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SPORTS SCORES

By Ezra Shaw, Getty Images

Sacrifice: Uribe, left, drives winning run.

Giants one win from pennant

- Despite late rally, Phillies fall 6-5
- Yankees stay alive, will play in Texas Friday, 1, 4-5C

USA TODAY

NO. 1 IN THE USA

USA TODAY INTERVIEW

Damon gets deeper

- Growing family, two movies on the way. No wonder he's focused. 1D

By Robert Deutsch, USA TODAY

www.usatoday.com

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Life

SECTION D

Thursday, October 21, 2010

Jon Stewart, Steve Carell by Kevin Mazur, WireImage

'Many Stars' vs. autism

Comedy is central to cause, 3D

'Revolutionary' skin treatment

your Life

From tattoos to acne, 4D

NO EXCUSES

USA TODAY WEIGHT-LOSS CHALLENGE

If you've successfully lost weight, we want to hear from you and perhaps include your story in our annual Weight-Loss Challenge series. The theme: No Excuses.

Details are at **fitness.usatoday.com**.

USA TODAY **Your Life**

■ THRIVE ■ CARE ■ NOURISH ■ SHINE

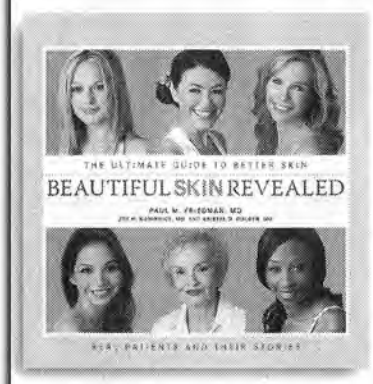
Stockdisc

FYI on your BMI

There's more to fat than the bathroom scales can tell you. Calculate your Body Mass Index online.

Find our BMI tool at **dietchallenge.usatoday.com**.

Be comfortable in your (better) skin



For many women, aging gracefully means skin that looks healthy and well cared for. But standing in the way can be any number of skin problems — from acne scars to age spots. In his new book, *Beautiful Skin Revealed: The Ultimate Guide to Better Skin*, dermatologist Paul Friedman, director of the DermSurgeryLaser Center in Houston, says lasers and light-based technology have "revolutionized" the treatment of many common skin conditions. He discusses a few with USA TODAY's **Michelle Healy**.

More resources

Do your homework when looking for a doctor, dermatologist Paul Friedman says. He suggests word of mouth and getting a recommendation from a primary-care doctor or

- **American Academy of Dermatology:** www.aad.org
- **American Society for Dermatologic Surgeons:** www.asds.net

Acne scarring

Q: What can be done about it?

A: Acne is the No. 1 condition that dermatologists see. It affects approximately 80% of the population. . . . We actually see a lot of adult acne, especially in women, typically exacerbated by hormonal causes. Stress can also contribute.

Laser technology is being utilized safely and effectively for treating acne. . . . It's often used in combination with traditional topical therapy or even oral medications like antibiotics. It's really important to see a dermatologist if you have acne so you can have it treated before you have acne scarring.

Depending on where you have the procedures done, you can expect to pay from $400 to $1,000 per laser treatment. Typically we've seen up to a 70% reduction of acne after three treatments, with a one-year remission.

Megan Wessels, 28
Alief, Texas

A dancer, she suffered from acne in her teens and 20s. Medications, ointments and peels had limited results. Laser treatment made the difference.

Tattoo removal

Q: Isn't removing tattoos painful and difficult?

A: There's a new generation of permanent tattooing ink that's marketed as being more laser-responsive than regular ink. The problem is getting the parlors to utilize it. It's a more regulated ink, and you know what's in it. That's really important because certain inks can darken with certain laser treatments; specifically reds, skin-colored and white tattoo inks can turn black. So knowing can help later if you decide to have it removed.

For removal, in general you're looking at five to 10 sessions. The treatment itself can be painful, so we inject lidocaine to numb the skin. You're looking at roughly a one-week recovery. You get a little bit of scabbing when the ink is absorbed by the laser light that then causes some crusting, and that can last up to a week. Wound care is very important during this process.

The other option is to actually cut the tattoo out surgically. But then you're looking at the risk of scarring. Certain areas do better than others, but we will have patients who say, "I just want this tattoo gone." That obliviously isn't realistic for your larger tattoos.

Veronica Ebie, 29
Houston

The professional model's first attempt to remove an old tattoo left her with third-degree burns and a thick scar. Laser treatments were successfully used to lighten and soften it.

Rosacea

Q: What can be done about the redness and bumps?

A: Rosacea is typically seen in fair-skinned individuals. It's more common in women, typically in their 30s, 40s and 50s. The first line of treatment would be your topical and oral antibiotics, but for patients who have symptoms of flushing or repeated redness of the face when exposed to sun or spicy foods, the laser is the only treatment option to reduce the flushing or blushing sensation that occurs after being exposed to the trigger factors.

It targets the blood vessels. It heats them up, and the body absorbs them. We do four or five sessions at monthly intervals, and once or twice a year for maintenance treatments. These are some of the happiest patients because it's a condition they are commonly asked about and embarrassed by. People don't realize there are new advances that we can incorporate into their regimen to help with this condition.

Lyn Dwoskin, 43
Houston

Seeing her bright red and blotchy face in the mirror was this teacher's introduction to rosacea. Pills, scrubs and lotions did not work. Laser treatments, she says, have changed her life.