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Answers from Local Experts

Q: Every time I look in the mirror, I feel like I to look exhausted. Which injectables can help give me a natural and more youthful appearance?

Choosing An Injectable

by Lisa Cheley Espinoza, MD

It used to be that the only way to look younger was to submit yourself to costly, sometimes painful surgery. Well, not anymore! With the rise of dermal fillers like **Restylane**, **Juvederm** and **Sculptra**, a younger, firmer face can be yours in just minutes, with little recovery time and at a cost of hundreds, not thousands, of dollars.

Today, women are living longer, thanks in large part to improvements in diet and exercise. And yet the years we spent in the sun without protection, as well as factors such as environmental pollutants, cigarette smoke and stress, are all taking a toll on body's largest organ: the skin.

No wonder then that nearly all women—a whopping 97%!—look in the mirror and wish there was something they could do about wrinkles and facial sagging.

You have most likely heard of **Botox** and **Dysport**, which are essentially muscle relaxants that, when injected into your face, reduce the appearance of wrinkles. But while **Botox** and **Dysport** have worked extremely well in getting rid of wrinkles on the upper part of the face, dermal fillers are now the gold standard for erasing lines on the bottom half of the face.

Take the creases that run from the bottom of your nose to the corners of your mouth. Known as nasolabial folds, these lines are some of the first signs of aging. Every time you smile, sleep on the side of your face, or make facial expressions, the support structures of the skin weaken—especially over time, as the skin loses its elasticity and collagen support wears down, leading to a loss of volume and sagging.

Dermal fillers have the advantage of stimulating the skin's own natural collagen. As a result, they can rid your face of its nasolabial folds. But that's not all: dermal fillers are effectively used to plump up cheekbones, fill in undereye hollows (known as tear troughs), decrease lines around the mouth, and define shrinking lips. Moreover, because dermal fillers replace volume loss and plump up folds, the end effect is like an instant facelift! Additionally, a key advantage of hyaluronic acid fillers is that their effects are reversible with a simple injection from your doctor.

Which dermal filler is best for you depends on your needs. **Juvederm** is ideal for nasolabial folds and cheeks, as well as lips. **Restylane**, also a great choice for lips, is perfect for under the eyes, due to its lightweight texture. A filler that has more recently been brought to market is **Belotero**, which has been FDA approved for very fine, superficial lines, making it the ideal choice for "smoker's lines" above the lips. For deeper hollows, we now have the recently FDA approved **Sculptra Aesthetic**. This unique facial injectable, made from poly-lactic acid, gradually replaces lost collagen, correcting shallow to deep folds, as well as rebuilding hollow areas on the face which have slowly flattened over time. A full treatment of **Sculptra Aesthetic**, an average of two to three injection sessions over a few months, can last more than two years! **W**



Dr. Lisa Espinoza

Lisa Cheley Espinoza, MD is the owner and Medical Director of La Chele Medical Aesthetics, located in New Hope PA.

After obtaining her master's degree and medical degrees from the Drexel College of Medicine she served as Chief Resident and worked for Hunterdon Medical Center. Dr. Espinoza is no in private practice, and specializes in non-invasive advanced cosmetic procedures training under some of the nation's top cosmetic physicians and experts for the past 10 years, to perfect the art of healthy aging. Dr. Lisa Espinoza is a Board Certified physician and licensed to practice in all areas of aesthetic medicine. She is a Platinum BOTOX® and Juvederm provider, GOLD Radiesse Elite provider, member of the American Academy of Aesthetic Medicine (AAAM) and fellow of the American Society for Laser Medicine and Surgery (ASLMS).

Dr. Espinoza is most known for her ability to provide 'naturally' looking lips, Botox and 'liquid face lift'. In the media and published in local magazines for minimally invasive procedure, she is the 'go to expert' for those looking for nonsurgical options. Known for her very personalized approach and diligence for safety, every patient is given her cell phone number so questions can be answered seven days a week.

La Chelé Medical Aesthetics LLC
430 Union Square Drive | New Hope, PA 18938
Tel: 215-862-6100 Web: www.lachelemedspa.com



40 is the new fabulous!

Jodi Sawyer, RN Expert Contributor to the Dr. Oz Show, Explains How You Can Feel Fabulous at 40 or Any Age!

Forty really is the new 30!

Women in their 40s are looking and feeling better than ever! Life no longer starts going downhill the second we hit that magic number. Instead, we live in a time where life can actually begin for women at 40!

With age also comes grace and wisdom.

Women of this age have depth, smarts and elegance that only come with age and experience. I like the woman that I have become. I am more comfortable in my own skin, I know what's important in life, and I've learned not to sweat the small stuff. Start focusing on you and what makes you happy, and stop obsessing about all of your faults and flaws. You do not have to be perfect.

Be kind to yourself.

Take Better Care of Yourself Schedule time in your weekly routine to exercise. This should include activities that will help you maintain your physical strength, flexibility and endurance.

Get A Mid-life Makeover Whether it's making over your closets to improve efficiency in your morning routine or giving your appearance a lift - you deserve it! So start considering the array of options available to rejuvenate your spirit.

Savor Your Meals Try to make better choices in the foods you eat. Take your time, taste the flavors and savor your meal. You'll enjoy the experience and often find that you'll eat less when you eat good quality and fresh foods.

Use Positive Thinking Replace the negative remarks with positive remarks; it's amazing how much better you'll feel throughout each day. Each time you hear yourself thinking a negative thought such as "I forgot my keys" . . . turn it around to, "good thing I remembered my keys".

Try Something New Whether it's taking a day trip with your family, experiencing a summer symphony, learning a new skill or reading a topic that interests you; make time to do the things that will enrich you. **W**