

God Bless America

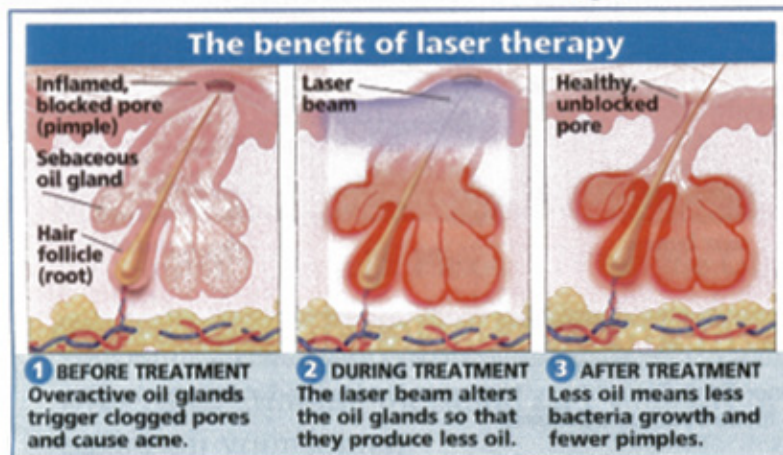
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Woman's World

THE WOMAN'S WEEKLY

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Breakthrough acne cure



Smoothbeam follow-up:

- Minimize side effects by:
- Applying cool compresses to reduce any redness or swelling.
 - Washing your face gently and patting dry.
 - Using a sunscreen with a minimum SPF of 30.

Are you or a loved one among the 50 million Americans battling stubborn acne? Don't give up the fight just because a topical or oral drug isn't working. Consider the new laser therapy, Smoothbeam:

● How it works.

"Heat from the Smoothbeam laser shrinks overactive glands in the skin, dramatically slowing down the excess oil production that triggers acne," explains Tina Alster, M.D., director of the Washington Institute of Dermatologic Laser Surgery in Washington, D.C. "When there's less oil, there's also less of a medium for acne-causing bacteria to multiply in."

● How many treatments are needed?

Anywhere from one to three sessions for facial acne, with a month's wait between each treatment. Results become visible gradually after the first treatment, as new collagen forms.

● Any negative side effects?

Some people experience light redness and slight swelling that lasts two to six hours. "Patients leave with an ice pack, but are fine later that night," Dr. Alster says.

● Is there proof it works?

Yes. A recent study in the journal *Dermatologic Surgery* found that pimples decreased by 83% after three treatments. Another study at the Naval Medical Center in San Diego found that four, 20-minute Smoothbeam sessions cleared 98% of back acne spots—and the results lasted for six months. Besides zapping acne, the laser treatment also helps minimize unsightly acne scars and wrinkles by stimulating the production of new collagen beneath the skin, says Dr. Alster.

● Cost?

Roughly \$500 per treatment.

—Denise Mann

Health News!

Sibling has glaucoma?

If so, get your eyes checked every two years. Your risk of developing it is increased fivefold, a new study in the *British Journal of Ophthalmology* reveals.