

Look & Feel Your Best

Your Exclusive Monthly Newsletter Filled With Tips On How To Look Good & Feel Great At Every Age!

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“Summer ends, and Autumn comes, and he who would have it otherwise would have high tide always and a full moon every night.”
~ Harold “Hal” Borland, American author, journalist and naturalist (1900 - 1978)

Only a Few Short Weeks Left Until Labor Day!

Stop by.



With

well.

telling me summer's almost over! Just because September 22nd is the last official day, it definitely feels like summer is just flying. And for many Labor Day is the "real end of summer. "Time flies whether you're having fun or not. The choice is yours." Summer seems so short, especially for kids going back to school in September and some as early as August.

this in mind, we all should enjoy every moment left of this summer before it's gone. It is so easy to be consumed by "doing" and never really "enjoying". Make a conscious choice to have fun whatever you are doing. Look for the enjoyment in the simplest things. By making that decision to have fun with whatever we are doing, it makes things more fun for everyone around you as

August is going to fly by no matter how we approach it. There are 31 days of summer in August and 21 days of summer in September. A few more lazy days at the pool or beach, backyard Bar-B-Ques or last minute travel. So why not have fun with it and not bemoan the end of summer. When summer finally winds down there will be time to start thinking about cooler days, crunchy leaves, pumpkin spice and the approaching festive season. Remembering summer with fond memories, until next year. Enjoy the rest of your summer!

Hot Flashes and Summer: Tips For Beating The Heat

After a long, cold winter, most women look forward to the warm days of summer and enjoying some fun in the sun. But if you're among the approximately 75% of postmenopausal women who suffer from the symptoms of hot flashes, then the added heat of summertime may be too much of a good thing, leaving you desperate to find relief.

Hot flashes, which are sudden feelings of warmth over areas such as the face, neck and chest, can occur a few times a week or several times a day. And since hot weather tends to be a common hot flash trigger, these sudden feelings of warmth can be exacerbated. Fortunately, there are a variety of self-care methods that women can turn to for relief. Here are some helpful tips for managing hot flashes in the intense summer heat:

- **Keep cool:** Slight increases in your body's core temperature can trigger hot flashes. Dress in layers so that they can be removed when feeling warm; use a fan or open a window to keep air flowing; decrease the room temperature; or sip a cold drink. Watch what you eat and drink. Hot and spicy foods, caffeinated drinks and alcohol can trigger a hot flash.
- **Relax:** Yoga, meditation or other helpful relaxation techniques can provide relief.
- **Don't smoke:** Smoking is linked to an increase in hot flashes.

- **Improve your diet:** Many women find relief when they improve their diet.



If self-care methods don't do the trick, you and your physician can explore treatment options. Prescription estrogens continue to be the most effective option for relieving the discomfort of hot flashes and night sweats associated with menopause. Your doctor may prescribe a bioidentical and an FDA-approved estradiol gel, that can be applied to the skin. Due to certain risk factors, estrogen therapy should be used at the lowest dose for the shortest time possible to treat

symptoms. For more information about hot flashes, talk to your doctor to learn more about this treatment.

Important Safety Information: The most common side effects for all estrogen products are headache, breast pain, irregular vaginal bleeding or spotting, stomach/abdominal cramps and bloating, nausea and vomiting, and hair loss. The less common but serious side effects include breast cancer, cancer of the uterus, stroke, heart attack, blood clots, dementia, gallbladder disease, and ovarian cancer,

Do not use estrogens, with or without progestins, to prevent heart disease, heart attacks or strokes as it may increase your chance of getting heart attacks, strokes, breast cancer, and blood clots.

Do not use estrogens, with or without progestins, to prevent dementia as it may increase your risk of dementia.

Do not use estrogen products, if you have unusual vaginal bleeding, currently have or have had certain cancers, had a stroke or

heart attack in the past year, currently have or have had blood clots, currently have or have had liver problems, or think you may be pregnant.

Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). If you experience any of these

symptoms, while you are taking estrogens; report it right away, to your healthcare provider.

Look&FeelYourBest®TipsoftheMonth...

Make Sure Kids' Eyes and Vision Are 'Grade A' This School Year

With back-to-school time around the corner, parents will be scrambling to buy new school supplies and clothes. As they tick off their long list of school to-dos, ophthalmologists are reminding moms and dads not to neglect one of the most important learning tools: their children's eyes.

Good vision and overall eye health are vital to learning. The American Academy of Ophthalmology is emphasizing the importance of healthy vision to academic success during *Children's Eye Health and Safety Month* in August.

Because children are still growing, being vigilant about eye health is important. The earlier problems are identified; the sooner they can be addressed. The American Academy of Ophthalmology recommends the following tips:

1) **GET REGULAR CHILDHOOD VISION SCREENINGS:** Children's eyes change rapidly, making regular vision screenings an important step in detecting and correcting eye problems early. In addition to screenings for infants, the Academy recommends further vision screening for children when they are:

- Pre-school age, between age 3 and 3½
- Entering school
- Experiencing a possible vision problem



For school-age children, a vision screening, which is less comprehensive than a dilated eye examination by an ophthalmologist, can be performed by a pediatrician, family physician, nurse or trained technician during regular checkups. If the screening detects a problem, the child may need to see an ophthalmologist (an eye physician and surgeon) or other eye care professional.

2) **KNOW AND SHARE YOUR FAMILY EYE HEALTH HISTORY:** Everyone should find out whether eye conditions or diseases run in their family. Parents should share that information with the person performing the screening when possible. Examples of common eye conditions include nearsightedness, crossed eye (strabismus), and lazy eye (amblyopia). If these are not treated in childhood, they can cause permanent vision loss in one eye.

3) **WATCH FOR SIGNALS OF EYE PROBLEMS:** Parents should be alert to symptoms that could indicate an eye or vision problem, such as complaints of eyestrain, headaches and squinting when reading or performing other common activities. Other symptoms to look for include a white or grayish-white coloring in the pupil, one eye that turns in or out, or eyes that do not track in sync together.

4) **WEAR PROTECTIVE EYEWEAR WHEN PLAYING SPORTS:** Eye injuries while playing sports can cause serious damage, whether by getting smacked with an elbow during basketball or hit with a hockey stick. If your child plays racket sports, hockey, field hockey, baseball or basketball, consider having them wear goggles or other certified protective eyewear.

Visit the Academy's website to learn more: [HTTPS://WWW.AAO.ORG/](https://www.aaao.org/)

Does Swimming Provide a Good Arm Workout?



Swimming is a sport that tones the whole body. It's especially useful when you're looking to tone your arms because certain strokes are quite intensive on the arms. Here are some swimming drills and their effects on the body.

Front Crawl Arm Drill: While swimming, you have to use your arms and legs to move in the desired direction. The front crawl is the one where you have to keep your hands straight in front of you and stroke simultaneously to move ahead. Basically, your body is lighter in water and therefore, in order to move forward, you need to "crawl". The front crawl technique builds your shoulder strength and

also cuts fat under the arms.

Slow Arm Recovery Drill: In this swim drill, the positions of the hands are quite similar to the front crawl arm drill. The difference is that movement of the hands will be slower and more deliberate. While stroking, the elbow should be kept straight up before moving ahead and your face should always point at the pool floor. This drilling technique enhances the pulling strength of the arms.

Quick Catch Drill: The quick catch drill results in faster swimming. In slow arm drill, the swimmer has to make a slow movement while in the quick catch, the swimmer will need to keep moving without pause by pushing the elbow a little up and rotating the arms in quicker succession. This swimming drill will burn the fat under the arm.

High Swingers Drill: A swinger moves very quickly. While performing the crawl in water, one would need to release the stroke high before the arm comes back down. Arms should be high and the entire torso should feel engaged while pulling. This drill is very effective and helpful for the arm workout as it engages high shoulder movement.

These are few swimming drills which results in good arm workout. It enhances the endurance and strength at the same time while helping a person increase his or her flexibility out of the water.

Conclusion: Swimming is a great sport that offers many benefits. Apart from body toning and increased strength, it also helps building stamina, endurance, agility, and relaxing your mind. A healthy diet should be maintained after swimming as water workouts are normally quite intensive and often makes you hungry.

become available in the U.S. in concentrations of 5% to 10%. When outside in the evenings or other times when there are a lot of mosquitoes present, cover up with long sleeved shirts, pants and socks to prevent bites.

Ask the Doctor...



2018 Body & Face Makeover Series:

How to Protect Yourself from Waterborne Illnesses This Summer

Don't let invisible threats lurking in pools, water parks and lakes ruin your summer. Recreational water illnesses (RWIs), such as *Cryptosporidium* (Crypto) and *Giardia*, are on the rise and most prevalent in the US during May through October.

Crypto and Giardia are two frequently occurring parasitic infections with the most common symptom being persistent diarrhea. According to the U.S. Centers for Disease Control and Prevention (CDC), there are approximately 750,000 cases of Crypto estimated each year in the U.S., a 300% increase in incidence over the past decade. The CDC also estimated 1.2 million cases of Giardia annually in the U.S.

The Problem: swimming in properly chlorinated pools does not necessarily eliminate the risk of parasitic infections. An infected person can spread RWIs at alarming rates through swimming water, leaving fellow swimmers sick with infectious diarrhea for weeks and sometimes even developing lasting gastrointestinal damage. Research shows there's confusion and misinformation about Giardia and Crypto among parents and caregivers. Four in 10 think hand sanitizers can kill the parasites, which is *not true*. More than a third don't know how their kids can catch the parasite. And most caregivers (74%) are unclear on how long they need to keep their sick children out of the water. Fewer than a third know that the CDC/AAP swimming guidelines indicate that children infected with Crypto need to be out of the water for two weeks after symptoms have resolved.

What You Can Do

- Shower before entering and after leaving a public swimming pool.
- Avoid swallowing pool water while swimming.
- Wash your hands thoroughly with soap and water after using the toilet or changing diapers.

To redeem your prize of a *free Enzyme Peeling Mask*, just call our office before the end of the month.

- See a doctor promptly if you develop symptoms. Over-the-counter medications offer limited support if you're infected with these parasites.
- Stay out of the pool until at least two weeks after the diarrhea stops.

Most people don't appreciate how common recreational water-borne parasitic infections such as Giardia and Cryptosporidium can be, particularly in the summer months. If you think your child may be infected, don't let him suffer in silence. Contact your pediatrician.

What Doctors Can Do: The good news is doctors can treat (for adults and for children) There are safe and effective FDA-approved treatments for the diarrhea caused by these parasites."

Expert Advice: Without treatment, the symptoms of Crypto and Giardia infections last two to three weeks, but proper treatment can reduce the duration of diarrhea. Those who suspect that they've been infected should contact their medical care provider for treatment. Patients as well as medical care providers have a responsibility to treat parasitic infections properly to avoid the spread of the illnesses and potential outbreaks."

Doctors rely on their clinical judgment when treating infectious diarrhea that they suspect may be caused by Crypto or Giardia. Current tests for the condition can have false negatives and can take several days to process.

A simple swim doesn't have to lead to days of discomfort if everyone takes proper precautions. To learn more go to:

www.CDC.Gov/FEATURES/HEALTHYLIVING.HTML

Refer A Friend Rewards...

My staff and I would like to say thanks and give recognition to the following patients and readers of this newsletter for their kind referrals:

Dorothy T from Daly City, & Alexandra N from San Francisco

As a way of saying thank you for entrusting your family, friends and loved ones to our practice come in before the end of the month and receive a \$25 referral fee.

Until next time, Live your life to the fullest!

Dr. Susan Lin

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Check out our End Of Summer Specials...
Look Inside!

Younger Healthier Skin

PRP / Growth Factor 3 areas for \$1500 - Face, Neck & Hands *Savings of \$500*

Fight Frown Lines

Dysport B2G1 \$700 *Savings of \$350*

Fuller Longer Lashes

MD Lash B1G1 \$99 for 2.91 ml or \$140 for 5.91 ml *Savings of \$99 or \$140*

Revitalize Your Hair

MD Revitalizing Shampoo B1G1 *Savings of \$49.99*

