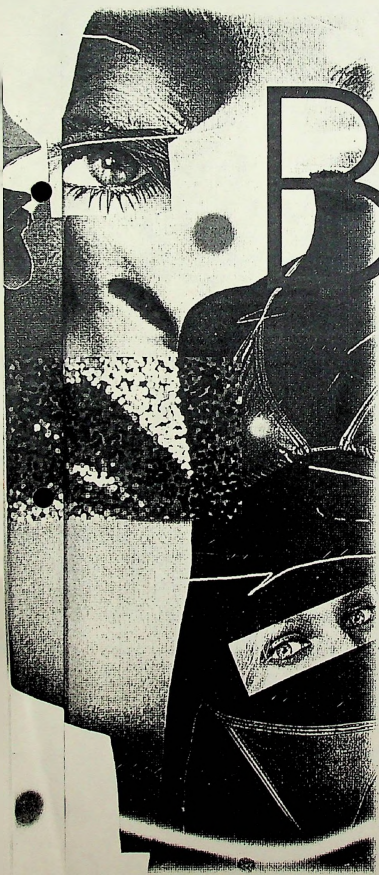


FEMINA: APRIL 15, 1997.

## COVER STORY



# BODY

## OBSESSION!

### THE PROS, CONS AND CHOICES OF COSMETIC SURGERY

**C**OSMETIC surgery is not gentle. It's about cutting, slicing, gouging, grasping, pulling, blood, bruising and plastic drains left poking out of wounds to allow fluids to escape from the body after an operation. "Somewhere along the line the bizarre, scary, degrading practice of surgery on normal women gained respectability from the media and writers such as Dr. Miriam Stoppard."

So wrote Australian writer Kaz Cooke in her book 'Real Gorgeous' (Allen & Unwin), a scathing view of the pursuit of beauty.

No, most of us are not blasé about plastic surgery. We'd rather try stomach crunches before considering liposculpture, or splather on alpha hydroxy acid (AHA) cream before rushing for a chemical peel.

Even so, there are some bits we must admit nothing but the knife will improve. Those saddlebags inherited from grandma, for instance. And if you're flat-chested, we've yet to hear of a cream that'll help you!

The science of plastic surgery is so advanced that almost anything is possible. Most women opting for it begin with simple operations, like to straighten their noses. If they like what they see, they go on to improve other bits. One surgeon tells of a nondescript bank teller who envied her glamorous customers. She had her eyes reshaped, breasts augmented and bulges liposculpted. Then, she chucked her bank job to become a successful public relations officer! Her doctor says,

"If you think plastic surgery will make you confident, fine. But if you're doing it to keep your husband from straying, forget it."

And you can feel confident about almost any part of your body today. But here are the popular ones (and their pitfalls):

## EYES RIGHT!

To most of us, beautiful eyes are big and almond-shaped. A prominent plastic surgeon says, "We tell patients it's not always possible to recreate somebody else's eyes for them. We can only augment what you already have."

The youngest patient one doctor had was a 12-year-old girl—she too wanted long, doe-shaped eyes, like her friends. But most patients are more realistic. They might admire Aishwarya Rai's eyes, but they know theirs will never look like hers.

Older women usually want to smoothen out lines, remove fat and tighten loose skin that makes eyes look baggy and droopy. Called blepharoplasty, this is done by removing fat and excess skin from incisions made in the natural fold of the upper lid and just below the lashes of the lower lid. A

● **Staple** is put on for a week to prevent infections. Bandaging has to be done regularly and care should be taken that the area doesn't get wet. The sutures are removed after a week.

### WATCH OUT!

● **Uncontrolled** bleeding may lead to a blood clot. If severe, this can compress the eyeball and result in visual problems.

● **Infection** is a danger patients face when they go to beauticians who, doctors feel, are still doing what only doctors should

● **cutting and stitching.**

## WHO NOSE BEST?

In the '70s, American women wanted perky, cute noses. Now, the classic Paulina Porizkova and Grace Kelly profiles are more fashionable.

Incisions are made inside the nostrils to reduce the width of the nose. The profile is then shaved or cut to form a narrower bridge. Asian noses, generally, need building up—a silicone implant is inserted to create a bridge and raise the nose. Or a piece of the patient's own cartilage or bone is grafted on. The nose is packed with gauze to retain its shape. You might have to visit the hospital every alternate day for removal and refitting of the plaster. And don't be afraid if you find yourself breathing through your mouth! You won't be able to tell how your new nose will look until at least four months after surgery (when all the swelling is gone).

### WATCH OUT!

● **Bone thickening:** Bone that is filed or cut may thicken,

but it's impossible to tell by how much. Some patients even need follow-up surgery to trim excess thickening after healing.

● **Heavy bleeding** is bad news. It's normal for a little blood or discharge to ooze out of your nose for a few days after the operation. Anything more needs your doctor's attention.

● **You will have to bear with the discomfort of blue-black eyes and a stuffy nose.**

## BIGGER OR BUST

Breast implants faced so much bad press a few years ago that the busiest surgeons went from doing two breast augmentations a week to barely one a month. Now that the scare has died down, the numbers have risen to one per week.

The silicone implant scare, doctors aver, is 'the great American hoax'. There has been no evidence of silicone giving rise to cancer. And silicone is used in testicular implants and sutures, and also in coating surgical sutures. So, they argue: Why did the US Food and Drug Administration (FDA) concentrate on (panning) silicone breast implants?

American defenders of silicone implants also ask why the

FDA has not recalled other silicone devices like artificial joints (which make up the largest use of silicone in the body) and pacemakers. Canadian plastic surgeon Lloyd Carlsen in an interview in 'Allure' (a magazine), said, "A diabetic, taking one insulin injection a day for over 20 years, will have introduced as much silicone into her body as a patient with a ruptured gel implant."

But the FDA still prohibits silicone breast implants for cosmetic surgery until more studies prove its efficiency.

In Singapore, the problem isn't so much silicone implants as silicone injections (administered by unqualified people). Injected silicone turns into rock hard lumps, which are difficult to check for cancer and may hurt. Sometimes, in doing away with them, the breast itself has to be removed!

Usually a four-hour procedure, it takes about two weeks for the pain to subside. During this time, the breast is bandaged. Sutures can be removed after a week, though the area remains quite tender. The patient needs to take rest.

### Saline, silicone or vegetable?

Although doctors say patients can choose either saline or silicone, they recommend silicone, agreeing with the woman who said, "Saline breasts feel like water balloons."

Besides, silicone has been in use for over 30 years now. And doctors are reasonably confident of results. The third alternative is a vegetable oil implant, but doctors hesitate to use it until more research proves its efficiency.

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#### WATCH OUT!

\* **Capsular contracture:** Your breasts may harden if a thick, fibrous tissue forms around them. Newer implants, however, have a textured surface, resulting in less hardening. Some doctors prefer to put implants under the muscle — this helps reduce capsule formation; the muscle layer protects implants and helps mask any irregularity.

\* **Leaking:** Implants sometimes leak. Often, the gel remains within the fibrous capsule that develops naturally around the implant. But if the capsule tears (due to injury), the silicone may move beyond the breast, forming lumps (which must be removed). Saline implants are more likely to leak over time.

\* **Mammograms are difficult:** Implants are opaque to X-rays. So, it's difficult to monitor the underlying breast tissue. For mammography purposes, it is better that the implant be under, rather than over, the chest wall muscle.

#### FAT HOPES!

Liposculpture involves the insertion of a cannula (a thin, hollow metal tube) through a small incision in the skin, through which the fat is sucked away. The procedure allows you to thin just about any part — chin or cheeks, even regular fat areas like the tummy and thighs! It's about spot trimming, rather than all-round slimming.

\* **When you diet, your fat cells shrink, lying in wait to fill up again when you overeat.** Liposculpture removes fat cells, including the genetically determined ones, which dieting doesn't reduce. But liposculpture doesn't make you thin for life. Undergoing one still means you have to be disciplined and watch your weight!

#### WATCH OUT!

\* **Traditional liposculpture results in so much blood loss that some patients require blood transfusions.** Most doctors now recommend tumescent liposculpture: The area to be treated is injected with a special solution to make the fatty tissue tumesce (or swell up). This solution numbs the area and shrinks capillaries, minimising blood loss.

\* **Going too deep:** A surgeon has to be careful not to go deeper than the fat layer. If the cannula goes through the muscle of, say, the tummy, the intestines could get punctured.

\* **Scarring is, generally, minimal but if your skin is flaccid, you could end up with dimpling.** The ideal candidate for liposculpture would be under 50 with good skin tone.

\* **Liposculpture on your abdomen and hips requires wearing a girdle for about three weeks after surgery.**

#### IRONING OUT WRINKLES

There are two ways to get at wrinkles: Plump them up

temporarily with collagen or peel them away.

Collagen is the fibrous protein that holds our skin, bones, blood vessels and tendons together. With age, collagen weakens, resulting in everything from loose skin to lax bowels.

To correct wrinkles (caused due to weakening of collagen), doctors inject the protein (from specially bred cows) into the skin to fill out acne scars, lip lines, crow's feet and frown or smile lines.

Some doctors prefer using the patient's own fat (instead of collagen). One's own fat is likely to stay longer than collagen. This can be extracted from a number of places — the hips, for instance. Fat is also used to smoothen wrinkled hands.

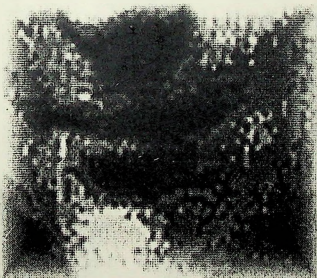
#### WATCH OUT!

\* **Collagen treatment is expensive** (as much as Rs. 21,000 for one cubic centimetre of collagen, which disappears in six to nine months). Which means you will need to go in for the process repeatedly.

\* **You need a high pain threshold.** The needle used for injecting fat is huge because fat cells are big. And if your surgeon is inexperienced or the area hasn't been kneaded properly, the fat won't be well distributed, leaving you with bumpy skin.

You can also try chemical peels, which are used for refreshing dull complexions to diminishing wrinkles. (See 'PEEL 'EM OFF!')

\* **Deep chemical peels are serious business.** Expect almost unbearable stinging, burning pain and a swollen face. Also, the pigmentation of your face will never match your body. Besides, you'll have to stay out of the sun — forever, if possible.



#### GETTING A FACE LIFT

A face lift involves more than just pulling up or removing loose skin. Surgeons now go below the skin, remove fat and pull together tissue, to create a sculpted look you weren't born with!

You can have a lower face lift to smooth away jowls, and the loose skin around your neck and mouth. In the process, the fat is sucked out from under your chin, and the skin is pulled up through cuts at the hairline area near the ears. A brow or coronal lift clears furrows on your forehead or corrects drooping eyelids. This is done by an incision on your scalp, through which the skin from the forehead and scalp is pulled up and trimmed.

Scarring is considerably reduced with an endoscopic face lift. Here, an endoscope is inserted through a small cut, which enables the surgeon to work more easily. So, instead of a cut

as long as a hairband (for a forehead lift), three to five small cuts are made. But you need to ask your doctor whether this will work for you. If you have baggy skin, a traditional face lift would be better.

#### WATCH OUT!

\* **A too-tight face lift:** There are some horror stories like that of the woman whose face lift left her with a permanent grin!

\* **Be prepared to look a fright right after surgery.** You'll start looking near normal only after the swelling goes down (about three or four weeks after surgery). The cheek areas in front of your ears and the sides of your neck will be numb for months. A brow lift will leave your head feeling squeezed — hell for women prone to migraines! You'll also have less hair and lots of stitches — so no lifting anything heavy!

### SAVE FACE WITHOUT SURGERY

Attempting to resurface the skin (as opposed to lifting)

presents its own potential pitfalls. Chemical peels, for instance, can leave the skin with hyperpigmentation or a slightly artificial, white and waxy appearance. Dermabrasion is the epidermal equivalent of being sand-blasted with a Black & Decker power tool!

But there's hope yet! Avoiding the inevitable effects of ageing does not necessarily mean resorting to the knife. Some of the easy ways:

### LASER RESURFACING

Dr. Saul Braun, a plastic and reconstructive surgeon, says that laser

resurfacing is one of most exciting recent breakthroughs in the field. Previously, lasers (not to be confused with the beauticians' soft laser) were sensitive to pigments and better suited for the removal of skin marks and blemishes like birthmarks and tattoos.

The newest software-controlled carbon dioxide laser vaporises skin cells without affecting adjacent cells. It also rejuvenates ageing skin by tightening or shrinking the collagen and encouraging new collagen formation in the dermis.

The plastic surgeon regulates the depth of penetration into the cell, layer by layer, within a fraction of a millimetre. This means the laser can be used to treat the most delicate of facial areas.

One benefit of laser treatment is that it can be performed under local anaesthesia, which reduces health risks considerably. The treatment is swift and accurate because the surgeon can see exactly what he is doing — there is no blood to cloud the image, as in the case of conventional surgery.

As this treatment is new, no fixed price ranges are available as yet, but estimated costs are put at between Rs. 22,500 and Rs. 27,000 (for the whole face).

#### WATCH OUT!

\* **Lengthy recuperation:** Laser treatment is definitely no quick fix. Results are instantaneous but recuperation can be lengthy. In most cases, the skin is red and very sensitive for up to two months!

As with all radical skin therapies, laser treatment can cause deep scarring, if not performed correctly. So, look for a plastic surgeon who has the relevant experience.

### PEEL 'EM OFF!

Chemical peels have launched a new era in retexturing — the process removes the superficial layers of the skin chemically, improving its texture. Thus, the skin looks softer and radiant, though the procedure doesn't remove wrinkles.

But be very cautious when you decide to have a peel. Make

sure you know exactly what side effects to anticipate.

Peels fall into three basic categories, depending on the kind of solution used and its depth. Peels consist of glycolic and lactic acids, both alpha hydroxy acids (the least complicated chemicals), and are available in concentrations from about 10 per cent in salons and up to 70 per cent at a clinic. Most salons use them to improve dry skin, dull complexions and acne.

**THE SUPERFICIAL PEEL:** In some cases, fine lines can be diminished, although drastic results,

like removal of pitted scars or deep wrinkles, should not be expected. Your skin will tingle during the procedure, but, usually, it's painless. After a few days of dryness, the improvement will be quite evident: The pores will be less visible and pigmentation marks seem lighter.

You can have a monthly lunch-time peels and keep your skin clear with a glycolic acid lotion.

#### WATCH OUT!

When higher percentage concentrations are used, cases of light scarring may occur and your skin could become hypersensitive to sun. So, sunscreen is a must thereafter.

**THE MEDIUM PEEL:** Using trichloroacetic acid (TCA) in 20 or 35 per cent concentrations is considered a medical procedure. An oral sedative is very often needed to dull the burning sensation. Once the peel has been completed, the skin needs to be cooled with compresses. Wrinkles are (supposedly) diminished and pigmentation is lightened. In some cases, depending on the potency of the concentration, the skin can blister and form scales. The healing process takes



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two to six weeks, although you should be able to wear make-up after about one.

#### WATCH OUT!

Sunscreen is absolutely essential. You could be permanently scarred and hyper-pigmented.

**THE DEEP PEEL:** Phenol, a component of the disinfectant carbolic acid, is used in concentrations of upto 88 per cent. A general anaesthetic is sometimes prescribed because the procedure is so painful!

Phenol is so toxic and penetrates so deep that you'll have to take a couple of weeks off from work until the redness and scabs go away! In fact, because this treatment is so toxic, the patient is hooked onto a heart monitor in the event of heart palpitations. Being a risky procedure, it's not advisable for people who suffer from heart, kidney or liver conditions.

Remember also that you may not be able to go out for two weeks after the operation. The skin whitens at first, then reddens, eventually forming scabs, which can be covered with make-up. One phenol peel should last you a lifetime.

### INJECTIONS

In the search for youthful skin, people resort to drastic measures to achieve results that last as temporarily as for four to five months. Botox, a purified strain of botulinum toxin (a neurotoxic similar to what you might find in contaminated foodstuffs) is injected into certain facial muscles to paralyse them into a more youthful, line-free look.

Originally developed to correct squints, doctors noticed that the wrinkles around the eyes appeared soothed and relaxed after its use. Subsequently, it took off in Australia and in the US as a means of keeping the effects of time at bay. Botox is a registered medical product and can only be administered as a medical procedure by a plastic surgeon. It costs approximately between Rs. 2,700 and Rs. 4,500. Proceed with caution, and be sure to ask for referrals from satisfied customers.

### MICROCURRENTS OR FACIAL TONING

Non surgical face lifting — using electric microcurrents, either as a corrective or preventative measure — has proved remarkably successful in the US. The skin is (supposedly)

toned and lifted, as sagging muscles are stimulated and wrinkles are softened, when microcurrents are applied to particular facial areas.

A complete treatment sequence consisting of about 10 sessions and three stages costs about Rs. 13,500 — each session lasts more or less an hour. The current used is extremely low and there's no tingling; it feels like a gentle, relaxing facial massage performed with two metal rods.

The relaxation phase, (the first stage), stimulates the lymph drainage system, introducing a fresh supply of blood to the cells while removing toxins. Then follows a muscle stimulation phase, which boosts the cells' metabolism. The third stage, a bioenergetic stimulation phase, works on the shiatsu points of the face.

Results of microcurrents are temporary, but Dr. Saul Braun feels this is caused by current induced oedema and a slight swelling of the skin, and not muscle stimulation. There is no evidence whatsoever to suggest that there are any long term or permanent effects.

#### WATCH OUT!

\* Don't get treated by unlicensed practitioners since they can be harmful. Facial toning machines can cause pain, even burn the skin, when used by untrained or unskilled operators.

### COSMETIC CUB OR NOT?

There may be orthodox opinions and harsh views about plastic surgery, but we also have Dr. Miriam Stoppard, British doctor, writer and TV personality, who says, "With modern operations and new techniques of cosmetic surgery, it is possible to re-construct almost any part of

the body if you are unhappy with the shape you've got. What you have to weigh is the trade-off: Are you the kind of woman who wants to look good in clothes or do you wish to be scar-free naked?"

Ideally, like all surgery, cosmetic nips, sucks and tucks should be reserved for when all else — make-up or exercise — fails. If you are terrified of pain and dread general anaesthesia, surgery isn't for you — maybe a glycolic acid peel.

Ultimately, your decision should be based on what makes YOU happy, not what makes anyone else happy. Improving your looks never won you love anyway!



## FIVE REAL LIFE STORIES OF WOMEN WHO DARED! \*DAISY, 45



"A year ago, just before my 45th birthday, my husband said: 'You've looked after three children, you deserve something nice. What would you like?'"

"Too much exposure to the sun and the weight fluctuation of having three children had taken their toll on me. I'd started looking haggard and wanted to go in for a full face lift. I simply wanted to look the way I did 10 years ago."

"My friends thought I was mad, though they acknowledged I was brave. My husband was really supportive and even went to the doctor with me."

"The doctor suggested I have cheek implants. Made of the clear plastic material used to make heart valves, they'd make me look more youthful and are supposed to last forever. I also got my eyelids lifted, my jowls removed — by sucking out the fat and tightening the skin around my jaw — and had some dermabrasion done around my mouth (to remove the lines)."

"I risked easy bruising because I was fair, but I had utmost confidence in my surgeon. I ended up spending five days in hospital after the operation because the anaesthetic made me sick. And I looked an absolute mess: I was black and blue from my chest bone to the top of my forehead."

"I lay in an elevated position for five weeks and couldn't go out for a month. I had to undergo an ultrasound treatment daily for weeks (to stimulate my circulation), because the bruising caused numbness."

"But I wouldn't hesitate to urge people to go in for plastic surgery. If you are bothered about the way you look, do something about it."

"As for me, I don't look tired anymore. I don't wear much make-up — I don't feel the need to! And I can face my reflection in the glass table while cleaning it (I used to dread it previously). My kids don't mind me picking them up from school — they think I look great!"

\* SHEELA, 51

"I don't mind growing old, but I draw the line at looking ugly. One day, I looked at the mirror and thought my face didn't look right. So, I decided to get my old face back — even though my husband insisted I looked beautiful."

"Since I've always been physically fit (I exercise every day), the doctor said I was a good candidate (for the surgery). As we talked, he kept staring at me — observing my facial expressions to note which muscles I used more. He also gave me a booklet to read, so there wouldn't be any nasty surprises."

"A week later, I had the operation. I still remember my husband's shocked expression when I came out of the operation theatre — all bruised, swollen and bandaged."

"But, surprisingly, I felt no pain that night. It was only a slight discomfort — and I had to sleep with my head propped up for weeks, to help reduce the swelling."

"What I hated was that I couldn't wash my hair until the stitches were removed. It was all knotted and looked quite dreadful. I stayed indoors for about a week. When I finally mustered up courage to go out for a hair cut (to complete my transformation), I hid behind dark glasses, looking a fright. A woman even asked my hairdresser if my husband had been bashing me!"

"My husband and I could see a daily improvement. My cheekbones seemed to stand out again. Then, I changed my wardrobe completely. I look looking after myself seriously — and I confess I was thrilled with the result. It's changed my life and given me back my self-esteem. It's been money spent usefully."

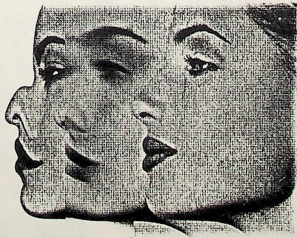
## WHAT YOU'RE LIKELY TO PAY

FEES depend on the complications involved and the surgeon's experience. Given below is a broad range of the cost that you might incur:

Double eyelids	Rs. 24,000 - Rs. 48,000
Eye lifts and removing eyebags	Rs. 36,000 - Rs. 48,000
Breast augmentation	Rs. 72,000 - Rs. 1,44,000
Rhinoplasty (nose augmentation)	Rs. 36,000 - Rs. 1,20,000
Face lift	Rs. 72,000 - Rs. 1,92,000
Skin peels (AHAs to phenol)	Rs. 14,400 - Rs. 48,000
Dermabrasion	Rs. 9,600 - Rs. 48,000
Liposculpture	Rs. 36,000 - Rs. 72,000
Tummy tuck	Rs. 60,000 - Rs. 1,44,000
Filling wrinkles with fat or collagen	Rs. 19,200 - Rs. 48,000
Mole/wart removal	Rs. 7,200 - Rs. 12,000
Creating a chin	Rs. 48,000 - Rs. 72,000

\*FEE VALUES HAVE BEEN CHANGED TO PROTECT IDENTITIES

18 ■ FEMINA APRIL 15, 1997 ■



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"WORKING for a group of doctors specialising in cosmetic surgery, I'm quite used to seeing the transformations they bring about every day. When my marriage broke up, I felt I needed a confidence boost, and I decided to do something about my nose.

"I've always hated it, especially in photographs. I wanted the bumps smoothed and the end shortened.

I wanted it to be attractive and in proportion to my face.

"My surgeon suggested I get my chin trimmed, which was a little long, to make my face more proportionate. I agreed. I didn't want to know how the operation was done — if I did, I wouldn't have gone through with it!

"I was excited before going in for surgery — it was rather like going to buy a new dress for a special occasion. My only concern was being under a general anaesthetic.

"Waking up was horrendous — I felt so claustrophobic. I couldn't breathe through my nose because of the cast on it; my jaw was taped shut because of the stitches



in my mouth. I couldn't sleep that night.

"On the third day after my operation, my cast was removed. As soon as my doctor took it off, I could see the difference (even though I was told it took about three months for the swelling to settle down completely).

"I took two weeks off from work because I was extremely bruised

around the eyes for three days after surgery. Later, I camouflaged it with make-up, and lived in the fear that someone might bump my nose — which remained tender for about three months. My three-year-old daughter bumped it once or twice and it wasn't pleasant!

"Today, when people tell me I was mad to go in for surgery, I show them an old photograph of mine. They agree I look much better now. I recommend the surgery because it improves your whole look. As for the pain, it's a little like having a baby. After some time, you forget about it. I would do it all over again."

• SHILPA, 33

"EVER since my youth, I was a typical example of someone whose lipslick 'bled' into the fine lines around her mouth. And about three years ago, I developed a cold sore which damaged the side of my upper lip, so much so that it lost its definition. No one else noticed, but it bothered me.

"I'd been having collagen injections to correct it, but I wanted something permanent. Also, being a beauty therapist, I know people look younger with fuller lips. The new implants seemed a perfect solution, because they would last forever.

"The procedure involves threading strips of a material — which look like dental floss, and have been used for years to repair damaged cardiac arteries — into the edge of the lips, in sections. Two strips were put on either side to create definition and restore the line on my upper lip, and one across the middle of the upper and lower lips, to create a subtle, fuller effect. You needn't go to a hospital for the implants — they can be done at your doctor's clinic.

"After examining my lips, my doctor talked to me at length. The whole procedure took only about an hour. The material is threaded through small incisions, which don't leave a scar.

"Once home, I applied ice to reduce the swelling, which lasted a few days. And on the third day after the operation, I was back at work. About a week later, the implants had completely settled down.

"I'm absolutely delighted with the result, especially as my lipslick no longer 'bleeds'. It was well worth the while."

A WORD OF WARNING

LASER resurfacing is a relatively new phenomenon. Before you consider going in for it, here are some suggestions:

\* Consult your GP — anaesthetic treatment is not suitable for everyone.

\* Make sure your surgeon is well qualified:

1. If you're considering a paramedical treatment (i.e. high-percentage peels or a laser treatment), ask for a list of patient referrals and obtain recommendations from previous clients. Any therapist who evades the referrals is hiding something!

2. Check whether your surgeon has comprehensive training in the use of lasers.

3. Word of mouth remains one of the safest ways of tracking down reputable practitioners.

(\*NAMES HAVE BEEN CHANGED TO PROTECT IDENTITIES)

4. Check whether the surgeon is accredited to a major hospital. Hospitals can give you a list of names.

\* Plastic surgeons give you some ways to whittle down your choices:

1. Don't believe a doctor who glosses over everything. She must be honest enough to tell you the risks and whether what you expect is achievable.

\* Be prepared to accept the risks, however minor.

\* Be realistic. Sometimes things go wrong even at the hands of the most experienced surgeon.

\* Think about whether the charges are reasonable, based on the doctor's experience and the results she is reputed to give.

\* Use your gut instinct! If you're not comfortable with the doctor or her proposals, get a second opinion.

## Dabur Vatika Woman of the Fortnight



- Name** : Raji Krishnan
- Age** : 25 yrs.
- Occupation** : Working as a secretary in a reputed company in Oman
- Hobbies** : Reading, listening to music
- Favourite Singer** : K.J. Yesudas
- Favourite Film** : Hindustani (Indian)
- Beauty Secret** : Natural and herbal forms of beauty care and for my hair, I use the one and only Dabur Vatika Hair Oil.
- Quote** : "I used to have a serious dandruff problem but thanks to the regular use of Dabur Vatika Hair Oil, my hair has become healthy. Because it contains Henna, Amla and Lemon which make my hair strong."

If you also use Dabur Vatika Hair Oil, and want to become the next Dabur Vatika Woman of the Fortnight, send your details, along with a photograph to : Dabur Vatika Woman Contest, Femina, Post Box No. 7326, New Delhi 110 065.



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"WORKING in the glamour industry, it was very important that I remain in shape. Not that I was doing badly. But personally, I'd always wanted slimmer hips. So, I decided to go in for liposuction.

"My family wasn't too keen about my decision. My dad said, "Why do you want to do it? You're doing well — what difference does it make?" But I insisted. It was a matter of personal satisfaction.

"I consulted a surgeon and we marked out the area I wanted him to work on. He explained I would have to spend a day in hospital after the procedure, and that I'd have to wear a corset for quite some time. The operation would cost me Rs. 30,000.

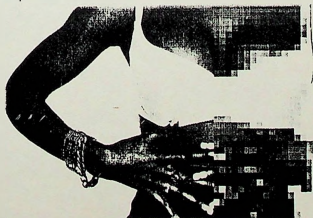
"On the day of the operation, I was PETRIFIED! I kept asking myself if I was doing the right thing. Fortunately, in the theatre, I wasn't aware of a thing. I was out like a light — even before they'd counted to 10 after administering general anaesthesia — and stayed that way throughout the operation.

"When I woke up, I was in pain. I found I couldn't even go to the loo comfortably, forget taking a bath, because of the stitches on my hips.

"I was sore from the waist down for a month — it was literally blue and black — because of blood clots. During that time, I wasn't allowed to run. In addition, I had to wear a corset at all times (even while sleeping). You bet it was uncomfortable! It was a lot of pain for the pleasure.

"In my case, the pain didn't even result in pleasure. The doctor had omitted to tell me that I had to be careful with my diet, even after the liposuction. I went on a binge — I was so kicked that my hips were now the shape I wanted them to be! As a result, I put on weight — on my hips and everywhere else. What's worse is that, now, I'm back to square one — with scars (yes, they are very much there), toughened skin and some ugly undulations on my hips. Maybe those scars are a result of my negligence — I didn't ask if massaging in something would have helped prevent them. So they are a part of my life now — I have no choice but to wear long tops.

"I wouldn't advise anyone to have liposuction done, unless it were absolutely critical. Not that it's bad; there's no better solution for a spot problem. Maybe I didn't take enough post-operative care. But it's certainly no panacea..."



(\*NAMES HAVE BEEN CHANGED TO PROTECT IDENTITIES)

Your  
All year  
your ski  
and life!  
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1 of 17  
Marked Record

TI: Measurement of epidermal moisture content by magnetic resonance imaging: assessment of a hydration cream.

AU: Franconi-F; Akoka-S; Suesnet-J; Baret-JM; Dersigny-D; Breda-B; Muller-C; Beau-P

AD: Laboratoire de Biophysique Cellulaire et Resonance Magnetique Nucleaire, Faculte de Medecine, Tours, France.

SO: Br-J-Dermatol. 1995 Jun; 132(6): 913-7

LA: ENGLISH

AB: The moisture content of the epidermis was measured by magnetic resonance imaging (MRI), using transverse relaxation time. The spatial resolution was 86 microns, allowing a quantitative, accurate and localized determination of variations in epidermal hydration. The wrists of 15 volunteers were studied before and after application of a hydration cream. Results showed an increase of 15% of epidermal T2 after application of the cream. Moisture content curves varied according to different degrees of skin dryness. This study demonstrates that MRI is a useful tool in evaluation of epidermal hydration.

2 of 17  
Marked Record

TI: Are opera-house artistes afflicted with contact allergy to colophony and cosmetics?

AU: Farm-G; Karlberg-AT; Lidén-C

AD: Department of Occupational Dermatology, National Institute of Occupational Health, Solna, Sweden.

SO: Contact-Dermatitis. 1995 May; 32(5): 273-80

LA: ENGLISH

AB: The frequencies of cosmetics intolerance and contact allergy to colophony were investigated among 116 singers and dancers and 16 make-up artists. Participants were interviewed, examined and patch tested with a standard series and materials from the opera house. Common skin lesions were found in 1/3 of participants and more than 50% had a history of intolerance to cosmetics. Colophony gave positive patch test reactions in only 3 subjects. The prevalence of positive patch test reactions to fragrance mix and balsam of Peru was about the same as among dermatitis patients generally. Contact allergy to colophony did not seem to be a problem regarding cosmetics.

3 of 17  
Marked Record

TI: Assay of vitamin A palmitate and vitamin E acetate in cosmetic creams and lotions by supercritical fluid extraction and HPLC.

AU: Scalia-S; Renda-A; Ruberto-G; Bonina-F; Menegatti-E

AD: Istituto di Chimica Farmaceutica, Universita di Catania, Italy.

SO: J-Pharm-Biomed-Anal. 1995 Mar; 13(3): 273-7

LA: ENGLISH

AB: The use of supercritical fluid extraction (SFE) as an alternative to liquid extraction was examined for the isolation of vitamin A palmitate and vitamin E acetate from cream and lotion preparations. Investigation of the factors controlling the extraction efficiency in SFE indicated that vitamin recoveries were affected mainly by the extraction pressure and by the degree of sample dispersion. The vitamins were analysed by high-performance liquid chromatography after a 30-min extraction of the cosmetic product with

supercritical carbon dioxide at 40 degrees C and at a pressure of 250 atm. Compared with conventional liquid extraction SFE produced slightly lower recoveries (> 91.6%) but afforded a more effective purification of the cosmetic matrices. Moreover, SFE minimized sample handling and the use of harmful solvents and provided mild extraction conditions for the analysis of the labile vitamins. Vitamin E acetate and vitamin A palmitate were assayed in commercial cream and lotion formulations using the proposed SFE technique.

4 of 17  
Marked Record

TI: Skin reactions to topical aminophylline [letter]  
AU: Simon-PA; Terzian-CG  
SO: JAMA. 1995 Jun 14; 273(22): 1737-8  
LA: ENGLISH

5 of 17  
Marked Record

TI: Patient compliance: enhancing clinician abilities and strategies.  
AU: Draelos-ZK  
AD: Bowman Gray School of Medicine, High Point, NC, USA.  
SO: J-Am-Acad-Dermatol. 1995 May; 32(5 Pt 3): S42-8  
LA: ENGLISH

6 of 17  
Marked Record

TI: Influence of metabolism in skin on dosimetry after topical exposure.  
AU: Bronaugh-RL; Collier-SW; Macpherson-SE; Kraeling-ME  
AD: Cosmetics Toxicology Branch, Food and Drug Administration, Washington, DC 20204, USA.  
SO: Environ-Health-Perspect. 1994 Dec; 102 Suppl 11: 71-4  
LA: ENGLISH  
AB: Metabolism of chemicals occurs in skin and therefore should be taken into account when one determines topical exposure dose. Skin metabolism is difficult to measure in vivo because biological specimens may also contain metabolites from other tissues. Metabolism in skin during percutaneous absorption can be studied with viable skin in flow-through diffusion cells. Several compounds metabolized by microsomal enzymes in skin (benzofalpyrene and 7-ethoxycoumarin) penetrated human and hairless guinea pig skin predominantly unmetabolized. However, compounds containing a primary amino group (p-aminobenzoic acid, benzocaine, and azo color reduction products) were substrates for acetyltransferase activity in skin and were substantially metabolized during absorption. A physiologically based pharmacokinetic model has been developed with an input equation, allowing modeling after topical exposure. Plasma concentrations in the hairless guinea pig were accurately predicted for the model compound, benzoic acid, from in vitro absorption, metabolism, and other pharmacokinetic parameters.

7 of 17  
Marked Record

TI: Digital image analysis of microcomedones.  
AU: Pierard-GE; Pierard-Franchimont-C; Goffin-V  
AD: Department of Dermatopathology, University of Liege, Belgium.  
SO: Dermatolgy. 1995; 190(2): 99-103  
LA: ENGLISH  
AB: OBJECTIVE: Developing a technique for quantifying the number and size of follicular casts and microcomedones. BACKGROUND: There is no human testing that is validated up to now to predict comedogenesis and comedolysis following topical applications of drugs or cosmetics. DESIGN: Evaluations are performed by digital image analysis of cyanoacrylate follicular biopsies. The effects of two topical products are compared. RESULTS: Microcomedogenesis was disclosed after a 2-month period of application of a cosmetic product aimed at treating

acne. Microcomedolysis occurred following usage of a topical preparation containing benzoyl peroxide 5% and miconazole nitrate 2%. CONCLUSION: Digital image analysis of skin surface biopsies is a sensitive method documenting microcomedo formation and dissolution.

8 of 17  
Marked Record

TI: Contact allergy to kojic acid in skin care products.

AU: Nakagawa-M; Kawai-K; Kawai-K

AD: Kawai Medical Laboratory for Cutaneous Health, Kyoto, Japan.

SD: Contact-Dermatitis. 1995 Jan; 32(1): 9-13

LA: ENGLISH

AB: Kojic acid (5-hydroxy-2-(hydroxymethyl)-4-pyrone), a fungal metabolic product, has increasingly been used as a skin-depigmenting agent in skin care products marketed in Japan since 1988. In order to determine its frequency of sensitization, during 1 year from October 1992 to September 1993, we performed patch testing with it in 220 female patients with suspected cosmetic-related contact dermatitis. Of the 220 patients, 8 used at least 1 skin care product containing kojic acid, 5 of whom reacted to kojic acid as well as to 1 or more their own products containing 1% kojic acid, but not to their other products not containing it, and 3 of whom were negative to kojic acid and all their own products. Patch testing with kojic acid in the remaining group of 212 patients, who had not previously used skin care products containing it, was negative without exception. The 5 kojic-acid-sensitive patients, aged 34 to 58 years, developed facial dermatitis 1-12 months after starting application of kojic-acid-containing products. Kojic acid is considered to have high sensitizing potential, as a comparatively high frequency of contact sensitivity was observed in patients using products containing it (5 out of 8).

9 of 17  
Marked Record

TI: Kojic acid, a cosmetic skin whitening agent, is a slow-binding inhibitor of catecholase activity of tyrosinase.

AU: Cabanes-J; Chazarra-S; Garcia-Carmona-F

AD: Departamento de Bioquímica y Biología Molecular A, Facultad de Veterinaria, Universidad de Murcia, Spain.

SD: J-Pharm-Pharmacol. 1994 Dec; 46(12): 982-5

LA: ENGLISH

AB: It was found that kojic acid, which is used in cosmetics for its excellent whitening effect, inhibits catecholase activity of tyrosinase in a non-classical manner. A decrease in the initial velocity to a steady-state inhibited velocity can be observed over a few minutes. This time-dependence, which is unaltered by prior incubation of the enzyme with the inhibitor, is consistent with a first-order transition. The kinetic data obtained correspond to those for a postulated mechanism that involves the rapid formation of an enzyme inhibitor complex that subsequently undergoes a relatively slow reversible reaction. Kinetic parameters characterizing this type of inhibition were evaluated by means of nonlinear regression of product accumulation curves.

10 of 17  
Marked Record

TI: Evaluation of the effects of cosmetic or dermo-pharmaceutical products on cutaneous energy metabolism using the Episkin model of reconstructed epidermis.

AU: Buche-P; Violin-L; Girard-P

AD: Laboratoire DERMSCAN, Villeurbanne, France.

SD: Cell-Biol-Toxicol. 1994 Dec; 10(5-6): 381-5

LA: ENGLISH

AB: This study was implemented to test the Episkin model of reconstructed epidermis in the evaluation of the efficacy of cosmetic or dermopharmaceutical products on cutaneous energy metabolism. The energy metabolism is evaluated by measuring the concentration of intracellular ATP by a method using an

ultrasensitive bioluminescent reaction. The work presented compares results obtained in reconstructed epithelium and monolayer primary cultures of human keratinocytes. After application of a hydrosoluble product, the increase in intracellular ATP is identical in a monolayer culture of keratinocytes (+237 +/- 16% versus control) and in Episkin (+248 +/- 21% versus control). An emulsion was also tested on the two models. It is only possible to test the emulsion at a dilution of under 0.05% on a keratinocyte culture, and this means that the real efficacy of the product is underestimated (+145 +/- 16% versus control). The three-dimensional model enables the application of the undiluted emulsion, and the results show an increase in intracellular ATP of +420 +/- 80% versus control: products in final formulation can be tested in normal conditions of use.

11 of 17  
Marked Record

TI: Conjunctival foreign body from a cosmetic facial scrub.

AU: Yamaguchi-T

AD: Department of Ophthalmology, St. Luke's International Hospital, Tokyo, Japan.

SO: Am-J-Ophthalmol. 1995 Feb; 119(2): 237-9

LA: ENGLISH

AB: PURPOSE/METHODS: Foreign body sensation in four patients was caused by particles from a cosmetic facial scrub that contained small plastic spheres designed to abrade the skin. The particles were lodged in the superior palpebral conjunctiva 2 to 3 mm from the eyelid margin. RESULTS/CONCLUSIONS: Removal of the particles eliminated the foreign body sensation and there were no lasting deleterious effects.

12 of 17  
Marked Record

TI: Microbiological flora and nail polish: a brief report.

AU: Rayan-GM; Flournoy-DJ; Schlegeter-P

AD: Baptist Medical Center, Oklahoma City, Oklahoma.

SO: J-Okla-State-Med-Assoc. 1994 Nov; 87(11): 504-5

LA: ENGLISH

AB: Removing nail polish and prosthetic nails from operating room (OR) personnel prior to scrubbing and from patients prior to hand surgery is recommended but not practiced in many hospitals. There is concern that nail polish can act as a vehicle for the transfer of infectious agents. This study was designed to determine the incidence of microbiological flora of nail polish in a clinical setting.

13 of 17  
Marked Record

TI: Biological effects of cosmetic talc.

AU: Wehner-AP

AD: Biomedical and Environmental Consultants, Inc., Richland, WA 99352.

SO: Food-Chem-Toxicol. 1994 Dec; 32(12): 1173-84

LA: ENGLISH

AB: A review of the literature reveals two primary issues: (1) a weak, but not causal, association of hygienic use of cosmetic talc and ovarian cancer; (2) lung changes in animals exposed to talc aerosol concentrations that resulted in lung overload. The evidentiary weight of the most significant of the epidemiological and laboratory studies and their biological significance for human risk assessment are briefly discussed. Publications describing granulomatous lesions attributed to talc on surgical gloves, and consequences of accidental inhalation of baby powder by infants are also reviewed. The literature reviewed does not provide any convincing evidence that pure cosmetic talc, when used as intended, presents a health risk to the human consumer.

14 of 17

TI: Persistent light reaction with erythroderma caused by musk ambrette: a case report.

AU: Lan-LR; Lee-JY; Kao-HF; Wang-BJ; Chen-HC

AD: Department of Dermatology, National Cheng-Kung University Hospital, Tainan, Taiwan, Republic of China.

SO: Cutis. 1994 Sep; 54(3): 167-70

LA: ENGLISH

AB: Persistent light reaction is an uncommon type of photodermatitis caused mainly by musk ambrette, a synthetic fragrance material commonly used in foods and cosmetics. Erythrodermic persistent light reaction is rare. We report a case of erythroderma with underlying persistent light reaction due to musk ambrette. A 71-year-old man showed a photodermatitis that waxed and waned for five years before it became more persistent and finally evolved into erythroderma. Positive results of a photopatch test to musk ambrette and a low minimal erythema dose to ultraviolet B were noted. A biopsy specimen of the erythrodermic lesion revealed spongiotic dermatitis. The erythroderma and photodermatitis responded to systemic steroids and psoralen/ultraviolet A therapy (total dose: 98 J/cm<sup>2</sup>). We suggest that persistent light reaction be included in the differential diagnosis of erythroderma.

TI: Cosmetics and contact lenses.

AU: Tlachac-CA

SO: Optom-Clin. 1994; 4(1): 35-45

LA: ENGLISH

AB: Cosmetics, as broadly defined, are used by almost all contact lens wearers of both sexes. Because of the composition of various cosmetic products, contact lenses can be soiled or damaged. The improper use of cosmetics can even cause damage to the eye. More commonly, allergic reactions occur that can jeopardize the continued wear of lenses. This paper reviews the complications that can occur, the available treatment options, and the recommendations for the safe and prudent use of cosmetics.

TI: Ability of laboratory methods to predict in-use efficacy of antimicrobial preservatives in an experimental cosmetic.

AU: Farrington-JK; Martz-FL; Wells-SJ; Ennis-CC; Holder-J; Levchuk-JW; Avis-KE; Hoffman-PS; Hitchins-AD; Madden-JM

AD: Schering-Plough Health Care Products, Memphis, Tennessee 38151.

SO: Appl-Environ-Microbiol. 1994 Dec; 60(12): 4553-8

LA: ENGLISH

AB: The abilities of nine antimicrobial systems to preserve an experimental water-based cosmetic formulation were evaluated by six microbiological challenge tests: the U.S. Pharmacopeia test; the British Pharmacopeia test; the Cosmetic, Toiletry, and Fragrance Association test; the rapid screen test; the sequential challenge test; and the post-use test. The antimicrobial systems contained various combinations and amounts of two parabens and a quaternary compound in order to provide a broad range of preservation. The results obtained were compared with the abilities of the formulations to support maintenance and growth of microorganisms in microfloras obtained from human axilla areas and finger skin during an 8-week simulated in-use test. Without statistical analysis all of the tests predicted the results obtained with well-preserved or poorly preserved formulations. The rapid screen test was the best test for predicting differences at intermediate levels of preservation. Statistically, all of the tests were equivalent predictors of preservation efficacy in the in-use test ( $P = 0.005$ ). At the  $P = 0.10$  level, only the U.S. Pharmacopeia, British Pharmacopeia, rapid screen, Cosmetic, Toiletry, and Fragrance Association tests were significantly predictive. The results of

prediction by a test, based on the preservative levels used, agreed well with the in-use test results ( $P = 0.01$ ). A total of 20% of the formulations that contained excessive microbial levels contained human axilla microorganisms. The levels of preservation in failed products were similar to the levels of preservation in unused controls.

17 of 17  
Marked Record

TI: Possible link between anaphylactoid reactions to anaesthetics and chemicals in cosmetics and biocides.

AU: Weston-A; Assem-ES

AD: Pharmacology Department, University College London, UK.

SD: Agents-Actions. 1994 Jun; 41 Spec No: C138-9

LA: ENGLISH

AB: Binding-inhibition studies involving human IgE antibody to suxamethonium, SUX (from a patient with a near-fatal reaction), were performed with five different quaternary ammonium compounds (QAC): three common ingredients of cosmetics and two commonly used disinfectants, cetrimide and benzalkonium. All the five QAC showed immunological cross-reaction with SUX. In addition, at high concentrations, they released histamine from basophils of normal subjects. Thus, QAC may be both sensitizers and histamine releasers.

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1 of 8  
Marked Record

TI: Adverse effects of cosmetics and toiletries reported to the Swedish Medical Products Agency 1989-1994.

AU: Berne-B; Bostrom-A; Grahnen-AF; Tammela-M  
AD: Medical Products Agency, Uppsala, Sweden.  
SD: Contact-Dermatitis. 1996 May; 34(5): 359-62  
LA: ENGLISH

AB: In Sweden, a cosmetic control system was introduced in 1989 at the Medical Products Agency (MPA). It consists of a register of importers, manufacturers and their products, and a voluntary adverse reaction reporting system identical to that concerning drugs. Between 1989 and 1994, MPA evaluated 191 reports concerning adverse effects of 253 cosmetics and toiletries. 90% of the reports concerned women and the top-ranking product category was moisturizers, followed by hair care products and nail products. The majority of the adverse effects reported involved only the skin, and 98% were eczematous reactions. 78% of the eczemas were classified as contact allergic, as patch tests were positive to the product as is, and in 1/2 of these products, 1 or more relevant allergens could be identified when tests were made with individual cosmetic ingredients. The most common offending ingredients were fragrances, toluenesulfonamide-formaldehyde resin and preservatives. The number of reports is small in relation to the expected number of cosmetic adverse effects, which can be explained by under-reporting. Efforts are being made to persuade Swedish physicians to report more often.

2 of 8  
Marked Record

TI: Sexually induced dermatoses.

AU: Gaffoor-PM  
AD: Department of Dermatology, Hamad Medical Corporation, Doha, Qatar, Arabian Gulf.  
SD: Cutis. 1996 Apr; 57(4): 252-4  
LA: ENGLISH

AB: Sexually induced dermatoses (SID) are conditions resulting from sexual activity. Sometimes this can be modified by bacterial infection or systemic disease. Many materials such as medications, cosmetics, perfumes, pads, hygiene, sprays, condoms, etc, may cause sexually induced dermatoses in sexual partners. Sexually induced dermatoses are noninfectious, self-limited conditions.

3 of 8  
Marked Record

TI: Measurement of epidermal moisture content [letter]

AU: Querleux-B; Bittoun-J  
SD: Br-J-Dermatol. 1996 Jul; 135(1): 144-5  
LA: ENGLISH

4 of 8  
Marked Record

TI: Application of triphenyltetrazolium chloride in microbial limit test of pharmaceuticals and cosmetics.

AU: Ohara-MT; Saito-T  
AD: Universidade de Sao Paulo, Faculdade de Ciencias Farmaceuticas,

Departamento de Farmacia, Brazil.  
SO: J-ADAC-Int. 1995 Nov-Dec; 78(6): 1525-9  
LA: ENGLISH

AB: An alternative method was developed for counting viable microbial contaminants in pharmaceuticals and cosmetics with insoluble materials and low bioburden. The method uses triphenyltetrazolium chloride (TTC). The inhibitory effect of TTC on microbial growth observed by others was eliminated by adding it as an overlay, after incubation of sample in culture medium for 48 h. Six samples of pharmaceutical suspensions and 6 samples of cosmetics were evaluated by most-probable number (MPN) and pour-plate techniques with TTC in comparison with MPN with subculturing. The equivalence between MPN technique with TTC and subculturing was demonstrated for all samples and between pour-plate and subculturing for 10 samples. The differences were probably due to some error inherent in both techniques and not from application of TTC. Comparison of coefficients of variation showed that plate countings were more precise than the MPN method, as expected.

5 of 8  
Marked Record

TI: Determination of 2-ethylhexyl 4-(N-methyl-N-nitrosamino) benzoate in commercial sunscreens and cosmetic products.

AU: Chou-HJ; Yates-RL; Havery-DC; Wenninger-JA  
AD: U.S. Food and Drug Administration, Washington, DC 20204, USA.  
SO: J-ADAC-Int. 1995 Nov-Dec; 78(6): 1378-83  
LA: ENGLISH

AB: An analytical method has been developed for determination of 2-ethylhexyl 4-(N-methyl-N-nitrosamino) benzoate (NMPABAO), a nitrosamine contaminant in sunscreen products containing 2-ethylhexyl 4-(N,N-dimethylamino) benzoate (Padimate O). The method involves extraction of NMPABAO by column chromatography followed by liquid chromatographic separation and analysis with a nitric oxide detector. To confirm the presence of NMPABAO in sunscreen products, the N-nitrosamine was synthesized and its structure was determined by infrared spectrophotometry, nuclear magnetic resonance spectrometry, and mass spectrometry (MS). For method validation, recovery studies were performed on a commercial suntan lotion, cream, and gel. Recoveries of NMPABAO added to representative test samples averaged 83%. The method has an estimated detection limit of 30 ppb. The method was used to analyze 25 commercial cosmetic and sunscreen products containing Padimate O. Eleven products contained NMPABAO at levels ranging from 160 to 21000 ppb. NMPABAO presence in 4 products was confirmed by MS at levels  $\geq$  4000 ppb. The highest levels of NMPABAO were associated with products that contained the nitrite-releasing preservative 2-bromo-2-nitro-1,3-propanediol.

6 of 8  
Marked Record

TI: Mercury poisoning associated with beauty cream--Texas, New Mexico, and California, 1995-1996.

SO: MMWR-Morb-Mortal-Wkly-Rep. 1996 May 17; 45(19): 400-3  
LA: ENGLISH

AB: The Texas Department of Health (TDH), New Mexico Department of Health (NMDDH), and San Diego County Health Department (SDCHD) recently investigated three cases of mercury poisoning among persons who had used a beauty cream produced in Mexico. The investigations implicated the beauty cream as the source of the mercury. The cream, marketed as "Crema de Belleza--Manning," lists "calomel" (mercurous chloride) as an ingredient and was found to contain 6%-8% mercury by weight. This report summarizes the ongoing investigation of these and other possible cases.

7 of 8  
Marked Record

TI: Cosmeceuticals. A proposal for rational definition, evaluation, and



regulation [editorial]

AU: Vermeer-BJ; Gilchrist-BA

SD: Arch-Dermatol. 1996 Mar; 132(3): 337-40

LA: ENGLISH

8 of 8  
Marked Record

TI: The allergens of nail polish. (I). Allergenic constituents of common nail polish and toluenesulfonamide-formaldehyde resin (TS-F-R).

AU: Hausen-EM; Milbrodt-M; Koenig-WA

AD: Department of Dermatology, University Hospital, Hamburg, Germany.

SD: Contact-Dermatitis. 1995 Sep; 33(3): 157-64

LA: ENGLISH

AB: Nail polish that has completely dried on the fingernails contains water-soluble components that attain the skin during extensive but transient contact. This was proven by water extraction of thin layers of nail polish that had been painted onto glass plates and allowed to dry for 3 days. Comparing the isolated fractions and compounds with known nail polish ingredients revealed that the water-soluble substances are para- and ortho-toluenesulfonamide, dibutyl phthalate and 3 constituents of toluenesulfonamide-formaldehyde resin (TS-F-R), which is the basic material of almost all nail polishes sold worldwide. 12 female patients with proven nail polish allergy were patch tested with 21 nail polish components, including those isolated. Only 2 fractions were positive. These contained a monomer and a dimer created during condensation of TS-F-R. Their structures were elucidated. The 3rd compound, a trimer, remained negative, except in 1 case.

# Not a bad shot

**NEWSLINE:** Botox helps reduce spasticity in cerebral palsy, even as celebs use it for a wrinkle-free look

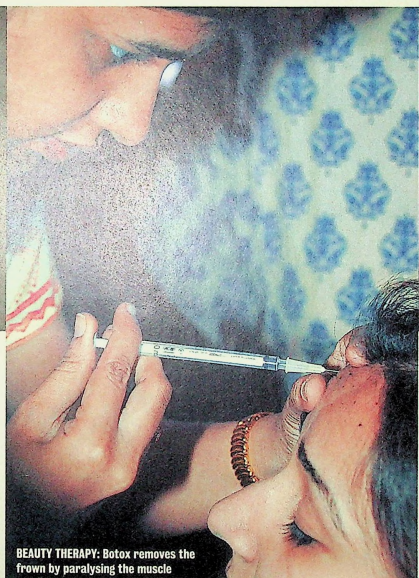
By SANGEETA JOHN & DEBAPRIYA GHOSH

Cerebral palsy had made walking difficult for 18-month-old Priyadarshini Apte; she could only tip-toe around because her heels were raised. When her physiotherapist suggested Botox therapy, her parents took her to orthopaedic surgeon Dr Ashok Johari in Mumbai, who gave her a shot and plastered her legs. Two weeks later when the cast was removed, she could touch the floor with her heels.

"She showed remarkable improvement within weeks," says Johari, who has used Botox to treat 400 cerebral palsy patients. However, the younger the child, the better, because the muscles, joints and ligaments stiffen with age and a complete correction may not be possible after 7. Which is probably why only 4 per cent of Johari's patients have recovered completely, though the others walk with support.

For older patients who require surgery, doctors use Botox as an interim treatment. Johari has used Botox to treat patients as old as 25, but it may not be effective if the condition is severe. His patients have hardly had any side-effects, except weakness for some days and cramps.

Cerebral palsy is a condition where muscles tighten as a result of damage



**BEAUTY THERAPY:** Botox removes the frown by paralysing the muscle

Photos/BINO THOMAS

to the part of the brain that controls them. The damage may have occurred because of premature birth, low birth weight, insufficient growth or infection to the mother during pregnancy. An infection or a head injury during infancy too may destroy brain cells. Cerebral palsy may affect the child's movements, memory, speech and vision, and may cause learning disorders, or spasticity.

Botox is derived from Clostridium botulinum, a bacterium that causes food poisoning. If used in small amounts, botulinum type A toxin has been found to provide relief for a number of neurological disorders.

Though Botox was first tested and approved in 1989 to treat

misalignment of eyes, it has been used to make cosmetic corrections too. Anjali Sreenivasan, a 35-year-old marketing executive in Mumbai, has been using Botox to remove her frown. Says Mumbai-based cosmetic physician Dr Usha Elizabeth George who gave her the shots, "Botox may not be long-lasting but it helps soften unwanted facial lines—frown lines, crows feet and lines on the forehead."

"More than the look, it gave me a personal boost," says Anjali. "It cost me less than Rs 5,000." While one shot a year is the recommended dosage for cerebral palsy, Anjali got a second shot in six months. "It works by relaxing and paralysing the facial muscles," says Dr Malavika Kohli, consultant

# Not a bad shot

**MEDICINE.** Botox helps reduce spasticity in cerebral palsy, even as celebs use it for a wrinkle-free look

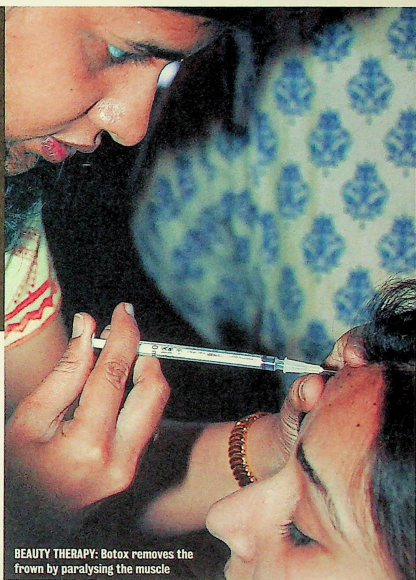
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# Counting on Dracula

## ROMANIA

Romanians feel it is "time to put Dracula to work" for the country, but the most blood-curdling experience might just be a fun horror ride. Construction on a \$30 million Disneyland-style Dracula Park is underway in Snagov, north of the capital Bucharest, aimed at luring tourists to the poor Balkan country.

Most Romanians know Prince Vlad Tepes, who inspired Bram Stoker's blood-thirsty count in *Count Dracula*, as a 15th century hero who fought off Ottoman invaders and defended Christendom until his death in 1477. His headless body is supposedly buried at a monastery in the middle of Snagov lake, which is now a UNESCO heritage building. Romanians will now, however, begin to capitalise on one of its most recognisable names made famous by Hollywood movies. "It's an original, non-conventional, even shocking project," said Tourism Minister Dan Matei Agathon. "I want to use Dracula to promote Romanian tourism."



## Cuddly cargo

MEMPHIS: Pilots flash toy pandas from the FedEx Panda One flight (right), which transported four-year-old Le Le and two-year-old Ya Ya from Beijing. The pandas are on a 10-year loan to the Memphis zoo. The courier company renamed and painted the jet (top) in panda elements for the trans-Pacific flight.



## Not just child's play

TOKYO: The Japanese got down to the serious business of having fun on the 50th birthday of cartoon character Astro Boy. Hiroko Nakayama, mayor of Tokyo's Shinjuku ward, named the character its "ambassador for the future". Hundreds of Japanese queued up at Takadanobaba Post Office, which marked the day by stamping a picture of a flying Astro Boy on letters and cards. Some kids dressed up for look-alike contests.

But for one Tokyo department store, it was not just fun and games. They honoured the cartoon character with a one million yen (\$13.87 million) statue, decorated with white and black diamonds, rubies, emerald and gold. After his comic book debut in 1951, Astro Boy was the star of Japan's first domestically-produced television cartoon show in the early 1960s, and endeared himself to another generation with the broadcast of a second series in colour in the early 1980s.



## Social animals

### SOUTH AFRICA

When a herd of elephants encircled an enclosure, the conservation team which built the camp to house antelopes thought the pachyderms were after the antelope feed. But the herd's matriarch, named Nana, began tampering with the metal latches of the enclosure till it came free and let loose the antelopes.

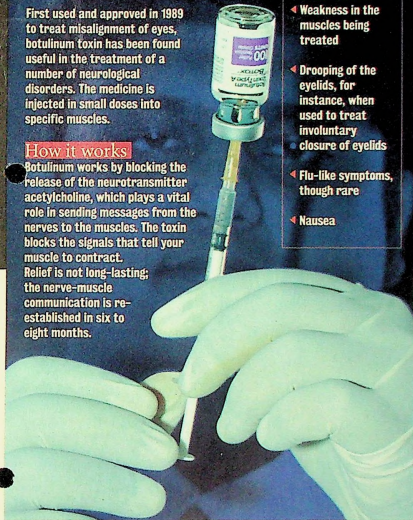
A private game capture company in the east coast of Empangeni had rounded up the antelopes to relocate them for a breeding programme. Park officials were settling in for the night when the herd of 11 elephants approached. Nana carefully undid all the latches with her trunk, swung the gate open and stood back with her herd, allowing the antelopes to flee. The herd then walked off into the night. "Elephants are naturally inquisitive," ecologist Brendon Whittington-Jones said, "but this behaviour is certainly most unusual and cannot be explained in scientific terms."

# Botox therapy

First used and approved in 1989 to treat misalignment of eyes, botulinum toxin has been found useful in the treatment of a number of neurological disorders. The medicine is injected in small doses into specific muscles.

## How it works

Botulinum works by blocking the release of the neurotransmitter acetylcholine, which plays a vital role in sending messages from the nerves to the muscles. The toxin blocks the signals that tell your muscle to contract. Relief is not long-lasting; the nerve-muscle communication is re-established in six to eight months.



dermatologist and cosmetologist at Mumbai's Jaslok Hospital. "It has a magical effect in a non-invasive way with minimum discomfort."

A single sitting requires not more than 20 minutes and the result is there within 36 hours. "Generally film stars and corporate personalities go for it," says Kohli. "Women use it to retain their youthful looks. Botox is also used to treat excessive sweating of palms and underarms."

This is perhaps why Hollywood stars take the shots before award ceremonies. In the US alone, about 8,50,000 people took Botox injections in 2001 for cosmetic reasons. Bollywood is not far behind. A beauty queen-turned-actress used Botox to

smoothen her forehead. "It gives her a very plastic look," says a Mumbai cosmetologist.

However, it can lead to arching eyebrows or drooping eyelids if not administered properly. So, as Kohli says, get the therapy done by a trained physician, who would identify the exact points to be treated. Side-effects such as headache are temporary. Says Kohli, "Out of 50 patients, only one complained of flu."

Dr Apurba Ghosh of Kolkata has, however, noticed side-effects in his cerebral palsy patients. "There can be an excessive weakness in the muscle injected," says Ghosh, professor of paediatrics at the Institute of Child Health. "In less severe cases an over-

## Side-effects

- ◀ Weakness in the muscles being treated
- ◀ Drooping of the eyelids, for instance, when used to treat involuntary closure of eyelids
- ◀ Flu-like symptoms, though rare
- ◀ Nausea



**One sitting may cost between Rs 5,000 and Rs 18,000 depending on the dosage, says Dr Malavika Kohli of Mumbai.**

correction causing functional problems is a possibility. Mild fatigue is occasional."

Botox is expensive at Rs 15,000 for a 100-unit vial. While a 6-year-old with cerebral palsy, weighing 20 kg, may need one vial, 40 units are the maximum that can be used for facial corrections. "One sitting may cost between Rs 5,000 and Rs 18,000, depending on the dosage," says Kohli. The cost factor has discouraged many from going for it, says Ghosh, who has been using Botox to treat cerebral palsy for the past two years.

"Botox should be accompanied by physiotherapy," says Dr Sukanto Chatterjee, head of paediatric department at the Calcutta Medical College and Hospital. "Not even Botox can guarantee a cure for cerebral palsy. So the child should be trained in personal tasks and given some vocational training as well."

Botox is used to treat other muscular conditions such as migraines and spasms of the neck muscles. It also helps overcome problems of the muscles of the food pipe, pain after shingles and low back pain. However, pregnant and lactating women are usually told to avoid it. So are children on therapy for chronic ailments because long-term effects of receiving regular Botox shots are yet to be determined.

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## ARIES



March 22 - April 20

Being generous, dignified and of a good constitution, you stand to gain success in all your attempts. A promotion, good relationship with officers and financial gains are on the cards. You may undertake successful and prosperous travels. You may change jobs and a marriage may be fixed through advertisements. Gains through business, agriculture or estate are indicated.

## TAURUS



April 21 - May 21

Success in medicine, chemistry or the occult is possible. It will be good time for investments and as a matter of fact, luck will be with you in any occupation. Favour from women, elders or higher officials is indicated. You will have a good adviser and take wise decisions. Increase in power and prestige is likely. Married life will be smooth. Stomach ailments are likely.

## GEMINI



May 22 - June 21

You will be reliable and affectionate. Fond of pleasure, music and the arts, you will have a roaring social life. You will be fortunate and successful. Jewels, expensive clothes, and gains through parents or land come your way. Domestic life will be great. You might move house and acquire a vehicle. Your connection with people in power will lead to unexpected gains.

## CANCER



June 22 - July 23

Your popularity will soar. You will travel a lot and will enjoy good health. You will earn through land, mines, estate and newspapers. An increase in income is likely. You will be honoured and will receive more authority. Businessmen and politicians will do well. The unemployed will find jobs. This is a week for passion and romance; you might just end up marrying hastily.

## LEO



July 24 - Aug 23

You are imaginative and versatile this week. You will find success in public affairs. Book lovers will have many a fascinating read. Look out to gain from land and politics. You will be charged up at work and will do things well. You are likely to win lawsuits. You will be charitable. Friends will be pleasant. Gains through your mother or other ladies are indicated.

## VIRGO



Aug 24 - Sept 23

You have a fertile imagination and you will use it to get some novelty in your life. A journey is on the cards. Your ability for planning will help you reap profits in business. Teachers, writers, painters and journalists will have a good week. You will pep up your lifestyle by buying luxury items or a vehicle. Superiors will take note of your pleasing manners. Colleagues will be cooperative.

## LIBRA



Sept 24 - Oct 23

Your diplomatic talk will take you places. You will not hesitate to adapt if the situation demands it. The eligible will get married. Business partners will be helpful. A particularly ambitious partner will be beneficial. Your social life will take off. You will be fortunate in all you do. Your keen intuition will come in handy. Students will go for higher education. Those abroad will taste success.

## SCORPIO



Oct 24 - Nov 22

Strange thoughts will plague you. Success in enterprise will bring you wealth. You will beat enemies. A hard worker, you will profit through service, chemistry, medicine, hospitals, insurance, and wood or sanitary business. A promotion awaits you and you will realise your ambition. You will make new friends. However, you will be involved in scandals. It is not good for children.

## SAGITTARIUS



Nov 23 - Dec 22

This is a good week for the enterprising. You may be promoted; gains also come your way through iron and steel, timber and chemicals, cinema and speculation. You will inherit a legacy. You will enjoy domestic bliss and will be a hit on the social scene. Public figures will have a good week. Fame and recognition await you. Some of you may change your business or profession.

## CAPRICORN



Dec 23 - Jan 20

You are ambitious and assertive this week. You will gain property. You will be victorious in elections. You may acquire land, wealth or jewels. Voyages and a stay in a foreign land are likely. You will be promoted or get more responsibility. Business ventures will take off. This is a good week for students, research scientists, writers, journalists and teachers.

## AQUARIUS



Jan 21 - Feb 19

Bold and creative, you will command respect and be honoured. A good time for agencies. This is the right time to travel for important purposes. Your administrative capabilities will stand you in good stead. Those in love will spend more time with each other. Some of you may go off to summer resorts. Those interested in occult sciences will be able to pursue your interests.

## PISCES



Feb 20 - Mar 21

Your hard work will be acknowledged; some of you may even be promoted. You stand to gain through government, partnerships or agriculture. The money will start to flow in and you will be popular among friends. You will acquire land or a vehicle. The eligible will get married. However, you might land in hot water due to misappropriation of public funds.