental plaque. Even though green tea has numerous positive effects on the body, there are a few negatives associated with drinking the tea regularly. The main reported negative side effect associated with drinking green tea is insomnia - due to the fact that it naturally contains caffeine. However, green tea contains less caffeine than coffee: there are approximately thirty to sixty milligrams of caffeine in six - eight ounces of tea, compared to over one-hundred milligrams in eight ounces of coffee. In order to come to the aid of green tea drinkers, many brands have a caffeine free alternative. Another reported negative side effect of drinking green tea is that since it is packed with so many antioxidants, minerals and vitamins, it can sometimes make drinkers sick to their stomach. The recommended way to combat this side effect is to be sure to eat something before drinking each of your daily cups. Incorporating green tea into your daily lifestyle is an easy and smart way to keep you healthy, boost your immune system and keep diseases at bay.

the bacteria that causes dental plaque.

Even though green tea has numerous positive effects on the body, there are a few negatives associated with drinking the tea regularly. The main reported negative side effect associated with drinking green tea is insomnia - due to the fact that it naturally contains caffeine. However, green tea contains less caffeine than coffee: there are approximately thirty to sixty milligrams of caffeine in six - eight ounces of tea, compared to over one-hundred milligrams in eight ounces of coffee. In order to come to the aid of green tea drinkers, many brands have a caffeine free alternative. Another reported negative side effect of drinking green tea is that since it is packed with so many antioxidants, minerals and vitamins, it can sometimes make drinkers sick to their stomach. The recommended way to combat this side effect is to be sure to eat something before drinking each of your daily cups.

Incorporating green tea into your daily lifestyle is an easy and smart way to keep you healthy, boost your immune system and keep diseases at bay.