

# TCW

TODAY'S  
CHICAGO  
WOMAN

KRISTINA  
MCGRATH  
IN THE  
SPIRIT  
OF SERVICE

## CHARITABLE ACTS

Carole Brown  
Shawn Donnelley  
Richard Driehaus

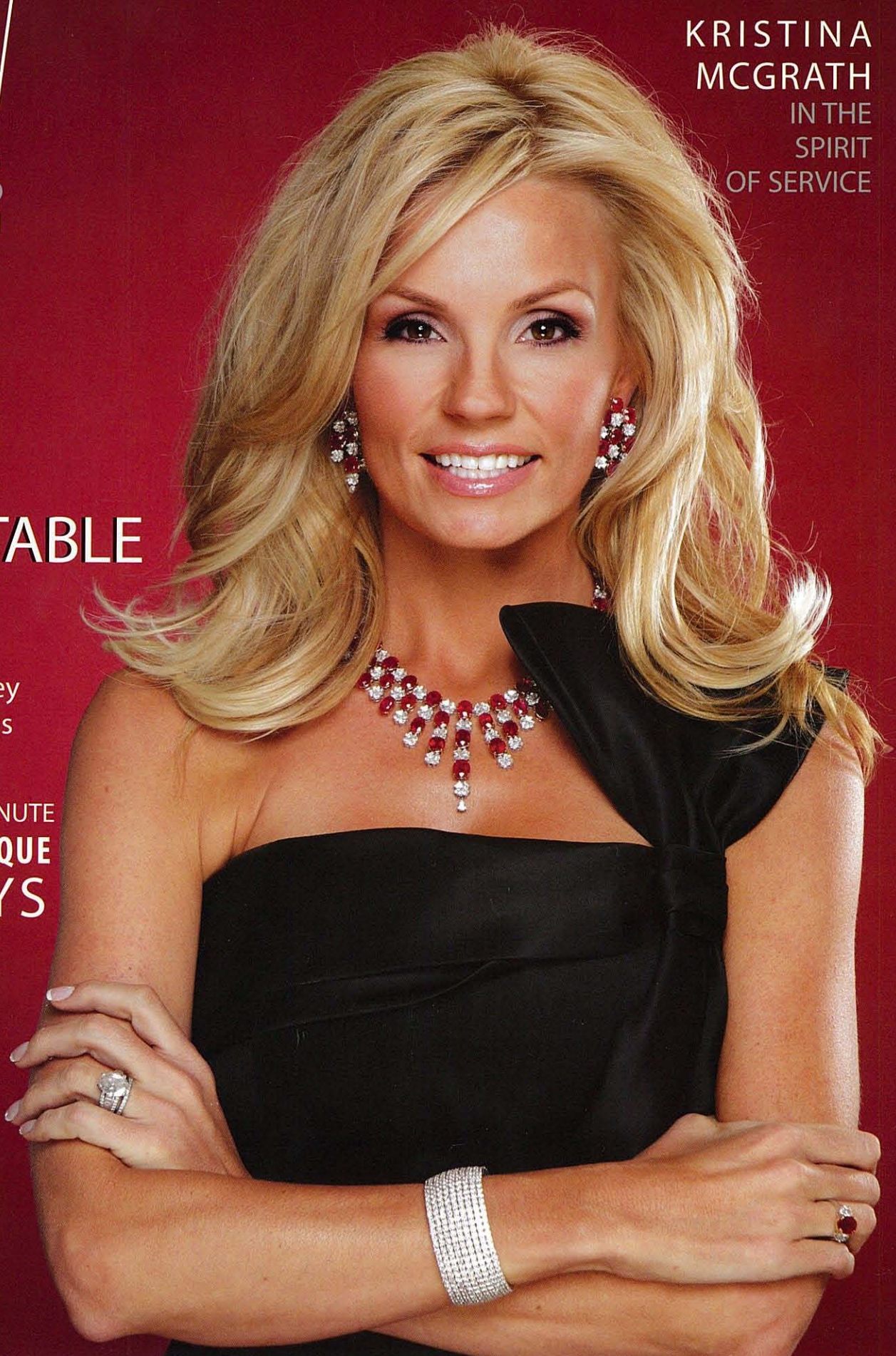
## 21 LAST MINUTE BOUTIQUE BUYS

DINING BY  
DESIGN

PLAYING  
DRESS UP!

BAD SANTA!

DECEMBER 2007



## THE PEARL LASER

### Another Anti-aging Treatment Gains in Popularity

Thought pearls were just for necklaces and knitting? Think again. The Pearl laser is a new anti-aging treatment making promises of turning back the clock. To separate fact from fiction, we spoke to Amy Forman Taub, MD, medical director and founder of Advanced Dermatology, SKINQRI and skinfo.

### What is the Pearl laser?

Pearl is a laser treatment that refreshes the overall texture of the skin with less treatments and overall downtime than other technologies available today. It's finely tuned to remove aged, sun damaged skin and replace it with newer, brighter and less-wrinkled skin.

### Who is a good candidate for the treatment?

Anyone who has mild to moderate sun damage (brown spots, mild wrinkles, mild textural irregularities) is a good candidate for Pearl treatment. We have treated people as young as 30 and as old as 75. This laser has not been tested yet on darker skin types, so Hispanics, African-Americans and other people of color are as of yet not good candidates for the procedure. The concern is that there may be a change in pigmentation of the skin, so until more studies are done, it would be wise to avoid. However, Pearl is safe on Asian patients at low settings.

### Are there any health risks to the treatment?

There are minimal risks, all of which at this time are theoretical since they haven't occurred. But anytime you remove the top layer of skin it's possible to get an infection or a change in coloration such as too much or too little pigment.

### Can you really permanently reduce the signs of aging, or is it all just temporary?

It's a bit of both. You do remove the expression of aging signs such as fine lines and brown patches, which have built up over many years, so it's like going back in time when your skin had less sun damage. However, even if you maintain excellent health of your skin (sun protection, antioxidants, sun avoidance), some of the old effects from the sun will continue to show up, and you will continue to age. With proper care and maintenance of your skin, you should be able to go forward with a benefit that lasts.

### How long does the treatment take and how much does it cost?

The treatment takes approximately one-half hour, preceded by a one hour application of a cream anesthetic. The procedure varies in cost but is

approximately \$1,500. Sometimes two treatments performed one month apart are recommended for optimal results if the sun damage is more pronounced.

*Amy Forman Taub, MD, is the Medical Director and Founder of Advanced Dermatology, SKINQRI and skinfo. She is also Assistant Clinical Professor, Northwestern University Medical School's Department of Dermatology. Visit <http://www.skinfo.com> for more information.*



## DID YOU KNOW: Predicting the future

Ever been told that you worry too much — maybe about tripping in your favorite high heels or not meeting your work deadlines? Women tend to worry more about these things than men, according to a recent study published in the Child Development journal, because females are more likely to expect past experiences to predict the future. Your mind figures, you did trip in the center of the dance floor during prom; what's to prevent that from happening again?

## Can your girls do a figure eight?

It probably won't surprise you to find that your sports bras and regular bras just aren't cutting down on bouncing like they should be. A new study by Joanna Scurr, a British biomechanics professor, discovered that half of all women experience painful bouncing. In fact, her research suggests that women's breasts do figure eights with up to eight inches in movement while they exercise. This bouncing not only feels funny, but it also can stretch tissue and cause sagging. And the more sagging, the more bouncing — not a cycle you want to be caught in. So get fitted by a professional today to keep your girls in place.