



SNACKING MAKES SENSE

High endurance athletes such as swimmers, long distance runners and sprinters fare well by eating smaller meals throughout the day, rather than three main meals and snacks. Eating smaller portions of nutritious foods throughout the day keeps the metabolism running in high gear and keeps energy levels steady, according to the Department of Food Science and Human Nutrition at Iowa State University; it's a common practice used by bodybuilders and athletes, and helps keep the body well-fueled for the challenges of the day. ♦



FRIVOLOUS FUNGI

The funguses called truffles are sniffed out from the ground by female pigs, which detect a compound that is also found in the saliva of male pigs and in the sweat of human males. The same chemical is found in the sweat of human males. One variety, tuber melanosporum, can cost between \$800 and \$1,500 a pound. ♦



SERIOUS EATS

The Wall Street Journal announced a list of healthy foods that we should be eating more often. The list includes kale, pears, pomegranate, pine nuts, thyme, rutabaga, concord grapes and sheep's milk cheeses. ♦

Ask Dr. Clark

Email your health questions or concerns to Orlando Plastic Surgeon Dr. Clifford Clark: info@orlandoai.com



Dr. Clark—

CAN STRETCH MARKS BE REMOVED?

Stretch marks are one of the most challenging skin issues to improve. A stretch mark is really a fracture in the dermis, or the deep collagen layer of the skin that has resulted in

dramatic thinning of the skin in that area. Most often stretch marks are associated with rapid weight gain, although genetics and hormones seem to play a role. Many "potions" have claimed to be a cure for stretch marks but none have actually delivered, so buyer beware. Some of the laser technologies offer promise, with fractional lasers such as Fraxel showing nice results. Currently we are working on a variety of solutions, but there is no single cure.

Dr. Clark—

I AM SLIGHTLY OVERWEIGHT. WOULD I BE A GOOD CANDIDATE FOR LIPOSUCTION?

It all depends. If you have a concentrated collection of fat in a single region such as the tummy, love handles

or thighs, liposuction can be an excellent solution. It is best to be close to your ideal weight as liposuction is definitely not a cure for being generally overweight. Liposuction is also not helpful if you have skin laxity, which is something that we need to address with the addition of a skin tightening procedure such as a tummy tuck (and hopefully this gets rid of the stretch marks, too). A consultation with a board certified plastic surgeon can help establish whether this would be an appropriate treatment for you. Be wary of doctors trying too hard to sell you something or marketing a single technology. The truth is that there are several great technologies and techniques so choosing the right treatment for the individual patient is the key. ♦