

“Most damage on skin comes before you’re 18. Sun can be your skin’s worst enemy.”

—DR. GARY HALL, RAJEUNIR MEDICAL SPA

ENDLESS SUMMER

THE SUN GIVETH,
AND THE SUN
TAKETH AWAY
— IT’S TIME TO
HEAL YOUR BODY
AFTER A SEASON
OUTDOORS

BY COLLEEN COOKE

Summer is a happy metaphor – shorthand for beach chairs, afternoon naps, vacations and baseball games.

In reality, a lazy summer by the beach is probably a myth, especially for those of us stuck at the office, nowhere near a beach in the middle of the country. Most of us must steal our bits of summer. If we’re lucky, we can sneak away for a week of vacation, but inevitably we return exhausted after rushing around photographing Mount Rushmore from every angle.

If you were able to capture some summer – a tan, the outfits, the pool – the bill has come due now that the days have shortened. The reality of summer’s effects on the body appears just as that hard-fought tan starts to fade. And it’s not just the return of the pale you – it’s the chlorine-stripped dry hair and skin, split ends, a lingering ache in your feet, a patch of stubborn freckles on your chest.

Now’s the time to make some repairs to your skin, hair and feet so you can let the summer linger gracefully on your body for a few weeks more.



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ENDLESS SUMMER

SKIN CARE & SKIN REPAIR

JUST AS CHLORINE CAN STRIP YOUR HAIR OF MOISTURE, THE CHEMICAL CAN ALTER THE OIL AND MINERAL BALANCE OF YOUR SKIN CELLS. THIS LEAVES YOU WITH DEAD CELLS, DRY, PEELING SKIN AND AN OVERLY SHINY FACE.

PROBLEM: PHOTOAGING

It's not really fair: A good suntan can both make you look healthy and can also boost your vitamin D levels. But, as with anything, too much sun can have drastic effects on not only your health, but also on your looks. When you see someone with premature wrinkles and coarse, leathery skin, the culprit is photoaging.

Photoaging is a slow process and takes several years before you really start to see the visible effects. If you're already seeing some skin discoloration or if wrinkles are making you look older than you are, you can start minimizing those effects with locally available non-invasive procedures and products.

SOLUTIONS

Rajeunir Medical Spa, with locations in Leawood, Lee's Summit and the northland, offers a wide variety of cosmetic procedures that result in little to no social downtime. While surgery might leave you with weeks of healing time, Dr. Gary Hall with Rajeunir says some of the medical spa's offerings can be performed on your lunch break.



WHEN YOU'VE GOTTEN TOO MUCH SUN
Aveda's Calming Body Cleanser
from Par Exsalonce

"This will purify and condition your body with a calming and cooling blend of aloe vera and witch hazel extracts," Scida says.



FOR WRINKLES AND SUN DAMAGE
Obagi's Condition and Enhance Kit
from Rajeunir

"This is a great post-summer kit," Ferrara says.



SELF-TANNING CREAM
Aveda's Sun Source
from Par Exsalonce

Creates a natural-looking color in two to three hours.



ORGANIC OPTION
Rosey Plum moisturizer
from realorganicskin.com

Made with rose seed oil, which helps maturing and dry skin. It's a light cream that won't clog your pores as it does its work.



YEAR-ROUND SUN BLOCK
Obagi's Healthy Skin Protection
from Rajeunir

Contains micronized zinc oxide in a clear application – an ingredient that's key for true blockage of the sun



ERASE DEAD SKIN
Obagi Tretinoin Serum
from Rajeunir

A prescription-strength exfoliant that helps restore vitamin A, which plumps your skin

PROBLEM: PERSISTENT OR UNEVEN FRECKLING SOLUTION: INTENSE PULSED LIGHT

IPL – or photo facial – targets color on your skin, which is usually caused by an increase in melanin.

"Melanin is the body's way of protecting itself," Dr. Hall says. "A tan is a collection of extra melanin that's protecting your tissue."

IPL will cause the brown spots on your skin to darken two to three shades for a day or so before sloughing off your skin the way sunburned skin eventually peels away. It typically involves a series of one to five treatments, which can cost \$300 to \$5,000, depending on the extent of the area to be treated.

AT-HOME SOLUTION: SALON PRODUCTS

If you're not ready for minimally invasive procedures, your first step can be with high-grade at-home products. The key to a successful skin care regimen is to first exfoliate to remove damaged skin, then to moisturize with vitamin-enriched products, followed always by year-round protection from a good sunblock.

"If you're going to make an investment in a skin care product, make it in sunblock" says Anna Ferrara, a skin specialist at Rajeunir Medical Spa.

The Obagi product line available at Rajeunir is a medical grade skin care line. Products average \$60-\$90 and last three-four months.

PROBLEM: FINE LINES AND CROW'S FEET SOLUTION: FRACTIONAL SKIN RESURFACING

While a traditional skin resurfacing can leave you more socially inactive – thanks to its "scorch the earth" effect, Dr. Hall says – fractional skin resurfacing removes just a portion of the epidermis. You will likely experience rawness and redness, but only for a couple of days. Dr. Hall says it's best to treat those fine lines over time.

"The only way to repair these things is on a long-term basis," he says.

The treatment can cost \$300-\$500 depending on the area to be treated, or \$750-\$1,000 for a full face treatment.

NATURAL SOLUTION: ORGANIC PRODUCTS

Stephanie Simkins produces the Kansas City-based Skin Inc. product line in small batches using only natural ingredients – and her products have been featured on www.skindeep.com, which rates the true organic nature of products.

"When you are in need of healing lotions, it's much better to go with natural ingredients," she says. "You don't want to put chemicals on already damaged skin because it will just dry it out more."

Her products are available locally or through her Web site: www.realorganicskin.com.

ENDLESS SUMMER

HAIR REPAIR

SUMMER SUN CAN DO REMARKABLE THINGS TO YOUR HAIR, ADDING NATURAL HIGHLIGHTS AND GIVING LIFE TO YOUR SHADE. BUT ALL THAT TIME IN THE POOL ALSO LEADS TO SPLIT ENDS AND SERIOUSLY DRIED OUT LOCKS.

Chlorine strips hair of its natural lubricant, called sebum. Without that sebum, your hair becomes less shiny and the ends crack and split.

So, if you've spent your summer in the pool, you're going to need some repairs. For starters, go easy on the styling. Avoid the heat of curling irons and the additional chemicals of dye.

"We see a lot of people with summer damage coming in," said Shannon Besfamilny at Rostik Salon in Overland Park. "Color will fade much sooner after the summer, sometimes to a much different result."

To combat split ends, you'll need to trim at least an inch or so. And it wouldn't hurt to splurge a little on a special conditioning treatment while you're at the salon.

Besfamilny uses Pureology's Nano Works restorative hair treatment to instantly transform damaged hair.

"It's like night and day when you put it on," she says. "Split ends and damage are less visible right away."

Ann Scida at Par Exsalonce in Overland Park recommends an overall treatment for hair and scalp to deal with summer damage. One popular treatment at Par Exsalonce is the botanical hair and scalp therapy, which Scida calls a "facial for your hair."

"Your hair is repaired with a botanically based treatment that improves the hair's condition by up to 71 percent," Scida said.

FOR DRY HAIR
Aveda's Dry Remedy System
from Par Exsalonce

Includes shampoo, conditioner and moisturizing treatment masque. "This drenches even the driest, most brittle hair with moisture, leaving it soft and touchable," Scida says.



FOR CHLORINE DAMAGE
Pureology's Purify system
- shampoo, conditioner and spray-on treatment
from Rostik Salon

The green line from Pureology adds significant moisture to chlorine-stripped follicles.



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ENDLESS SUMMER

BEST FOOT FORWARD

OUR FEET TAKE THE BRUNT OF OUR ABUSE, NO MATTER WHAT THE SEASON, BUT IT GETS DOUBLY WORSE AFTER SUMMER.

Chlorine dries out your skin, those barefoot strolls roughen up things, and your flip-flops are wreaking havoc on your feet. Of course, that doesn't stop us from wearing sandals, so what to do about it?

Podiatrists recommend striking a good balance between sandal days and footwear with more support built in.

"Peak times for symptoms center around summer because people are wearing less substantial footwear," says Dr. Mitchell Dorris, D.P.M. "It's not that the shoes are bad – the problem is in the foot."

If you notice long-term pain – particularly in the heel – ask a podiatrist about whether you need specially made inserts to deal with plantar fasciitis, which is inflammation of the connective tissue that supports the arch of the foot.

To treat the resulting pain in your heel, you need to give your feet more protection against gravity, which usually comes from some sort of shoe insert. The more damage in the foot, the more rigid – and more customized – the insert needs to be.

So, don't throw away those cute strappy sandals or perfectly broken-in flip-flops just yet. But make sure you don't skimp on the footcare follow-through.

FOOT PAIN SOLUTIONS

Minor, temporary pain

First, eliminate the source of the pain, which could mean wearing more supportive footwear or giving your feet a break for a while. Dr. Dorris also recommends treating pain with anti-inflammatory medication such as Advil or Aleve, plus some weight-bearing stretches. You can also roll a tennis ball under your foot to stretch out the tendon, or do a classic Achilles tendon stretch by leaning against a wall with one leg stretched out behind you.

Long-term heel pain

Over time the plantar fascia tissues running along the length of your foot lose their shape, thanks to the forces of gravity, creating pain in your heel especially when you first wake up. A podiatrist can create hard plastic inserts molded to shape of your feet to provide the support your feet need. Inserts typically cost about \$300. "The price hasn't changed much in 15 years," Dr. Dorris says. "Economically, it makes sense."

Surgical option

If you're still experiencing pain, you could consider surgery as a last resort. A surgeon will cut part of the fascia to release the plantar and let it heal. "The overwhelming majority of people get better with some kind of orthotic control," Dr. Dorris says.

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