



Healthy Skin Diet

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> (CDC) Each year there are around 25 million visits to dermatologist offices in the country. The skin, which is the largest organ of the body, weighs in at about 6-9 pounds and covers two square yards. It plays an essential role in the body, providing everything from protection from viruses to sensing hot and cold, and even regulating our body temperature. Logistics aside, our skin is the most noticeable thing on our bodies and our diet can have an impact on whether it looks dull or glowing.

Our skin says a lot about how healthy we are and what we are doing when it comes to our diet. Having skin conditions, or skin that doesn't appear healthy, can wreak havoc on our self-esteem. Maintaining a healthy diet is important to having healthy, glowing skin. Aim for eating foods that contain a lot of antioxidants, which have properties that will help protect and heal it. These include:

- Fruits, especially all types of berries, melon, apples, pears, and cherries, all of which offer cell-protecting antioxidants.
- Vegetables, especially dark, leafy green varieties, spinach, asparagus, celery, eggplant and onions.
- Legumes, which would include tofu, kidney beans, chickpeas and other types of beans.
- Fish, especially salmon, which is high in healthy fatty acids.
- Nuts, including walnuts, and flaxseed, both of which are good sources of healthy fatty acids.
- Healthy oils for cooking and preparing foods, such as olive oil.
- Drinking plenty of water each day. Green tea is another ideal drink because of its high antioxidant properties, which work to reduce inflammation and provide cell protection.
- Avoiding or limiting things that are believed to lead to skin conditions, such as sugar, white flour, high meat and dairy intake, as well as fried foods.

It's amazing how much of an affect what you eat can have on how your skin can look.<

>> ASK DR. CLARK



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

Q: I have had breast implants for ten years and I'm starting to worry about breast cancer. What is the most effective way to prevent breast cancer?

A: Most importantly, breast implant patients do not have any greater risk for breast cancer.

There is nothing you can do to prevent breast cancer but the key is early detection. Breast self-exam is a highly effective screening tool and all of my implant patients do a daily exam when they do their breast massage. I published a study that has been confirmed by others that patients with implants actually detect smaller tumors in their breasts than patients without implants. The next most important screening tool is a mammogram. It is important that a patient with implants has their mammogram at a facility that is comfortable with patients with implants. It requires special techniques and expertise to perform an effective study, so alert the center early that you have implants. A sonogram can help differentiate issues in the breast using sound waves, and it can also disclose the health of

the implant. Last but not least an MRI can occasionally be needed to get special information on breast lumps and is the "gold standard" to disclose the health of your implants. It's important to have a plan for screening with your GYN or primary care doctor. Your Plastic surgeon can help to provide direction and advice.

Q: Is there anything new in breast reconstruction after a woman has had breast cancer?

A: There are many techniques to provide women with the beauty they feared they would lose with breast cancer treatment. Many new techniques have made all of the breast reconstruction results more predictable and natural. The use of special inflatable implants at the time of breast cancer

treatment has been around a long time, and the addition of tissue to the area with an out of the box product has been a nice addition. The most exciting and natural method of breast reconstruction is by using your own tissue from your belly or bottom. This takes a highly skilled plastic surgeon, and the doctor treating the cancer can direct you to the right person. Most importantly, the knowledge that you can still have a feminine form after cancer treatment should be an encouraging note for the women who have been diagnosed with cancer and energize women to seek appropriate cancer screening.