

EVERY
2 WEEKS

FEMINA

Believe

**COUNTDOWN
2007**

**YOUR 10-DAY
BEAUTY REGIMEN**

**"WE'RE NOT
THIEVES"**

THE DEEP & DISTURBING
LIVES OF WOMEN OF
DENOTIFIED TRIBES

**THE VERDICT
IS OUT**

WHAT YOU NEED TO
KNOW ABOUT THE LAKME
FASHION WEEK

Am I beautiful?

THE STARK TRUTH ABOUT INNER BEAUTY

FEMINA PEOPLE

NICOLE KIDMAN TURNS
ON THE HEAT

DANIEL CRAIG IS THE
NEW JAMES BOND

RAKHEE CHOWDHURY
WEAVES EMPOWERMENT

**VOTE
NOW!**
PICK YOUR FAVOURITE
CHAMBOR FEMINA
COVER GIRL

FREE FROM AVON ANEW RETROACTIVE CREAM SACHET WITH THIS ISSUE



Dr. Mohan Thomas, M.D (USA) FACS (USA), leading Cosmetic Surgeon, Visiting Scholar-Mt. Sinai Hospital (New York) and Consultant, Breach Candy Hospital, Mumbai

I have deep acne scars and I have taken many treatments – creams, peels, abrasions, etc. The scars have not gone away completely. What more can be done?

Kalpana Vaidya, Raipur

A I can very well understand your frustration. Most acne scars can only be improved upon, but cannot be eliminated. The treatments that you have undergone are resurfacing procedures and are the best therapeutic options. Any treatment for deep acne scars will be able to give you 50-60 per cent improvement at best. And that too usually after 2-3 sessions. The end point of treatment should be a situation where the scars are not very noticeable. Please do not hope for a 'baby-smooth' skin.

Q I have a round face. I think this is because of more fat in the cheeks. Can my face be made to look longer and oval like those of models?

Reena Sen, Kolkata

A It is true that a lot of "models" have oval faces. But that does not mean that everyone should have an oval face to look and feel good. A round face also has its own charm! However, if you think that a more oval face will increase your appeal and self-confidence, surgical options can be considered. Chin implants and buccal fat pad removal are commonly preferred for this purpose. Thick muscles at the jaw angles can also contribute to the "round" look. This can be reduced by botox injections. Again, remember that changing your attitude is better and easier than changing your profile.

Q I'm 31 yrs old and had failed three IVFs within 2 yrs time. Recently I find that my breasts are sagging and they are too soft like dough, earlier I used to wear 36 size (India) Now I can use only U.S & U.K 34 DDsize under wired ones. I'm 52 kgs, I always had a heavy

bust but now my breasts are not firm. I'm using a bust cream from Italy and it's quite expensive but I don't find much difference. Please help me as I don't want to go for any major surgery. Would any particular exercise help?

Sumi, Delhi

A Sagging of breasts can occur because of weight loss in a short period of time. Exercise can improve the skin tone to some extent, but it may not be enough to lift the sagging breasts. If the sagging is slight and due to volume loss, a breast implant can help. If the sagging is more, a breast lift can help reposition the breast. Both these can be done as day care surgery with quick recovery.

Q I have a big round dark scar on my legs. Can skin grafting improve the scar?

Shankhonila Biswas

A The treatment of scar will depend on the size and type of the scar. If the scar has occurred due to burn recently, it may improve over time. Scar maturation takes about a year and usually, any surgical treatment for scar should be considered after this

period. Skin grafting can be done in large prominent scars, although complete skin colour matching will not occur. Good care of the graft (pressure garment, moisturiser etc) has to be taken for 6-12 months after the surgery to ensure a good result.

Q I am considering breast implants to increase my bust size. My grandmother died of breast cancer. So my parents are apprehensive about the surgery. Do breast implants interfere in the diagnosis of breast tumor?

Manisha Wagh, Nagpur

A Your parents' apprehension is understandable. Most parents want to protect their children from surgeries as far as possible. There have been many studies about this aspect of breast implant surgery. The current opinion is that the detection rates of breast tumor are not significantly different in women who have breast implants. Although implants can reduce the sensitivity of mammograms, the effectiveness of physical breast examination improves after breast implant surgery. A good breast self examination should be done on a regular basis after the surgery. **Q**