

NIP & TUCK

Embarrassed by my wrinkly chest

Q: Is there anything that can be done about the 'corrugated' skin on my chest? I'm very self-conscious about it. Is this caused by sleeping on my side?

A: Yes, unfortunately the major cause of chest wrinkles is sleeping on your side. When you sleep in this position, your breasts fall together and create the 'corrugated skin' that is bothering you.

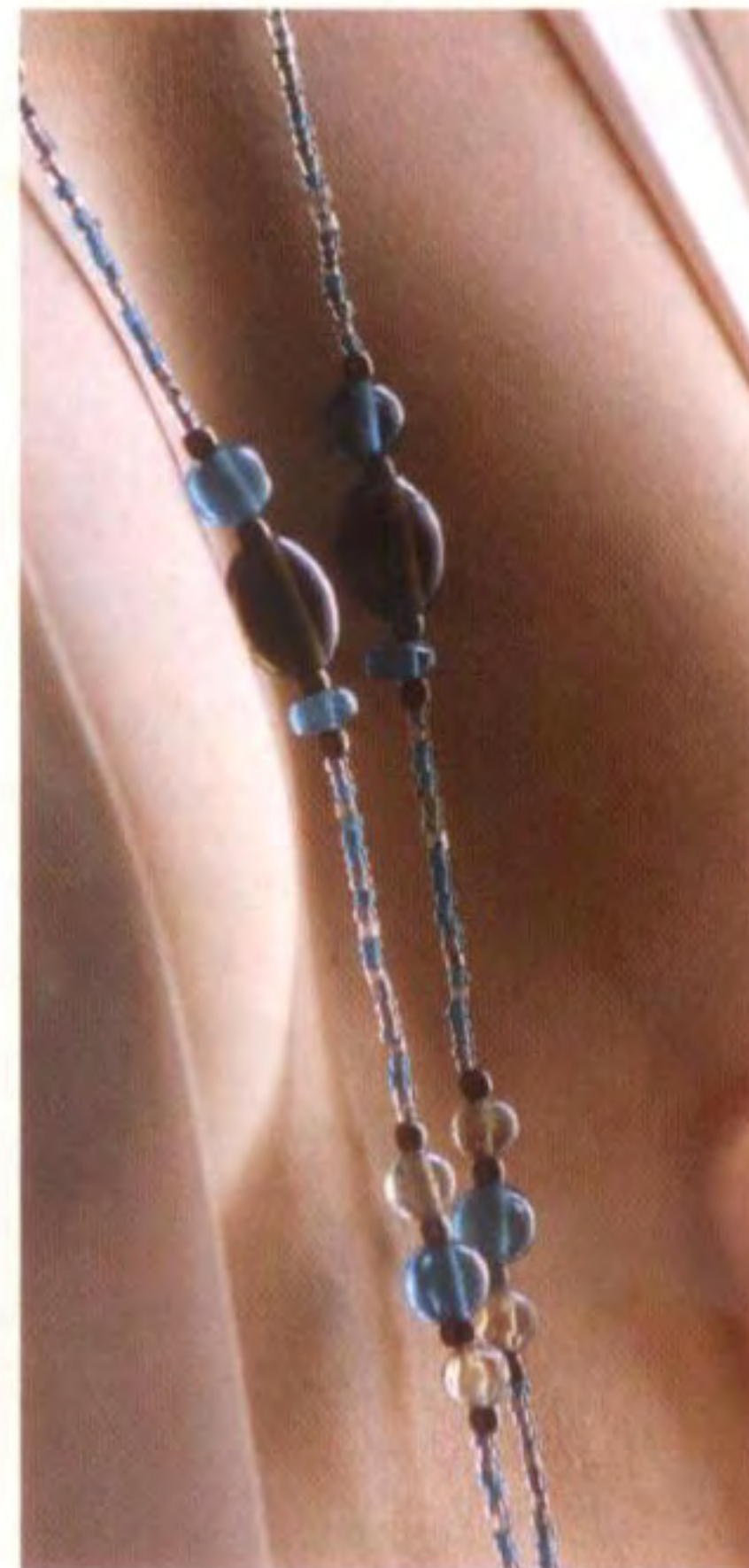
However, sun damage can also be the cause. Do the following test to see if the sun is the culprit: Press your finger for a few seconds on your chest area, then remove it. If you see a white spot that does not disappear right away, your skin is probably getting too much sun.

Remember that the skin on your décolleté area is more sensitive than skin on other parts of your body; it's thinner, less moisturised, has less

elasticity and there's no fat tissue underneath. So never stop your beauty regimen at your jawline, otherwise you'll fall prey to what New York City-based celebrity make-up artist BJ Gillian describes as 'that tell-tale contrast between a face that has been immaculately cared for and a chest that's been neglected and looks 4 000 years old!'

There are various treatments available to deal with chest wrinkles, depending on the cause. If wrinkling is due to sun damage, then your best treatment is a course of chemical peels like ViPeel, TCA or the glycolic acid peels. To smooth out a wrinkly chest caused by sleeping on your side, a good option is fractional laser resurfacing, which uses laser to burn off tissue and remodel collagen.

Medical products that contain Retin-A (a



vitamin A derivative) are also highly effective. When applied topically, these trigger collagen regeneration, creating noticeably firmer skin. – *Dr Anushka Reddy, aesthetic physician, Johannesburg, medisculptclinic.co.za.*

Booze blitz

Researchers have found that even moderate alcohol consumption, i.e. one drink per day, is linked to an increased cancer risk, and may account for nearly 13 percent of the cancers of the breast, liver, rectum and upper aerodigestive tract combined. These findings, reported in the *Journal of the National Cancer Institute* in February this year, come from the Million Women Study, a national study of women's health involving over a million UK women aged 50 and over. The study is a collaborative project between Cancer Research UK and the National Health Service. It aims to answer many questions about the factors affecting women's health in this age group.

Rooibos relief

Battling with itchy skin or eczema? Try following FEMINA reader Tracy Korsen's advice: 'Ever since putting two or three (used) rooibos teabags in my bath I have saved a fortune in dermatologist's and chemist's fees. I had two very severe itchy patches that would never, ever heal no matter what prescriptive cream I used – one patch was so itchy that I scratched until it was raw and bloody! Rooibos has been an absolute miracle – since I started bathing in it all my skin problems have literally been washed down the drain!'

Switch this!

We like our spuds, but the fat in fried chips pushes up the kilojoule count enormously. The next time you're ordering potatoes in a restaurant or making them at home, consider this:

Instead of this,
eat this!



portion of
chips (110g):
1670
kilojoules

three small
baked
potatoes with
60g ratatouille:
1670
kilojoules

