

Young-looking skin requires care

Dear Jo:
All my life I have been told I have beautiful skin. How can I keep it that way?

Mrs. J. V.
40 Plus (Younger) Reader

Dear Mrs. V.:
You're very fortunate to have beautiful skin. Here are seven suggestions on how to keep it that way:

- Avoid excessive sun exposure; never sunbathe.
- Use a sunscreen of SPF 15 when going into the sun.
- Stay out of tanning studios.
- Avoid unnecessary squinting by wearing large sunglasses, avoid skin-stretching habits such as excessive rubbing of the eyes and eye area.

gerontology
A. Jolayne Farrell

sive rubbing of the eyes and eye area.

- Never smoke.
- Keep your face cleansed and moisturized.
- Speak to your dermatologist about using Retin-A.

Dear Jo:
What can be done about pendulous breasts? I find them not only unat-

tractive but downright uncomfortable.

Mrs. S. P.
Detroit Reader

Dear Mrs. P.:
Pendulous breasts can be made more attractive and less uncomfortable through mastopexy — breast lift. This surgical procedure contours and raises sagging, loose and pendulous breasts that have lost volume and elasticity over the years. In this operation, the surgeon es-

entially draws the entire breast up into the top half of the skin by eliminating the skin on the underside of the breast and sutures it together. In most cases the nipple can be moved. For those who have minimal sagging, a much more modified procedure is used.

Learn to lower cholesterol

A cholesterol education class offered by the Oakland County Health Division is scheduled 7-9 p.m. on three Wednesdays starting Oct. 25 at its Southfield office, Greenfield and Catalpa.


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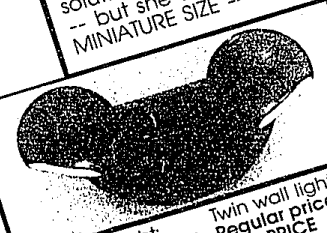
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