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Alex Znaiden
Vaseline Research

Moisturize and nourish cracked skin

For years, treatments for dry skin have been based on a surprisingly simple theory: If you put a creamy film on the skin, less water will evaporate. Now, however, researchers have found a way to not only help prevent moisture loss from skin, but to help heal dry skin.

"We now have the technology to go beyond the current products and help the skin form a better moisture barrier of its own," explains Alex Znaiden, director of skincare at Vaseline Research.

Breakthroughs at Vaseline Research have triggered a new generation of moisturizers, body lotions and creams that offer exceptional benefits to skin.

Dermasil includes two topical essential fatty acids (EFAs) — linoleic acid (from sunflower oil) and gammalinolenic acid (from borage oil), as well as a patent-pending lipid system (comprised of cholesterol, phospholipid and stearic acid).

Virtually every body lotion and cream that fills your drugstore's shelves is based on the same two components: humectants (such as glycerin), which help the skin retain water by chemically attracting it; and occlusives (such as petroleum jelly), which trap moisture under the skin.

Dermasil goes far beyond this traditional two-component system for moisturizing. New findings led Vaseline Research to combine lipid and EFA technology with the traditional systems of humectants and occlusives. The result? A brand-new product that proved highly effective in treating dry skin, even among people suffering from severely dry skin.

In recent years, skin scientists discovered that dry skin is not just a matter of water loss, but a breakdown of the skin's moisture barrier — the layers of protective lipids that lie in the stratum corneum (the outermost region of the skin).

In a related discovery, it was noted that dry skin may also be due to a lack of EFAs, which are necessary for the skin to manufacture lipids. While these must be found in the diet, Vaseline Research scientists found that when EFA's were applied topically, they actually helped reduce dry-skin symptoms.

"Moisturizers are entering a new era. Instead of relying on the simple moisturization principles of the last 50 years, we're creating healthy skin from within."

—Metro Newspaper Service



Veggie down: Get a healthy serving of vegetables with a bowl of minestrone soup.

Vegetable soup: It's a winner

Vegetable-rich minestrone soup, a Mediterranean classic, is sure to be a favorite all year long. For a light lunch or dinner, try this quick version, served hot or cold, with slices of crusty bread.

To prepare All-Season Minestrone, follow these easy directions from Filippo Berio Olive Oil. You'll find that a food processor makes quick work of the slicing and chopping.

ALL-SEASON MINESTRONE

- ¼ cup olive oil
- ½ cup chopped onion
- ½ cup chopped fresh or canned tomatoes
- ½ cup chopped carrots
- 1 cup chopped green cabbage
- 1 cup chopped zucchini
- 4 cups water
- 3 green onions, chopped
- ½ cup diced, peeled potatoes
- ½ cup chopped fresh mushrooms
- Salt (optional)
- Black pepper to taste

Heat olive oil over medium heat in a large soup pot and saute onion until tender, about 4 minutes.

Add tomatoes, carrots, cabbage, zucchini, water, green onions, potatoes and mushrooms. Cover and cook at a gentle boil for 18 minutes, or until vegetables are tender.

Add salt (if desired), and pepper. Serve hot with a dollop of pesto or grated cheese (if desired). Or, let cool, chill and serve cold.

—Metro Newspaper Service

Know truth about blood supply

Almost 4 million Americans receive blood transfusions every year. And every day in this country, there is a need for about 40,000 units of blood.

While a single blood donation can help several patients, many Americans fear rolling up their sleeves and donating because of misconceptions about the blood supply. Or they worry that getting a blood transfusion somehow puts them at risk.

The American Association of Blood Banks would like to test your knowledge about the nation's blood supply:

True or False: The national's blood supply is safe.

True. America's blood supply is safer than ever before. Every single unit of donated blood undergoes eight different screening tests for evidence of AIDS, hepatitis, syphilis and other

diseases. Thanks to rigorous screening of blood donors and sophisticated testing, the risk of getting unsafe blood from a transfusion is extremely low.

True or False: You can't get AIDS from giving blood.

True. The risk of getting AIDS — or any other disease — from giving blood is zero, because a new, sterile needle is used for each donation and then destroyed.

True or False: Getting a blood transfusion is a risky procedure.

False. If medically necessary, the risks of not receiving blood during surgery or during cancer treatments far outweigh the risks of getting a transfusion. In fact, many activities carry greater risks than a transfusion — such as driving a car, having the required surgery or undergoing anesthesia.

True or False: Modern science has been able to replace human blood with

artificial or animal blood.

False. At the present time, there are no manufactured substitutes for human blood.

True or False: There is no choice other than to receive an unknown donor's blood.

False. You may serve as your own donor in some situations. If, for instance, you know you will be having surgery, your blood may be collected and stored before the operation. Or with the use of special equipment, your own blood may be recycled during surgery.

True or False: Giving blood is a simple process.

True. The actual donation time usually only takes about 10 minutes. The entire process, from giving your medical history to enjoying a snack after donating, takes only about 45 minutes.

— News USA