

HEALTH

THE YOU DOCS



By Mehmet Oz, M.D. Michael Roizen, M.D.

Make achy joints feel better in winter

Ask anyone with achy, arthritic joints what they do on cold, short days, and the answer is, "Stay inside and stay warm." We YOU Docs get that, having shivered through last winter's record-breaking freeze-outs ourselves.

But please add a third "stay" to that list: Stay inside, stay warm and stay active.

Turns out that as soon as the days turn shorter, people with arthritis spend three additional hours indoors. Doing what? Sitting around.

First, when you don't move, your joints get stiffer, even if you don't have arthritis. Activity



keeps them flexible and strengthens muscles, which act as support systems for joints.

Second, sitting is as risky as trans fats, icy sidewalks and cruise-ship buffets. Hours of sitting messes up your blood sugar and blood pressure, and ups your odds of breast and colon cancer. What to do?

■ Spring for an exercise bike (or ask for it as a holiday gift; it'll be a gift for life). Put it smack in front of the TV.

■ Buy a pedometer, then use your home as a walking path. Go ahead, aim to do 10,000 steps a day indoors by New Year's!

■ Pace while you listen to a book on tape or make mental gift lists.

■ Have a summer walking buddy? Call each other, then talk and walk indoors.

■ Borrow or buy a Wii Fit set and bowl, play golf, tennis or baseball in your den.

■ Order walk-at-home guru Leslie Sansone's *Walk This Way* DVD. It's a workout!

As the economy tiptoes up, heels go down

Even we YOU Docs (who think white lab coats are the height of fashion) are aware that women's heels have gotten taller than Heidi Klum. Upshot: It's not just bankers who are getting rich in this economy. Foot physicians are doing fabulously, too — much to their dismay.

As the average height of fashion heels has gone from 3 inches to 5 or 6



inches, women's visits to docs for foot and toe woes have soared an estimated 75 percent during the past few years. Eight out of 10 women say their shoes are painful.

You're not surprised? Neither are we. For Carrie Bradshaw and other fans of Manolos et al, walking has become an extreme fashion sport — what one foot surgeon calls "shoeicide."

Peek under the chairs in Dr. Oz's TV audiences, and kicked-off shoes are the rule.

So, is there any good news in here?

Yep. There's now evidence, from global business analysts at IBM, of all places, that as the economy tiptoes up, heel heights inch down.

While it used to be hemlines that tied fashion to finance, stilettos appear to be the new economic indicators. You may already have spotted your neighborhood fashionista skipping around in ballet flats.

What's next? The return of kitten heels, which top out at 2 inches, the height most foot docs agree is the maximum for happy feet. We can hear women cheering now.

The YOU Docs, Mehmet Oz and Mike Roizen, are authors of "YOU: The Owner's Manual." Want more? See "The Dr. Oz Show" on weekdays at 4 p.m. on WPBF-Channel 25.

To submit questions, go to [www.RealAge.com](http://www.RealAge.com)

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**Answer:** I am glad your friends are comfortable enough to "show their stuff". This reminds me of a scene in the first Jaws movie where the three shark hunters compare their scars one night on the boat. Sherriff Brody, played by Roy Scheider, was only able to show an appendix surgery scar. With full lower dentures, it is recommended to place at least four implants for greater stability and retention i.e. Grip. This way if one implant should fail, you still have three to hold the denture in place. If only two implants are placed, and one fails, your denture will put excessive forces on the remaining single implant, which could lead to its failure. As far as attachments are concerned, there are six major types, made by fine different companies. Locator, by Zest Anchor, was recently written up in the Clinicians Report Newsletter and was rated "excellent" by the evaluators. The decision on which to use is based on several factors, including how parallel your implants are to each other and how much room you have between the upper and lower arches of teeth. For a free consumer guide on implant supported overdentures, contact us.  
*Dr. Josephs practices Cosmetic, Implant and General Dentistry in Palm Beach and hosts the "Tooth Talk" radio show live on Fridays at 11am and Tuesdays at 8:30am on WBZT AM1230. (www.radiotoothtalk.com) On staff at Good Samaritan Medical Center, Dr. Josephs is on the Faculty Advisory Board at McGill University's Faculty of Dentistry. Send questions to [djosephs@palmbeachdentist.com](mailto:djosephs@palmbeachdentist.com) or call 888-DRTOOTH (888-378-6684) or visit [www.palmbeachdentist.com](http://www.palmbeachdentist.com)*

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**Dr. Anita Mandal, M.D.**  
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**Hollows & Dark Circles Under Eyes**

**Question:** As I've aged, I seem to have developed dark circles under my eyes as well as hollowing. Not only does this make me look tired, but my eyes also appear smaller. Is there an effective way to treat hollows and dark circles under the eyes?  
**Answer:** Those hollows under the eyes are often caused by fat loss and thinning of the eyelid skin. This makes the bony rim of the eye socket more visible, resulting in a groove or hollow that is commonly referred to as the tear trough. Fortunately, the treatment for eyelid hollows can be simple and effective. Filling the tear trough area with a hyaluronic acid filler such as Restylane™ can soften or smooth out hollows. This 20 minute office procedure is non-surgical with minimal downtime and very safe. However, treatment of the tear trough can be tricky and is best performed by an experienced plastic surgeon who is very familiar with eyelid anatomy. The key lies in injecting the filler within a precise area along the tear trough groove to avoid bumpiness or overfilling. I do not recommend heavier fillers such as radiessse or perlane due to their inferior results. The Restylane™ can last up to 1 to 1 1/2 years in the tear trough. Sometimes, tear trough hollows are confused with malar creases which are grooves across the upper cheek. A malar crease is often due to sagging of the upper cheek ligaments with age. Your plastic surgeon will be able to make the proper diagnosis as the treatment for tear trough hollows vs. malar grooves is very different. Dark circles under the eyes have multiple causes. They can be the result of hollowing which is treated with injectable fillers as discussed above. Dark circles can also be shadows formed by bulging fat bags of the lower eyelid. In such case, surgical fat removal of the eyelid pads can improve the dark circle. Finally, dark circles can be due to skin discoloration of the lower eyelid and addressed with a medical skin regimen.  
*Dr. Anita Mandal is a double board certified Facial Practice Surgeon. Her practice of 14 years is specialized to cosmetic procedures of the head, face and neck with both surgical as well as non-surgical treatments. Her expertise includes facial rejuvenation, hair restoration, rhinoplasty and corrective cosmetic surgery. She is on the medical staff at Jupiter Medical Center in Jupiter, FL. Her Palm Beach Gardens office houses two state-of-the-art surgical suites to assure patient safety, comfort and privacy. To ask a question, please email Dr. Mandal at [drmandal@comcast.net](mailto:drmandal@comcast.net). You may also log on to [www.MandalPlasticSurgery.com](http://www.MandalPlasticSurgery.com)*

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