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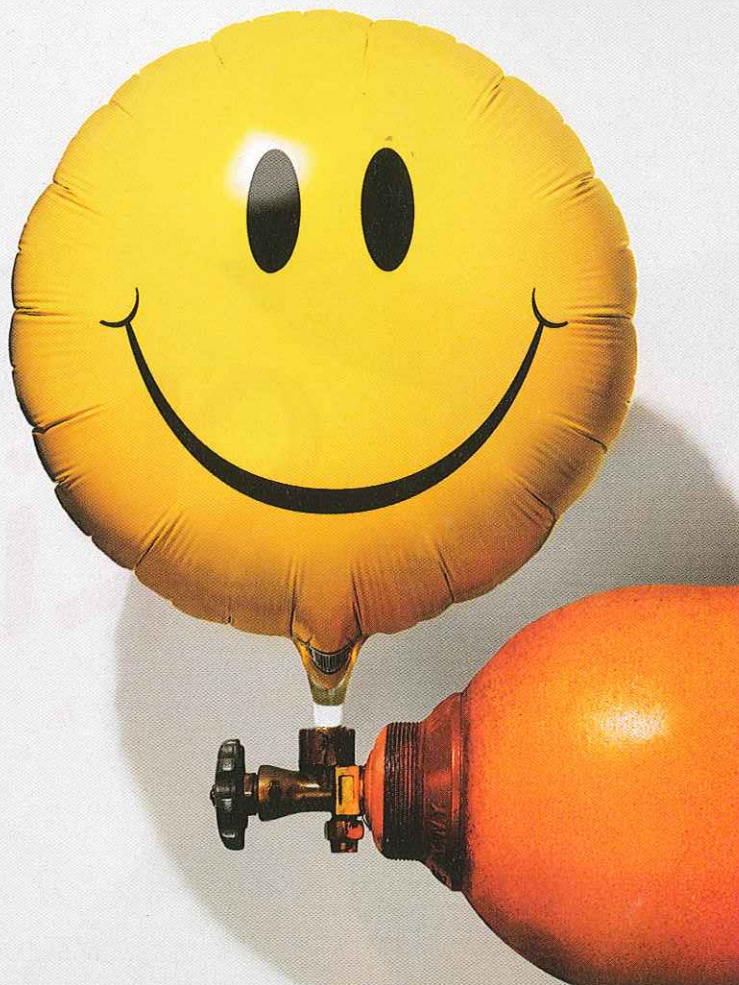
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Loss of volume in the tissue below the skin (not years of smiling) is largely the cause of deep wrinkles. Fillers can help plump them up.



CONSULTATION 1

YOUR PROBLEM:

Wrinkles

YOUR DERMATOLOGIST:

Mary Lupo, MD, New Orleans



“Dermatologists define wrinkles as lines that are visible even when your face is totally relaxed. For prevention and a slight correction of these etched-in creases, apply sunscreen in the morning and a prescription retinoid (an effective line-smoother) at

Rx YOUR OPTIONS:

- A.M.: Sunscreen (like Neutrogena Ultra Sheer Dry-Touch Sunblock SPF 55, \$11)
- P.M.: Prescription retinoid, \$40+
- Hyaluronic acid filler, every six months, \$500 to \$600
- Radiesse, every 18 months, \$750; Sculptra, every two years, \$1,000
- Five to six fractional nonablative laser treatments, every two to four weeks, \$750 to \$1,500 each
- One fractional ablative laser treatment, \$1,500 to \$8,000 (depending on size of area treated)

night. The combination will improve the texture of the skin over several months. But deep wrinkles are caused in large part by a loss of volume in the tissue below the skin, which only injections of filler substances can restore. If you're open to fillers, I recommend either Radiesse or Sculptra. Radiesse is made of calcium-based beads that form a structure under the skin around which new collagen forms; it lasts up to 18 months. Sculptra is a form of synthetic lactic acid that triggers skin cells to make more collagen, and can last two years or a little more. Both need to be injected quite deeply, most often in the cheeks—volume loss in that area creates the deep wrinkles between the nose and the corners of the mouth. Hyaluronic acid fillers (like Restylane, Juvéderm, and Perlane) can also plump up deeper folds, but results last only about six months. If you're not ready for a big commitment, though, they're a good option. They're also the best choice for deeper lines around the mouth. (Sculptra and Radiesse can create bumps in that area.)

“To smooth more than just a few individual wrinkles, I would suggest a

DO YOUR HOMEWORK Your doctor should be certified by the American Board of Dermatology, the American Board of Plastic Surgery, or the American Board of Otolaryngology (if you're considering facial surgery). The law doesn't consider board certification mandatory to practice medicine—but, as a rule, we recommend that *you* do. The American Board of Medical Specialties' Web site (abms.org) lets you look up a doctor by name (for free) to find out which (if any) of these boards he or she is certified by. If you're considering getting injections or a laser treatment, you should also ask the doctor how many of these procedures he or she has performed. The answer should be at least in the hundreds, ideally in the thousands. —J.B.