



The Wrinkle Report

Top skin docs claim high-tech skin-care advances (no scalpel required) have rendered wrinkles obsolete. We deliver the real story—and help you iron out the creases. BY NANCY RONES

Have you noticed that more and more mothers and daughters could pass for sisters these days? Considering the recent advances in wrinkle-fighting procedures and cosmeceutical products, it probably isn't just good genes at play. "In the past three years there's been a boom in skin-rejuvenation therapies that slow down and reverse the signs of aging," says Dr. Gregory Nikolaidis, M.D., cosmetic dermatologist at Westlake Dermatology and Cosmetic Surgery in Austin, Texas. Plus, with less-

invasive nonsurgical cosmetic procedures, quicker recovery times, and more in-office and over-the-counter offerings, adults of all ages are being lured by the promise of smoother, youthful skin.

Aging and sun exposure are the culprits responsible for most creases, says Dr. Nikolaidis. Over time both factors weaken the supporting tissue in the skin's dermis, which is made up of collagen and elastin, leaving you with thinner, less pliable skin. Before you attempt to remedy wrinkles with topical products or pricey treatments, seek out a dermatologist's advice, particularly if you suffer from a condition (such as rosacea, acne, or sensitive skin) that could be aggravated by such treatments.

GET GLOWING

Exercise improves your skin tone by increasing testosterone, which in turn builds up collagen.

(cont. on page 26)

(cont. from page 24)

SELF-SERVICE

You can now find gentler versions of wrinkle treatments that dermatologists are using in-office—and at a fraction of the price—at your local drugstore. You can soften fine lines with microdermabrasion kits and glycolic acid peels. Both treatments remove dull, damaged cells on the outer layers of skin to expose fresh, younger-looking skin. Try L'Oréal Paris's ReFinish Micro-Dermabrasion Kit (\$24.99, lorealderm.com). "Compared with in-office therapies, you're getting much lower concentrations of active ingredients, but these treatments are great for sprucing up your skin," says Dr. Nikolaidis.

BUYER BEWARE Even over-the-counter products can increase skin sensitivity and cause redness. Also, if you have a darker complexion, check with your derm before using any of these products, as they can cause fading or discoloration of the skin.

Another over-the-counter trend: Formulas containing high levels of antioxidants, which protect the cells from ultraviolet (UV) damage. Joining the "older" vitamin A (retinol) creams are products that team up vitamins C and E. The new antioxidant

AN EGGS-CELLENT HABIT

A breakfast that includes protein-rich foods (like eggs) will help keep skin strong—and less wrinkle prone. Why? Skin-pumping collagen is made of protein.

that's receiving the nod of derms is Prevage (idebenone). The cream, available without a prescription, is sold in physicians' offices (\$115, prevage.com). Research done at the University of California, San Francisco, found that idebenone offers more protection from skin-damaging free radicals than other antioxidants (including vitamins C and E).

Looking to diminish stretch marks? Dr. Nikolaidis and other physicians have been impressed by StriVectin-SD (\$135, strivectin.com). It contains the peptide Matrixyl, which is believed to increase collagen production. (Many drugstore anti-aging formulas, such as the Olay Regenerist skin-care line, contain peptides, but Dr. Nikolaidis says he has seen the best results with StriVectin, which also lightens dark undereye circles.) **BUYER BEWARE** Because StriVectin is a thick cream, it can cause acne-prone skin to break out.

TIME FOR AN EXPERT

Whether it's plumping or tightening you're in search of, a dermatologist can offer a personalized solution. With an ever-increasing anti-aging toolbox, your derm is likely to suggest a combination of therapies to address your concerns.

Botox, which uses a purified protein (botulinum toxin) to relax facial muscles via injections, has become a household name—at \$300 to \$400 a pop, it's the most-performed nonsurgical cosmetic procedure in the United States. There are a number of

(cont. on page 28)



WASH YOUR FACE | Before applying anti-aging potions, use a gentle cleanser to remove dirt and excess oil, which act as barriers and can make a product less effective.

DETROL® LA tolterodine tartrate extended release capsules

Pharmacia & Upjohn

This summary contains important information about DETROL LA. It is not meant to take the place of discussions with your doctor and it cannot replace your doctor's advice. Only your doctor can assess the benefits and risks to decide if DETROL LA is right for you. Talk to your doctor or pharmacist or other prescribing healthcare professional if you do not understand any of this information or if you want to learn more about DETROL LA.

What are DETROL® LA Capsules used for?

DETROL LA Capsules are used to treat a condition called overactive bladder. Patients with overactive bladder have these symptoms: urinary urgency (a strong and sudden desire to urinate), frequent urinations day and night, and urge incontinence (accidental loss of urine caused by a sudden and unstoppable urge to urinate).

What is an overactive bladder?

An overactive bladder is a term for involuntary contractions of the bladder muscle (detrusor).

How does DETROL® LA work?

DETROL LA blocks contractions of the bladder muscle.

What will DETROL® LA do for me?

In a study of patients with an overactive bladder, DETROL LA reduced the number of wetting accidents and urinations, and increased the amount voided per urination compared with placebo (sugar pill).

Who should not use DETROL® LA?

DETROL LA should not be used by patients with:

- urinary retention (inability to empty the bladder)
- gastric retention (delayed emptying of the stomach)
- uncontrolled narrow-angle glaucoma

• a history of any unusual or allergic reaction to DETROL LA

What are the precautions associated with use of DETROL® LA?

DETROL LA should be used with caution by patients with any of the following conditions: significant bladder outflow blockage (slow urinary stream), because of the risk of urinary retention; gastrointestinal blockage disorders, such as pyloric stenosis (a narrowing of the opening where the stomach empties into the small intestine), because of the risk of gastric retention; narrow-angle glaucoma that is being treated; and liver or kidney disease. For patients with liver disease or kidney disease the recommended dose is 2 mg daily. Medicines like DETROL LA may cause blurred vision. See also, "Can I take DETROL LA while taking other medicines?" (below). It is not known whether taking DETROL LA will affect the results of laboratory tests you may undergo for other reasons.

In special studies conducted in animals and/or test tubes, the active ingredient in DETROL LA did not cause an increase in tumors, genetic changes, or changes in fertility.

Can I take DETROL® LA if I am pregnant or nursing?

DETROL LA has not been studied in pregnant women. Therefore, DETROL LA should be used during pregnancy only if the potential benefit for the mother justifies the potential risk for the unborn baby. It is not known whether the active ingredient in DETROL LA passes into human milk. Therefore, mothers who breast-feed should stop taking DETROL LA until they are no longer nursing.

Can DETROL® LA be used by children?

DETROL LA has not been studied in children.

Can DETROL® LA be used by elderly patients?

No differences were seen in safety between older and younger patients taking DETROL LA in clinical studies.

Can I take DETROL® LA while taking other medicines?

As with all prescription medicines, before you take DETROL LA, it is important for your healthcare professional to know if you are taking any other medicines. Be sure to mention those that you can buy without a prescription, especially cough/cold medicines, which may also affect urination. For patients taking certain medicines (like erythromycin, Biaxin* [clarithromycin], Sporanox* [itraconazole], Nizoral* [ketoconazole], Neoral* and Sandimmune* [cyclosporine], Velban* [vinblastine], and miconazole), the recommended dose of DETROL LA is 2 mg daily.

What are the most common side effects of DETROL® LA?

Dry mouth was the most common side effect during 12 weeks of treatment with DETROL LA (reported by 23% of those taking 2 mg daily compared with 8% of those taking a placebo [sugar pill]). Other common side effects related to DETROL LA were headache, constipation, and abdominal pain.

What other side effects have been reported?

The following events were reported by at least 1% of patients treated with DETROL LA for 12 weeks but may or may not have been caused by DETROL LA: fatigue, dizziness, dyspepsia (indigestion), xerophthalmia (dry eyes), abnormal vision, somnolence (sleepiness), anxiety, sinusitis, and dysuria (painful urination).

How should I take DETROL® LA?

The recommended dose of DETROL LA is 4 mg daily. DETROL LA should be taken once daily with liquids and swallowed whole. The dose may be lowered to 2 mg daily, if needed. For patients with liver or kidney disease and those taking certain medicines (like erythromycin, Biaxin*, Sporanox*, Nizoral*, Neoral*, Sandimmune*, Velban*, and miconazole), the recommended dose of DETROL LA is 2 mg daily.

Rx only.

US Patent No. 5,382,600

Manufactured for:
Pharmacia & Upjohn Company
Kalamazoo, MI 49001, USA

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(cont. from page 26)

newer treatments competing for the headlines, however. For example, Restylane (about \$500 a treatment), a line filler made of hyaluronic acid, is designed to plump up the skin (it works best on skin around the mouth and cheeks), making lines less visible for about 9 months. **BUYER BEWARE** Restylane users will experience redness immediately after the injection, plus swelling for a few days; some users develop acne-like bumps that last a few weeks. The injections themselves can be painful, especially if performed around the lip area, since the product doesn't contain an anesthetic.

A WRINKLE-FREE POUT?

As skin ages, so do the lips—making lipstick bleeding a problem from the mid-30s on up (it's especially bad for smokers). Makeup artists recommend applying lipstick to upper and lower lips, followed by a clear gloss on the lower lip only, to make the lips appear fuller. Seeking higher-tech help? Consider PlumpLips Lip Plumper, which uses a muscle relaxant to smooth out wrinkles and create fullness (\$40, freeze247.com).

Another popular nonsurgical skin renewer is Sculptra, which gradually stimulates your body's own collagen production. Similar to Restylane, Sculptra (about \$1,200 a session), also known as the liquid face-lift, can be injected into any part of the face. It takes a few weeks for the effects to kick in fully, but results can last 2 years or more.

Two new products, Thermage and Titan, offer hope to those with loose skin around the neck or jowl area. Known as the turkey neck, this condition is common if you lose weight in your 40s and 50s, when skin doesn't have enough collagen to "bounce back" after the weight loss. Thermage uses radio-frequency technology; Titan (\$1,600 to \$2,000 per treatment) enlists an infrared-light source. Both cause existing collagen to contract, producing smoother skin, with the bonus of stimulating new collagen production for long-term results.

BUYER BEWARE Thermage and Titan may cause temporary swelling and redness. Also, Titan is currently being used "off label," meaning that the FDA has approved its use for relieving minor muscle pain but not for treating wrinkles. ■