Monterey County's Health Magazine | MARCH 2016

HEALTH MATTERS

BEAUTY & DENTAL

INSIDE:

Body Contouring After Weight Loss
Oral Health Myths Uncovered
Eating Right for Beautiful Skin
Facelifts Without Surgery
Looking Your Best for Life
& Much More...

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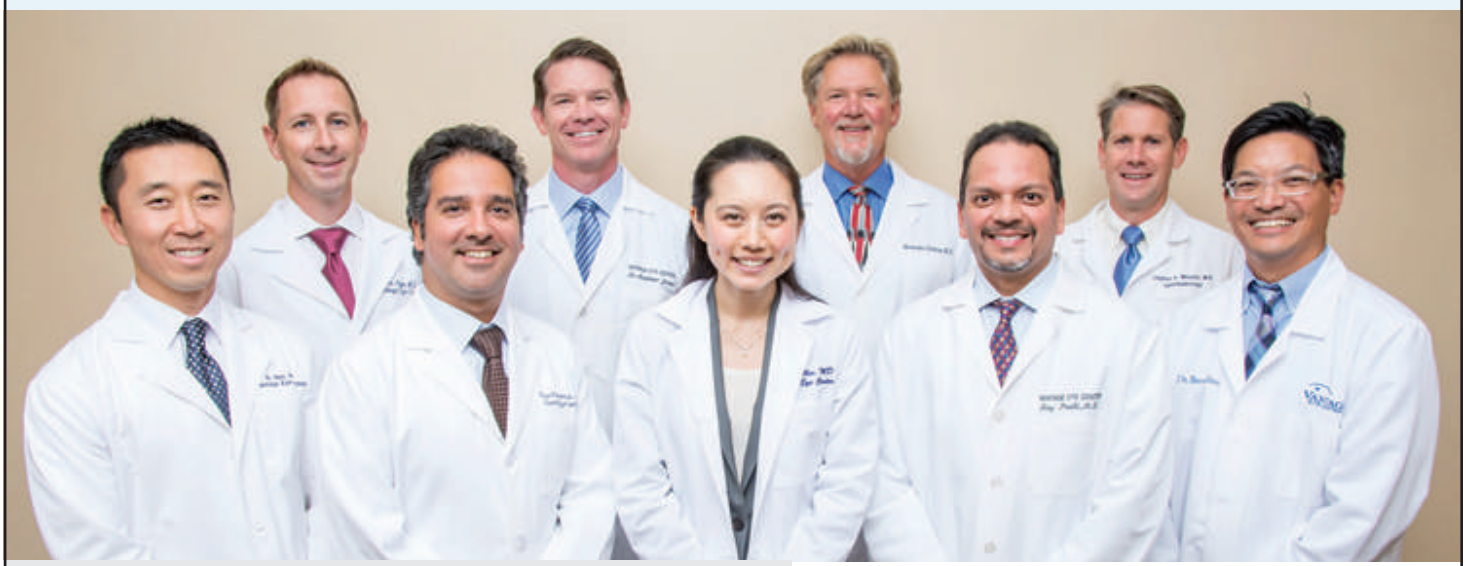

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Contents

HEALTH MATTERS
Monterey County's Health Magazine
March 2016, Volume 8, No. 23

10 **Winning Skin**
Handling wrinkles and sags with nonsurgical solutions

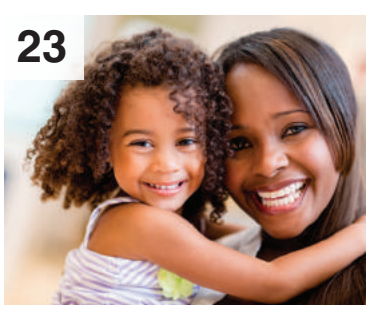
FEATURED STORY
8
Baring All for Body Contouring
It can be the last step after weight loss

12
The Right Start
Helping kids form good dental habits

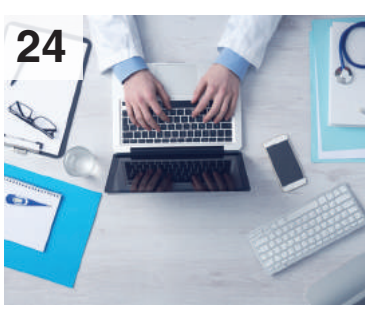
14
Aging Gracefully
Redefining beauty through the years

16
The Skin You're In
Nourishing your appearance from the inside out

20
Demystifying Dental Myths
The truth about baby teeth, diet soda and more



23
More Than A Smile
Dental checkup key to oral cancer prevention



24
Doctor's Notes
Medical briefs from around Monterey County

Important Statistic

DID YOU KNOW?

> **Americans spent more than $12 billion on cosmetic plastic surgery in 2014, with the largest growth seen in procedures for buttock augmentation and nonsurgical fat reduction. More men are turning to plastic surgery as well, with eye lifts, breast reduction, and face-lifts the most popular procedures.**

Reference: American Society for Aesthetic Plastic Surgery, www.surgery.org

BEAUTY & DENTAL ISSUE

Lisa Chappell of Carmel underwent body contouring surgery by Dr. David Goldberg, a Monterey plastic surgeon, to help alleviate sagging after she lost more than 100 pounds.

Cover Photo by Randy Tunnell

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Editor's **Note**

Photo by Randy Tunnell

As in so many other areas of their lives, baby boomers are setting trends and changing the way in which older people are perceived. And one area in which this is especially telling is in the field of cosmetic procedures.

Baby boomers — Americans born between 1946 and 1964, about 28 percent of the U.S. population — are driving the increase in plastic surgery and aesthetic dental procedures in their quest to look as young as they feel. Elective cosmetic surgery is up 65 percent in this group since 2005, according to Pew Research data, and the average baby boomer feels nine years younger than his or her chronological age.

Maybe we're all just in denial about the fact that we're aging, but looking good — as well as feeling good — is becoming increasingly important to many of us. Boomers are redefining what it means to age, and they are happy to spend a little more if it improves their quality of life. And that extends to personal appearance as well as everything else.

There are more cosmetic procedures than ever before, too, as demand increases, with both surgical and nonsurgical options available, as you'll read in Melanie Bretz's article in this issue. In addition, our perception of beauty and aging is shifting as the population ages, something that Lisa Crawford Watson points out in her story.

Our cover story by Lisa on body contouring tells how one local woman was able to achieve the shape she wanted, with the help of plastic surgery, following a remarkable weight loss.

At the same time, building beauty from the inside out is also vital. Barbara Quinn tackles the importance of nourishing your skin with good nutrition, and Melanie looks at how good dental health starts early in life.

Here's to your health!

Kathryn McKenzie

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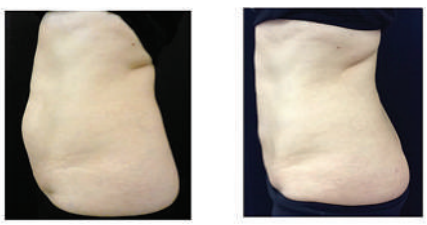

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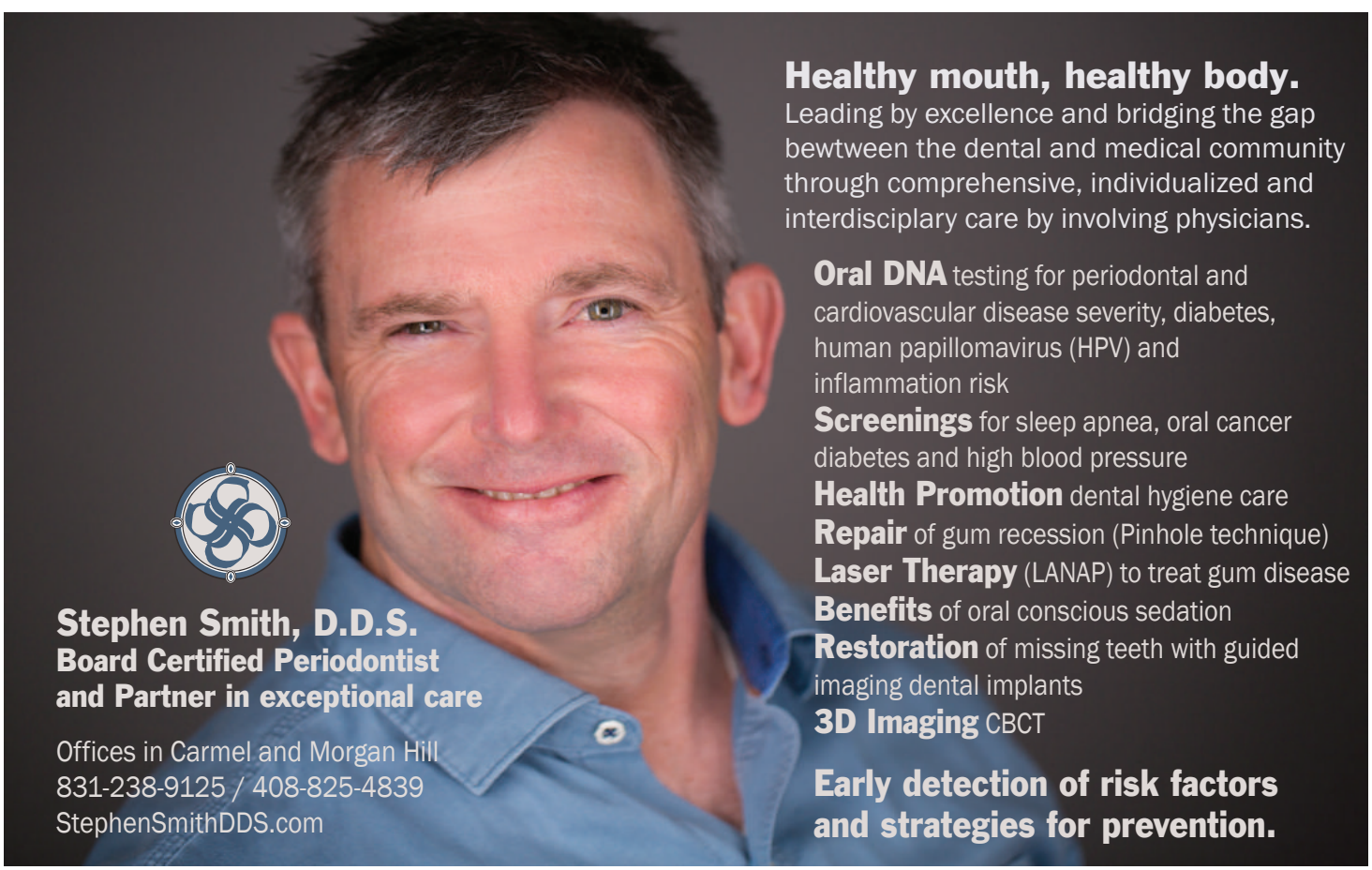

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Shaping Up

Using body contouring as the final step after weight loss

By Lisa Crawford Watson

LISA CHAPPELL REMEMBERS SITTING BACK in her easy chair and lifting one leg at a time, so she could trace the alphabet in the air with her foot. It was the most she could do for exercise at the start of a program to help her lose more than 100 pounds. She was 43.

One year and 110 pounds later, she was lifting weights and power-walking along the beach. No longer fat, she was fit — but not firm. Skin that had once carried her excess weight lay in folds like an ill-fitting suit.

Like many other people who had extreme weight loss, Chappell was faced with the problem of too much skin, a concern that can be dealt with via plastic surgery.

Lisa Chappell

"As excited as I was about my new body," says the Carmel resident, now 50, "it had too many remnants of my old one. I wanted to do something about it, but I also wanted to give my body time to adjust. I had been cooped inside my body for 11 years; it deserved some time to settle."

But she did decide to do something about her breasts.

"When I lost the weight," Chappell says, "my breasts sagged. I was embarrassed to change at the gym. No exercise was going to fix that; it needed to be corrected by surgery.

"I didn't find any shame in having a breast lift; you exercise, you eat right, you do the best you can, and then you get help. You've earned the right."

Over time and through daily exercise and balanced nutrition, Chappell's remaining excess tissue has regained some elasticity, and she now feels comfortable in her skin.

"Lisa had enough of her own breast tissue to create volume," says Dr. David S. Goldberg, a Monterey board-certified plastic and reconstructive surgeon, "so she didn't need implants. It was just a matter of removing the extra skin."

The more common patient, says Dr. Goldberg, is a mom of a couple of kids who gained and then lost pregnancy weight. It is common for the breast to lose volume and become droopy after breastfeeding, he says, and the abdominal skin and muscles can be also loose and a bit saggy from the baby bump. These patients are often good candidates for combined or staged abdominoplasty and aesthetic breast surgery.

Dr. David S. Goldberg

"For me, and all board-certified plastic surgeons, it's about meeting expectations," says Dr. Goldberg. "The patient who loses the weight and is more fit before plastic surgery will almost always do better and be happier with their results."

Whether losing weight through diet or a surgical procedure such as gastric bypass, the effect on the skin is pretty much the same, says board-certified plastic surgeon Dr. Marie E. Pletsch, who has offices in Scotts Valley and Monterey. The deterioration of the skin from being stretched by fat means it no longer has the elasticity it once had, so it doesn't shrink as the fat does. The younger the patient, she says, the more elasticity will remain, which is why it is best to lose weight before aging.

Dr. Pletsch recently performed body contouring surgery to remove excess abdominal skin on a young woman who had lost 80 pounds. The procedure was less complex than most because so much of her skin had already shrunk with her.

For many people, excess weight seems to be a byproduct of the aging process. They didn't gain it until they were older. When the weight is lost, the skin sags. "Usually, the excess skin becomes a problem among people who have lost a lot of weight, at least 100 pounds," says Dr. Pletsch. "And typically what bothers people the most is the loose skin of the abdomen hanging over the groin. This usually is the first surgery people have. It's also about the only weight-loss surgery insurance will pay for."

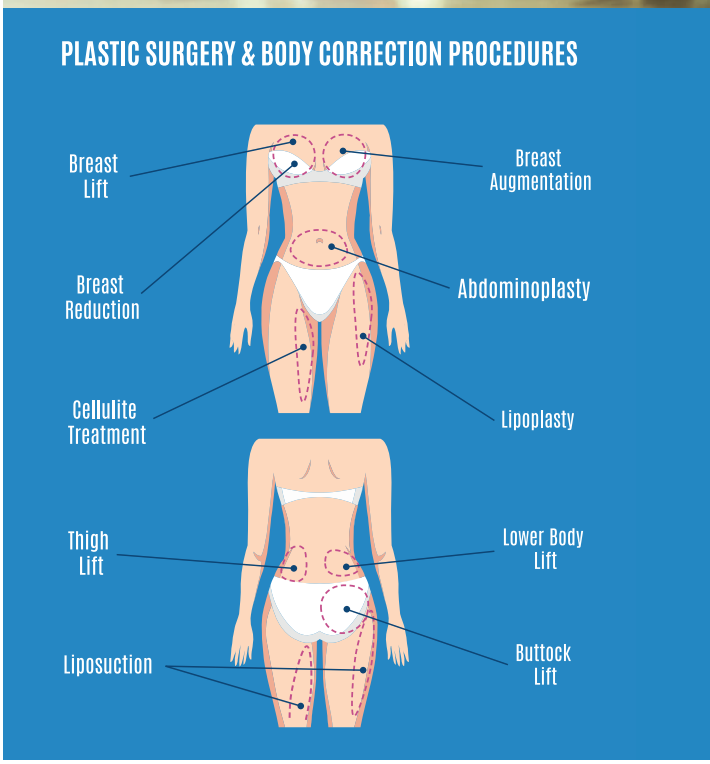
Other areas where skin may sag after weight loss are the face and neck, upper arms, breasts, buttocks and thighs.

Those who require cosmetic surgery of the face, eyelids or neck, says Dr. Pletsch usually end up having it done again over the years because, once this skin has lost its elasticity, the lift doesn't last.

"Thighs and buttocks are probably the most difficult surgery," says Dr. Pletsch, "because the incision is usually between the thigh and buttocks, and it's difficult not to put tension on the surgical wound when walking, sitting, standing or bending over. This can cause wound breakdowns. Sometimes we do liposuction first to get rid of any excess fat, which makes the procedure easier."

Because so few of these body contouring or cosmetic surgeries are covered by insurance, Dr. Pletsch prefers to perform them on an outpatient basis when possible. If the patient requests or requires more than one surgery, she likes to do them separately.

"These are not simple surgeries," says Dr. Pletsch. "They can be total-body makeovers, depending on how much weight people have lost and what they want corrected.



"And they're expensive – somewhere between $5,000 and $15,000 each. It's important, after the patient has lost the weight, to make sure they are willing and able to make their new healthy habits a lifestyle, so they don't start gaining weight again after their surgery."

Seven years after Lisa Chappell lost 110 pounds, she has lost another 10 pounds, and has maintained her weight through a healthy diet and daily exercise.

"I'm very happy I lost the weight, and I'm so pleased I had the surgery," says Chappell. "I'd lost all this weight, and I was still self-conscious. I finally realized I needed to do it for myself. My confidence level went up. Now I feel good about myself, which is the most appealing thing about a person. Of course I'm aging, but that's different. I want to age gracefully but realistically. Losing the weight and going through the surgery were not easy. But what I did was worth it."

Quality aesthetic plastic surgery in weight loss and body contouring require a collaborative effort between the plastic surgeon and the patient, says Dr. Goldberg.

"It is essential that a patient has a clear understanding before surgery about their surgical options and risks. Informed consent often comes with multiple consultations, particularly when there are often emotions, anxiety and body image issues to address." ■

Lisa Crawford Watson lives with her family on the Monterey Peninsula, where her grandmother once lived and wrote. An adjunct writing instructor for CSU-Monterey Bay and Monterey Peninsula College, she specializes in writing about art and architecture, health and lifestyle, and food and wine.

Winning Skin

Wrinkles and sags can be handled with nonsurgical solutions

By Melanie Bretz

Dr. Jeremy Silk

WHEN IT COMES TO AGING, we humans sometimes fret as much, or more, about our appearance than our overall health. We wonder if we look too old to qualify for that new position, appear older than our actual years, or worry that wrinkles, saggy skin and a few age spots will send potential suitors running in the other direction.

Experts agree that healthy skin — with an emphasis on skin cancer prevention — should be our first priority. Sun exposure is the biggest culprit, but smoking, bad eating habits and a sedentary lifestyle also contribute to both poor health and older-looking skin. Genetics play a role, explaining why some 75 year-olds look 50 and, sadly, vice versa. Just like our joints and muscles, the skin naturally shows some wear and tear with aging, but the extent of that may be up to us.

While cosmetic surgery may be the right answer for some, medical science and technology have also evolved to offer an array of nonsurgical alternatives. Sorting through the myriad of promise-laden creams, lotions, potions and treatments using everything from acid peels, fillers and Botox to lasers, broadband light, intense pulsed light and ultrasound can be a chore. Finding what's right for you is the key, and fortunately, there are a lot of local resources and experts who can help.

Before

After

This before-and-after photo shows how skin contouring and eyelid lift can change someone's appearance. Photos courtesy of Dr. Jeremy Silk.

"I compare achieving healthy skin to going to the gym for a healthy body," says Dr. Roya Javid of Coastal Valley Dermatology Associates in Carmel. "As a dermatologist, I refer patients to plastic surgeons when a surgical approach is needed. I try to do whatever is minimally or non-invasive. The ultimate goal is to keep the skin healthy and prevent skin cancer."

The options people might choose depend on a number of factors including expense, discomfort during treatment, recovery time and anticipated results. Chemical peels can address pigment changes, fine lines and restore a glow to skin that has a dull appearance, but can require a couple of weeks before the redness goes away.

Lasers offer varying degrees of treatment discomfort and recovery time. Broadband light (BBL) and intense pulsed light (IPL) can address problems often treated with lasers but also have little or no downtime; however, multiple visits may be required. Skin care products can be painless, but produce what may be less dramatic results.

"Skin care maintenance and treatments go hand in hand to help people's skin stay and look healthy longer," says Dr. Jeremy Silk of Salinas Valley Plastic Surgery Associates. "I've seen very few patients that I couldn't find something that would help to some extent."

He draws on a variety of lasers and IPL to treat brown spots, age spots, red spots, broken capillaries, wrinkles and fine lines on the face, décolletage and neck. He says the most common noninvasive treatments are prescription skin care products available only from a doctor's office. These include topical prescription-strength fading creams, sunscreen, cleanser and Retin A, which helps with tightening of the skin.

According to Dr. Silk, Botox can be used to relax muscles under the skin and is generally used on wrinkles around the eyes or in the forehead. To combat wrinkles around the lips and mouth, a variety of fillers can be employed. Wrinkle fillers can also be used as "volumizers," to plump and lift cheeks, jawlines, and temples, and fill out thin lips.

"Botox, skin care products, injectable fillers, lasers and IPL treatments have grown in popularity over the past several years as ef-

fective alternatives for plastic surgery," says Dr. Silk.

However, according to WebMD, wrinkle fillers have a downside, including the risk of allergic reaction, nerve damage, and the formation of tiny bumps under the skin. The best results come from using the right filler, which is why fillers should only be injected by a board-certified dermatologist or plastic surgeon with special training.

Other nonsurgical treatments are being used to tighten aging skin. For this, Dr. Javid employs ultrasound technology to stimulate tissue under the skin to produce more collagen. Ultherapy is an FDA-approved noninvasive treatment that can lift and tone loose or sagging skin on the face, neck and chest in as little as 60 minutes.

"It is a great alternative for people who have a great deal of laxity in their skin and are surgical candidates, but don't want plastic surgery, or have had a facelift and don't want another one," she says.

There is virtually no downtime and patients can return to their normal activities immediately following the procedure. Patients can expect to see fewer wrinkles, fine lines and creases with continued improvement over six months, says Dr. Javid.

Also touted for tightening skin are procedures that use radiofrequency energy, such as Thermage, which stimulates collagen growth through uniform heating of deep skin layers, and IPL.

When a person comes in to talk about turning back the clock from an appearance perspective, Dr. David Morwood, a Monterey plastic surgeon, provides a peek into the future with a three-dimensional imaging system.

The system can be used to identify problem areas and also show what results can be achieved with various treatments, ranging from laser, light, fillers or other options as well as surgery. There's a skin module that analyzes pigment variations, blemishes and wrinkles, so it can be helpful for those considering nonsurgical as well as surgical options.

We all want to move the hands of the clock back a few years, but don't want people to know we've actually done it. The magic of today's treatments to combat the signs of aging is that they can produce results of which Mother Nature herself would be proud — and think she'd accomplished all on her own.

Melanie Bretz lives in Monterey and has written on a wide range of topics, including health care, during her 33-year writing career.

Dr. Roya Javid

There is virtually no downtime and patients can return to their normal activities immediately following the procedure. Patients can expect to see fewer wrinkles, fine lines and creases with continued improvement over six months.

— Dr. Roya Javid, Coastal Valley Dermatology Associates

Both these before-and-after photos show how skin is tightened using ultrasound technology that stimulates tissue to produce more collagen. This procedure can be used on the face, neck and chest.

Photos courtesy of Coastal Valley Dermatology Associates

Healthy Teeth, Healthy Kids

Parents vital to children developing a strong dental hygiene routine

By Melanie Bretz

CREATING HEALTHY HABITS IS VITAL when children are young, and nowhere is that more evident than in teaching them to take care of their teeth. But there's no doubt that it takes vigilance and persistence by parents to get the necessary brushing and flossing to be a part of kids' everyday routines.

The American Academy of Pediatric Dentistry recommends that children be seen by a dentist by around their first birthday. The likelihood that they'll get used to having their teeth brushed, get comfortable with dental exams and avoid getting cavities increases when these practices begin early in life.

"It's important to establish a dental home for the child as well as teach the parents how to best care for their child's teeth," says Dr. Mark Bayless of Monterey Pediatric Dentistry. "I'm the child's dentist two times a year, but parents are their child's dentist every day." And how parents approach dental hygiene depends on the youngster's age, with shifts and strategies necessary to accommodate their child's development.

"I like to show parents proper brushing techniques for their child at various ages," says Dr. Paul Morris, a pediatric dentist with Central Coast Pediatric Dental Group in Salinas and Seaside. "Little kids may cry when you first start brushing their teeth, but we help parents learn to work around that."

Think of pediatric dentists as pediatricians of the mouth. They have three years of specialty training after dental school and focus on treating children from infancy all the way to adulthood. They tend to have kid-friendly offices and features like videos in the waiting area, and a TV screen overhead and earphones to distract them during treatments.

Dr. Bayless even does a few magic tricks when called for: "If dental care seems fun, a child is more likely to be okay with it."

Experts agree that it's important to care properly for baby teeth as that lays the foundation for the adult teeth to grow in. If neglected, the chances of the adult teeth coming in with problems are high. When first tooth comes, it needs to be brushed using a tiny amount (think a grain of rice) of fluoride toothpaste, one that's approved by the American Dental Association for children.

Of course, the process needs to evolve as the child ages. Around age 5 to 7, parents can begin letting their child brush and floss, with supervision and help, so they learn to do it effectively. Regular semi-annual visits to the dentist will let you know if your child's hygiene habits need to be modified.

As every parent knows, the teens are years when kids are becoming more independent. "It's a time when we see cavity rates spike," says Dr. Morris. "Just as when they're quite young, it's time again for parents to be even more diligent."

The most common dental problem for kids is cavities. Cavities can lead to an infection and an active infection can make anyone sick. "Pain and infection in children is especially bad, because they may not be able to express what they're feeling," says Dr. Morris. "Poor dental health can follow a child through life, making it hard to focus in school, and affecting their standard of living in the long term."

Three things are key to good dental health in children — hygiene, seeing a dentist for semi-annual check-ups and diet. We all know about brushing after meals with fluoride toothpaste, and flossing between tight teeth. According to studies, using toothpaste with fluoride reduces decay by 30 to 50 percent in communities where the water is not fluoridated.

When it comes to diet, Dr. Bayless says, "If it's bad for your body, it's bad for your teeth, and things that are good for your body don't cause cavities."

Carbohydrates may be okay at meals when brushing takes place afterward, but snacking is a different story. Carb-heavy snacks like goldfish crackers and pretzels dissolve into sugar in the mouth that bacteria feed on, creating acid. Acid starts to make holes in teeth.

"If kids are snacking frequently throughout the day, the acid is there all day long," Dr. Morris says. "Things like fresh fruits, veggies and cheese are fine, but anything with carbs can be a problem."

Staying on top of your children's dental condition contributes to their overall health and well-being for life — and can put a big smile on their face, and yours. ■

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Inside Out

Redefining beauty as we age

By Lisa Crawford Watson

Dr. Douglas Sunde

RIGHT IN THE MIDDLE OF a popular-culture magazine, filled with page after page of airbrushed perfection, 19-year-old singer Normani Kordei is quoted as saying, "I don't look at eating healthy as a way to lose weight or be thin. I see it as a key component of internal beauty." Wise words from someone so young, particularly in a culture where external beauty is so highly prized.

It's also fleeting, that smooth-skinned, bright-eyed, glossy-haired beauty so many of us take for granted in our youth, and then spend the rest of our lives trying to recapture. Perhaps the way we navigate our sense of beauty as we age has a lot to do with how we define it.

"How women see aging comes from the messages we got from our mother and her own sense of aging, as well as the conversations we have with our friends, and the images we see in our culture," says Monterey psychotherapist Janet Thomas, a licensed clinical social worker and founder of BreakFree for Women, a series of empowerment and support workshops for women. "Self-loathing is contagious, but self-love can be, too."

When we see images of empty houses staged for sale, says Thomas, we see an absence of energy, of soul; nobody's home. That's the way it seems with airbrushed, photo-shopped models, she says; they aren't at home in themselves. And yet we are faced with this perceived standard of beauty to which women are held.

"The answer for me," says Thomas, "is to be curious, to wonder how the aging process is going to be for me. It means having an affection for seeing my ancestry in my aging, finding familiarity in the mirror."

It's also about redefining beauty, says Thomas; shifting from outer appearances to that life energy radiating from within, feeling feisty, creative, a robustness for life. When we feel good, she says, we hold it in our bodies, our thinking, our actions and our language.

"In BreakFree, we focus on realizing and knowing we are all beautiful women, at any age and all stages. We learn to keep seeing our unique beauty and resist the compare-and-compete mindset that marketing perpetuates; instead, letting our mirrors reflect a soft, loving gaze that welcomes signs of our mothers and grandmothers."

Yet if it were that simple, we wouldn't be willing to support a multi-billion-dollar industry of cosmetics and cosmetic surgery. Women tend to flock to the counter for the latest "hope in a bottle." And, for an industry that also saves lives and restores function, plastic surgery gets a lot of bad press when the work goes awry, or the patient and their surgeon go too far.

Thomas recalls a known actress who, in the face of aging, said, "I'd rather look old than weird."

"Plastic surgery gets a really bad name when we see bad work or outcomes on movie stars," says Dr. Douglas Sunde, a board-certified plastic surgeon who has been practicing on the Monterey Peninsula for 22 years. "I actually spend a lot of time giving people permission to undergo plastic surgery.

"I think it's a great thing to do, if your energy is good, your mind is agile, you have realistic expectations, and you make choices that are right for you."

Most people who come in to see Dr. Sunde are people who look 65 but feel 45, and want to look more like they feel, more like they used to look.

"I think people, in general, want to look like themselves," says Dr. Sunde, "but they don't want to look so old, with saggy skin on their neck or baggy eyelids. In our culture, people tend to think aging isn't necessarily beautiful. That's not my focus.

"My goal is not to make the 65-year-old look 20. That's unrealistic and weird. My goal is to get the inner and outer sense of self aligned. Does that make them look beautiful? If they feel better about themselves, if they are projecting a better sense of self, then yes; confidence breeds a sense of beauty."

Dr. Sunde recalls a client who said her granddaughter had grabbed the skin on her grandma's neck and said, "What is this?" That, says Dr. Sunde, drives people in. They don't want to look weird or different, just create a better version of themselves, in line with how they feel.

"Beauty is a hard word," says Dr. Sunde. "I looked it up. It said, 'looking nice or physical attractiveness.' A psychologist and I would probably agree that a lot of beauty comes from within, from how people feel about themselves, how they carry themselves. Both a plastic surgeon and a psychologist can help with this, can help people have a better sense of self as they age."

BreakFree for Women: www.breakfreenow.com
Dr. Douglas Sunde: www.drsunde.com

Janet Thomas

"How women see aging comes from the messages we got from our mother and her own sense of aging, as well as the conversations we have with our friends, and the images we see in our culture."

— Janet Thomas, Monterey psychotherapist

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The Skin You're In

Specific vitamins and nutrients provide that well-nourished glow

By Barbara Quinn, MS, RDN, CDE

UNTIL THE AGE OF 25, you have the face your mother gave you. From the ages of 25 to 50, you have the face you created. After the age of 50, you have the face you deserve.
(Partially credited to George Orwell)

Lifestyle habits — including our food and beverage choices — greatly influence the appearance of our skin, say experts. Faces are more apt to glow when skin is adequately nourished.

According to the Micronutrient Information Center at Oregon State University, a host of internal systems rely on specific nutrients to preserve healthy skin. Well-nourished skin looks and feels good, while nutrition-depleted skin is less attractive.

According to the American Dermatology Association, our skin is the body's largest organ, forming a protective barrier that shields us from the insults of the outside world.

And what an active organ it is! Skin is constantly remaking itself, shedding 30,000 to 40,000 old skin cells and manufacturing new ones every day. Approximately every 30 days, says the ADA, we quite literally have brand-new skin.

Cells that form our skin have been likened to a house made of bricks and mortar. Protein molecules form sturdy "brick" cells that are held together with "mortar" made with other proteins and fats.

Other nutrients help the skin to maintain its structure and function. Collagen, for example, is a protein that keeps skin firm and elastic. And collagen is formed with the help of another nutrient, vitamin C.

Glucose, the breakdown product of carbohydrates, is the primary fuel for skin cells, according to MIC. And vitamins such as A, C and E help protect skin cells from the damaging effects of sunlight.

Skin problems often occur when nutrients are lacking in the diet. One sign of scurvy — a rare but serious disease caused by a deficit of vitamin C — is discoloration of the skin.

We can't necessarily reverse what happens to our skin after decades of wear and tear, say experts. As we age, our skin naturally loses firmness and becomes more fragile. We don't necessarily have to speed up the process, however; premature aging is not pretty.

Interestingly, unlike other body organs that only absorb nutrients from what we digest on the inside, skin can also absorb some nutrients from the outside. Some topical (applied to the skin) formulations of vitamin D, for example, have been used to treat the itchy scaly skin of psoriasis.

Vitamins A, C and E and certain types of fats can also be absorbed through the skin in variable amounts, say experts. Here's a rundown of some skin-nourishing nutrients:

▪ VITAMIN A:

Retinol — a form of vitamin A — has been shown to improve some of the signs of aging from sun-damaged skin when applied topically, report researchers. However, improvements don't last unless the treatment regimen continues.

▪ VITAMIN C:

While not a sunscreen, vitamin C does help guard the skin from sun damage through its antioxidant capabilities, say researchers. Vitamin C also protects the skin from free radicals —wayward oxygen molecules formed via sun exposure. It's these free radicals that contribute to aging skin.

Excellent food sources include oranges, grapefruit and other citrus fruits; yellow, red and green peppers, kiwifruit, tomatoes, broccoli, and strawberries. Since our body cannot make or store vitamin C, we need to ingest vitamin C-rich foods every day.

▪ VITAMIN E

works with vitamin C to protect the skin from the skin damaging effects of UV sunlight. If these nutrients are depleted, the aging process is accelerated. Food sources of vitamin E include wheat germ, nuts and vegetable oils.

Essential fatty acids are so called because unlike other fats, EFAs cannot be synthesized in our bodies and they are essential for healthy-looking skin. Dry scaly skin or dermatitis is a classic sign of a fatty acid deficiency. Essential fatty acids are found foods such as flaxseed, walnuts, canola, sunflower, safflower and soybean oils.

Flavonoid substances found in green tea and cocoa powder have been shown to enhance skin health due to their antioxidant properties and ability to protect the skin against sun damage, according to studies reported by the Micronutrient Information Center at OSU.

And don't forget the benefit of exercise. Physical activity pumps life-giving oxygen and nutrients to skin surfaces, enhancing the glowing skin you deserve. ■

Barbara Quinn is a registered dietitian nutritionist, certified diabetes educator and author of "Quinn-Essential Nutrition," Westbow Press, 2015. Email her at barbaraquinn88@yahoo.com

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Contributed by Face First Laser Clinic

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Face First Laser Clinic is committed to caring for its community

Dr. Roger Shiffman & Joanne Shiffman, co-owners of Face First Laser Clinic in Monterey.

It's about trust. It's about knowing you deserve to look good and feel better. It's about developing a relationship and working together to help you age gracefully and face the world with your best possible appearance.

Since 2007, the medical and support staff at Face First Laser Clinic of Monterey has been using state-of-the-art technology, expert skill, and thoughtful, compassionate care to help people achieve healthy and attractive skin.

"Our focus is on local clientele; we want to take care of the people of this community," says coowner Joanne Shiffman, a licensed registered nurse of 28 years with advanced training in medical aesthetics along with Stacy Strength, aesthetic nurse practitioner. The staff also includes Paulette Deyo Stohlmann, RN, Lori Deiparine, RN, and Anna Rider, RN.

"We believe everyone should be able to enjoy beautiful, healthy skin, and we have something for everyone looking to age gracefully. We also believe everyone, if you do some simple steps for your skin each day, can significantly help the process."

Hydration, sleep and stress reduction are always important to health and well being, all of which are reflected in the skin's appearance, says Shiffman. But everyone needs to be on a home care regimen tailored to his or her needs. "A little Retin-A," she says, "is essential to DNA repair and for preserving and repairing the skin.

Ascorbic acid – vitamin C applied topically, is also important, plus proteins and polypeptides. We can work with you to help complement whatever products you already like to use, with whatever else you need. Home care really matters. "Also, the sun is your enemy, so you want good cleansing and hydration, plus the protection of a good sunscreen. It's an everyday routine. The choice is yours; if you want nice skin you can have it. We are here to educate and to work with you, but you have to follow the plan and perform the daily skin care." Face First uses the "latest and greatest" technology to treat acne, minimize pores and clarify skin, to treat rosacea and reduce wrinkles, discoloration and sagging skin.

The best treatment to tighten skin, says Shiffman, is Ultherapy, the deepest of all noninvasive procedures, which uses ultrasound to deliver heat to a pre-determined depth. The clinic also uses SmartSkin Fractional CO2 for the effective treatment of lines and wrinkles while preserving the surrounding skin.

"Anyone can own a piece of high-tech equipment," says Shiffman, "but it's only as good as the person treating you. We are experts in the field, perfecting the science of beauty."

Stacy Strength, Aesthetic Nurse Practitioner and co-owner of Face First Laser Clinic.

Face First's commitment to the community goes beyond the clinic by providing scholarships for nursing students at the Maurine Church Coburn School of Nursing at Monterey Peninsula College at least twice a year. The clinic also hosts free tattoo removal clinics for the youth of Rancho Cielo, a comprehensive learning and social services center in Salinas, established to "transform the lives of at-risk youth and empower them to become accountable, competent, productive and responsible citizens."

"We are established in this community," says Shiffman, "and we want to give back. At Face First, we offer a complimentary consultation, offering people an opportunity to learn about making their skin look and feel better. We host quarterly events to help people learn what we can do for you and what you can do for yourself.

We encourage patients to ease into this, developing a relationship with us as we help you achieve healthy skin to look younger and lovelier as you age." ■

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Minimally Invasive Procedures Mean Less Pain, Less Time In the Dentist's Chair For Patients

At the Perio & Implant Center Dr. Jochen Pechak uses the latest technology to provide the best, minimally invasive options for his patients. Using minimally invasive procedures allows the patient to experience less discomfort and reduces downtime; and the option of getting back to work or normal routine. Many of Dr. Pechak's patients return to work the same day, after treatment. Pechak partners with his patients' general or cosmetic dentists to ensure faster healing and transition from treatment to complete recovery.

"The current trend in dental treatment is to use less invasive procedures that cause less trauma and get the same or better results as the old methods," says Pechak.

Periodontal disease, commonly called gum disease, is a serious bacterial infection that destroys the gums around the teeth. Three out of four adults are affected by periodontal disease sometime in their life. As people age, they may develop a higher incidence of this disease. Many times, stress, improper diet, improper hygiene, hormonal changes and defective restorations can bring on gum disease.

"Gum disease is a sign of the more serious problem of bone loss," says Pechak. "You know if you have a cavity because it hurts. Bone loss is not accompanied by pain. Bone loss is very treatable in the early stages."

Dr. Pechak was the among the first board certified periodontists in Monterey County to be certified for Laser Periodontal Therapy. Laser Assisted New Attachment Procedure, or L.A.N.A.P.™, removes only diseased gum tissue. This is the only FDA approved protocol for periodontal treatment of gum disease. Pechak is also trained on the surgical technique, Chao Pinhole Gum Rejuvenation, an instant fix for gum recession with no cutting, no stitches and often done in a fraction of the time compared to traditional gum surgery. The best part - the patient experiences little or no pain.

Protein Rich Growth Factor (PRGF) technology is used in advance dental treatment, such as implants. This technology is valuable because it can accelerate healing and reduce pain.

Filling the area with PRGF where a tooth has been removed is done at the same time as the extraction. This seals the area and promotes healing. PRGF possesses excellent elastic homeostatic properties which help reduce inflammation. It is safe, convenient, cost effective and easy to use.

"Using PRGF is like supercharging your healing," Pechak says. And the additional benefit, "The improvement in one week after treatment looks like two weeks post treatment in the past.

Dr. Pechak is the provider of four dental study clubs involving dentists within his local community the opportunity to learn of these and other options. The dental members of the Monterey Bay-Salinas Study Club are dedicated to the advancement of dentistry. They are committed to elevating the quality of dentistry practiced in our local community.

Dr. Jochen Pechak a board certified Diplomate Periodontist was born near Munich Germany. With a practice by Stanford Medical Center in Palo Alto, he came to this area after marrying a local girl, Maya Kakis Pechak who was inspired to spend more time with her father Jack Kakis on the last days of his life. In July 2013, Dr. and Maya Pechak became the proud parents of healthy, seven pounds each at birth, robust twin boys, now toddlers life has been full of surprises!

Dr. Pechak with his twin boys.

You can call for an appointment or make a request online. The Center has a video library on its website where you can view actual patients speaking with experience with these and other procedures, outlined in this article.

Having healthy teeth and gums has never been easier.

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Mouth Myths

The truth about root canals, diet soda, baby teeth and other dental details

MYTH
As long as I visit the dentist every six months, everything will be fine.

TRUTH
Regardless of how often you visit the dentist, you still must brush and floss, consume a healthy diet with as little sugar as possible, and follow your provider's recommendations.

MYTH
Diet soda won't cause tooth decay because it doesn't have sugar in it.

TRUTH
Diet soda is highly acidic and can eat into the surface of the enamel. That can make the enamel weaker and more at risk for cavities.

MYTH
Cavities are the only reason to have a root canal.

TRUTH
You need a root canal if the nerve inside a tooth is damaged, and this type of damage can also be caused by grinding or clenching teeth.

MYTH
Fluoride is an artificial substance added to toothpaste and water.

TRUTH
Fluoride is a naturally occurring substance that helps protect teeth from decay by strengthening them.

MYTH
You can't catch tooth decay from another person.

TRUTH
It's possible. In fact, bacteria that cause tooth decay are routinely transmitted from mothers to infants and can even cause cavities.

MYTH
Whitening my teeth can harm them.

TRUTH
Modern bleaching materials are pH neutral and won't hurt teeth or gums. However, prolonged use of teeth whiteners can cause some sensitivity, which should go away once you take a break from bleaching.

MYTH
You'll know when you have a cavity.

TRUTH
With timely checkups, your dentist can find a cavity before it causes discomfort.

MYTH
A hard toothbrush is better for cleaning teeth.

TRUTH
A soft toothbrush is best — a hard brush has the potential to damage the surface of the tooth. However, you may need to brush longer with a soft brush.

MYTH
Sugar is the only thing that causes cavities.

TRUTH
Anything that contains carbohydrates can potentially feed the bacteria that cause tooth decay, including bread, potatoes, rice, and vegetables.

Sources: TeethSavers.org, DeltaDentalCo.com, Medical Daily, and WebMD

MYTH

Smoking will discolor my teeth, but won't cause any other mouth problems.

TRUTH

Smokers have more tooth decay, more problems with gum disease, and more risk of oral cancer than nonsmokers do.

MYTH

If my teeth get sensitive, that means I've got tooth decay.

TRUTH

Tooth sensitivity can have a variety of causes in addition to cavities. It's best to let the dentist diagnose it.

MYTH

I never had a cavity as a child, so I won't get any as an adult.

TRUTH

While it's true that a history of cavities may indicate there are more in your future, many other things can also have an impact, such as taking medications that cause dry mouth, or changing one's diet.

MYTH

If you have big gaps between teeth, you're more likely to get cavities.

TRUTH

Bigger gaps between teeth are easier to keep clean; food is more likely to get stuck in small gaps and can lead to decay if it's not cleaned out.

MYTH

All fillings eventually need to be replaced.

TRUTH

Fillings may last longer if you keep up with your dental routine.

MYTH

It doesn't matter if kids get cavities because their baby teeth fall out anyway.

TRUTH

Healthy baby teeth, also called primary teeth, are essential to the health of youngsters' permanent teeth. The roots of baby teeth help guide permanent teeth into place as they grow in.

MYTH

It's too late for me to do anything about my crooked teeth.

TRUTH

Teeth straightening isn't just for teens anymore. A variety of orthodontic treatments can assist adults in their 30s, 40s and beyond to get the smile that they want.

MYTH

My parents both lost their teeth in their 50s, which means I will too.

TRUTH

Although genetics can play a part, tooth loss in your later years is not inevitable. To maintain your oral health, get regular dental care, follow a healthy diet, and practice good dental hygiene.

Contributed by Dr. Arlen Lackey, DDS

Smiles and Comfort

Dr. Arlen Lackey Uses Technology To Make Patients More Comfortable

Dr. Arlen Lackey shows a patient her digital dental X-Rays, which can be seen almost immediately after being taken.

"Good dental health contributes to the enjoyment of life, smiling and laughing and communicating with other people," says Dr. Lackey. "But fear of pain is what keeps people away from the dentist."

Dr. Lackey has been at the forefront of dental innovation on the Monterey Peninsula for decades. A graduate of UC Berkeley and the UC San Francisco School of Dentistry, he has been an instructor for 30 years, presenting more than 450 workshops and lectures to local, state, national and international dental organizations. He is past President of the American Academy of Dental Practice Administration and a past Board Member of the American Academy of Esthetic Dentistry.

He was the first dentist to use lasers locally in 1995 and a few years later, first to offer safer digital X-rays.

More recently he helped introduce the Onset Local Anesthetic Buffering System, which takes the sting out of dental injections and numbs the tooth faster.

Comfort systems at Dr. Lackey's office include nitrous oxide-oxygen sedation, which reduces anxiety for a more relaxing dental appointment, enabling quick recovery so that patients are able to drive home after treatment. Patients can also take advantage of iPod music systems so they can relax to their choice of music while undergoing procedures.

It is all part of Dr. Lackey's philosophy of exceptional dental care: "My team and I listen to your concerns, discover your needs and find solutions."

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More Than a Winning Smile

Today's dentists watch for the signs of oral cancer in their patients

By Pete Rerig

MOST EVERYONE KNOWS WHAT A typical visit to the dentist entails: a check for cavities and good gum health, the potential for enamel loss, a thorough cleaning and perhaps a whitening treatment, or maybe even a confirmation of a proper bite pattern. But what many people might not know is that, while your dentist is checking your choppers, they may be on the lookout for something else: the signs of oral cancer.

Indeed, screenings for these types of cancer are becoming more and more routine and accepted as parts of a standard office visit. And for good reason: according to American Dental Association, oral and pharyngeal (the part of the throat situated immediately behind to the nasal cavity) cancers strike nearly 40,000 Americans each year, and some 8,000 people die of these cancers annually.

Additionally, the diseases occur more than twice as often in men as in women, approximately one in 92 adults will be diagnosed with oral cancers during their lifetime and 62 is the median age at the time of diagnosis.

What are the major risk factors for contracting an oral cancer? Tobacco and alcohol use are definitely at the top of list, especially when the two are combined. But human papillomavirus (HPV) infection is also a leading cause, and the risk for oral cancer increases substantially after the age of 44. On the plus side, a diet loaded with vegetables and fruits is shown to decrease the incidence of oral and pharyngeal cancers, another good reason to load up on healthy foods.

The best line of defense in detecting oral cancers is ensuring your dentist does a thorough visual examination of all the soft tissues of the mouth, including the tongue, the floor of the mouth and the lymph nodes surrounding the oral cavity and the neck.

The signs and symptoms of these cancers include a lump or thickening of the soft tissues in the mouth and throat, and patients may complain of difficulty chewing or swallowing or in moving the jaw or tongue. Also, a persistent sore throat, a feeling that something is caught in the throat, numbness or hoarseness and a change in the voice are certainly conditions that warrant investigation.

Given these facts and statistics, it's obvious why the dental health community is coming together to ensure as many patients as possible receive an oral cancer screening during their regular office visits. However, the Oral Cancer Foundation reports that fewer than 15 percent of those persons who visit a dentist regularly have an oral cancer screening, which is certainly unfortunate as early detection is the key to fighting so many different types of the disease.

Typically, the best line of defense in detecting oral cancers is ensuring your dentist does a thorough visual examination of all the soft tissues of the mouth, including the tongue, the floor of the mouth and the lymph nodes surrounding the oral cavity and the neck.

Additionally, a comprehensive screening may include the use of special lights proven to detect oral cancers, which work by determining whether metabolic or structural changes — including lesions — in the soft tissue of the mouth respond differently to varying wavelengths of light. Also an oral brush biopsy is available, a tool which essentially collect cells for testing and to rule out dysplasia, or an enlargement of an organ or tissue by the proliferation of abnormal cells.

So the next time you're visiting your dentist for a check up or cleaning, be sure to ask if they're keeping a lookout for the warning signs of oral cancer. Indeed, as with so many types of cancer, catching the disease early vastly increases the chances for successful treatment and recovery. And that's certainly something we can all smile about. ■

Pete Rerig is a Monterey freelance writer specializing in health and wellness, food and wine, and technology and travel.

BREAST CANCER GROUP SPONSORS BOWL-A-THON FUNDRAISER

The Breast Cancer Assistance Group of Monterey County will raise funds with its annual Bowl-a-Thon in March.

Young mothers with breast cancer will benefit from the Breast Cancer Assistance Group of Monterey County's annual Bowl-a-thon, which will raise funds on March 19, 1-4 p.m. at Monterey Lanes, 2162 N. Fremont Ave., Monterey.

The event, co-sponsored by Pacific Grove High School, honors the memory of Isabelle McKay Giacolone, a PGHS graduate with two young children who died of breast cancer.

Those who want to register for the bowl-a-thon can use online registration forms at www.bcagmc.org and www.pghs.org, or by calling the BCAG message line at (831) 649-6365, or by emailing bowl-a-thon coordinator Sean Keller at skeller@pgusd.org.

You may form a team of your own or ask to join a team. Teams may have up to six players and the $300 participation fee ($50 per person) is due the day of the event. Fee covers two games, shoe rental and lunch.

Participating adults (18+) will be eligible for the Pink Pin Strike Contest for the chance to win $250. Items for the silent auction and a raffle may be donated through March 1. Donations may be dropped off at Pacific Grove High School office at 615 Sunset Dr., Pacific Grove. The auction and raffle will include "retired" bowling pins artistically painted by students from local high schools.

For more than 17 years, BCAG has awarded need-based grants for rent, utilities, transportation, food and other non-medical living expenses to breast cancer patients in Monterey County. Many patients have inadequate or no medical insurance and find that they're unable to work while undergoing treatment. During its history, BCAG has assisted nearly 1,000 local women who do not qualify for other assistance programs and who have exhausted their family funds.

NATIVIDAD MEDICAL CENTER HOSTS DIABETES ALERT DAY

Diabetes is a disease that many people ignore until it's too late, and with that in mind, Natividad Medical Center is encouraging the community to find out more at its upcoming Diabetes Alert Day event.

On March 22, Natividad's Diabetes Education Center will host an informational booth in the outpatient lobby of Natividad Medical Center, 1441 Constitution Blvd., Salinas, from 11 a.m.-1 p.m.

Visitors are invited to stop by the booth to find out if they are at risk for developing Type 2 diabetes, with no blood test or appointment necessary. The risk test is available on a first-come, first-served basis, and information on diabetes prevention will also be available.

According to the American Diabetes Association, a recent study showed that many overweight and obese Americans do not believe they are at serious risk for diabetes and are ignoring weight as a health risk. Diabetes is a leading cause of death in the United States, with 22 million Americans diagnosed with the disease as of 2014.

In the Salinas Valley, more than 10 percent of adults have diabetes, which is a higher rate than that of California and the United States. More than 25 percent of local seniors are diabetic and an additional 50 percent show signs of pre-diabetes.

Natividad's Diabetes Education Center offers outpatient services to children and adults with diabetes Type 1, Type 2, gestational diabetes, and pre-diabetes. Outpatient services include individual counseling and education, group counseling and education, community presentations and outreach.

Services are provided by a certified diabetes educator and are available in English, Spanish and other languages. For information, call (831) 755-6292.

SVMHS ADDS SUBJECT MATTER EXPERTS TO BOARD COMMITTEES

Salinas Valley Memorial Healthcare System's publicly elected board of directors is adding subject matter experts to board committees to further expertise and community involvement in district governance.

In the past, SVMHS board committees were comprised of two elected board members as well as SVMHS administrative staff. The expanded committees will now include a SVMHS physician as well as members of the community who have a background in the committee subject area.

Committees make recommendations to the full board, and all final decision-making power rests with the five publicly elected directors. "Considering the current pace of change and transformation in our industry, it is prudent to leverage the experience of community leaders from various sectors that have successfully managed similar challenges to those we face," says Rafael Garcia, president of the SVMHS Board of Directors. "The Central Coast community is rich with skilled professionals whose varied backgrounds will provide important input to board members as we oversee the future of this organization and the health of our community."

The committees reporting to the Board include: Personnel, Pension, and Investment; Compliance and Audit; Finance; Transformation and Strategic Planning; and newly formed committees on Community Advocacy and Governance.

The subject matter experts who began their work last month are Karen Hendricks, chief human resources officer for Carmel Unified School District and Jason Phillips, vice president of HR Shared Services for Kaiser Permanente, working on the Personnel, Pension & Investment Committee; and Mike Wilson, president/CEO and director for Pacific Valley Bank, Harry Wardwell, executive vice president for Rabobank, and Dr. Glenn Berry, SVMHS anesthesiologist, on the Finance Committee.

In addition, Travis Pendleton, vice president of Demand, Supply and Ecosystems, Michele Averill, CEO for American Red Cross of the Central Coast, and Dr. David Ramos, SVMHS vice chief of staff and emergency room physician, are serving on the Quality and Efficient Practices Committee; Dr. Nik Greenson, co-chair of SVMHS Department of Emergency

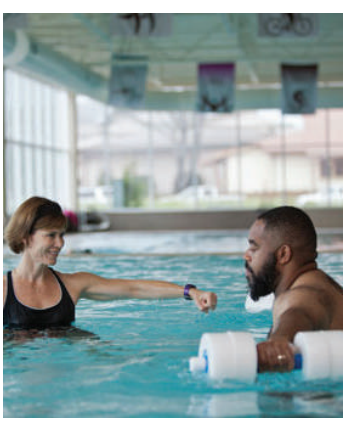
Doctor's Notes
Continued....

Services, serving on the Transformation & Strategic Planning Committee; and Dr. Misty Navarro, SVMHS emergency room physician, serving on the Community Advocacy Committee.
"I applaud the board of directors for increasing the depth and breadth of committee knowledge and gaining input from community members who are subject matter experts," says SVMHS President/CEO Pete Delgado. "The board has voted to access a valuable resource to better inform their decision-making and at the same time increase community input in their governing of this valuable community asset."

WATER-BASED PHYSICAL THERAPY BENEFITS OUTLINED IN LECTURE

Jil Johnson, a physical therapist at Community Hospital of the Monterey Peninsula's Rehabilitation Services, will talk about the benefits of water-based physical therapy for a range of physical conditions in free lectures in Marina and Salinas.
Johnson will cover the basics of water therapy, its benefits, types of therapies, and the conditions that benefit most from this type of therapy.

The lectures will be March 17 at Peninsula Wellness Center in Marina and March 24 at Peninsula Wellness Center in Salinas. Both have warm-water therapy pools. To learn more and to register, visit www.chomp.org/classes or call (831) 625-4505.



SUPPORT GROUPS HELP THOSE STRUGGLING WITH HEALTH CONDITIONS

People who are dealing a health issue, or have a loved one who is, may find helpful information, resources, and comfort from others who are having similar experiences.

Community Hospital of the Monterey Peninsula hosts many free support groups, led by experts in their fields. Among the groups — all offered free of charge — are Alzheimer's Family, Restless Leg Syndrome, Caregivers, Chronic Pain, Diabetes, Grief, Ostomy, and many cancer-related programs. For a full list of support groups and classes, dates, and locations, visit www.chomp.org/classes or call (888) 452-4667.

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Monterey County's Health Magazine

Health Matters is a regional magazine for Monterey County residents offering information about local health care providers, hospitals, clinics, medical groups, and other matters relating to health and wellness on the Central Coast. Each issue of Health Matters details the latest news on the area's medical community, innovations in health care, and information on healthy lifestyles, fitness, and nutrition. Written by experienced columnists and journalists, Health Matters makes it easy to find the health news you need to know.

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Reservation deadline: March 31st, 2016

For more information or to reserve space

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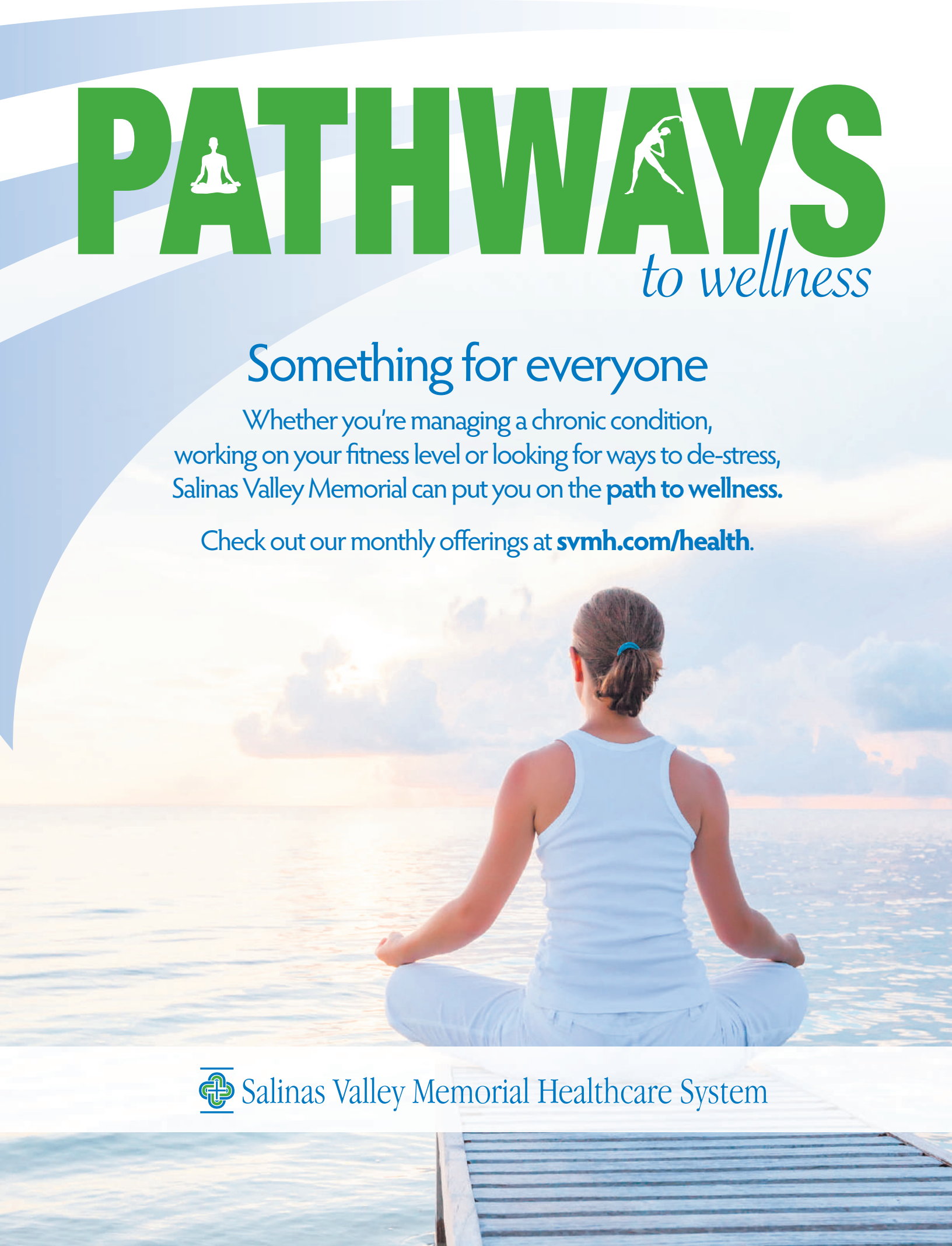

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