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Health & Beauty ASK THE

EXPERT

I have trouble falling asleep. My primary physician said I need to work on my 'sleep hygiene.' Please explain what that means.



Christa S. Cooper
PA-C

Sleep hygiene involves habits that promote the best sleep possible. Most adults should be getting between seven and nine hours of sleep every night. One of the most important sleep hygiene habits is to maintain a regular sleep schedule. You should be aiming to go to sleep and wake up at the same time every day, even on the weekends. Another good habit is to avoid caffeinated drinks after lunchtime and any alcoholic drinks near bedtime. Alcohol may help you fall asleep initially, but it prohibits your body from entering into a deeper, more restful sleep, leaving you tired in the morning. Relaxation techniques before bedtime can also be helpful. You may want to try breathing exercises or light stretching. Avoid all electronic devices at least an hour prior to bedtime. This includes television, computers, tablets, and phones. The light emitted from these devices can trick your brain into becoming more alert, making it difficult to fall asleep. It may be necessary for you to see a neurologist or sleep specialist to rule out disorders affecting sleep such as sleep apnea, insomnia or restless leg syndrome. Talk to your doctor to address specific concerns that may be affecting you.

Christa S. Cooper PA-C, MPH, Clinical Neurosciences, SC

An age-related question. As my cheeks start to sag, the area under my eyes appears hollow, and my laugh lines look deep. How can the lost volume to my cheeks be restored without looking over-filled and artificial?



Shay Moinuddin, RN

One of the first areas of noticeable aging usually occurs in the mid face, due to a combination of fat and bone absorption. Patients begin to notice a flattening of their cheeks, deeper smile lines and a general droop to their mid face. Juvederm Voluma XC is the first filler approved by the FDA to temporarily correct volume loss in the cheek area. Our office was part of the FDA Voluma clinical trial and we're thrilled to be able to offer our patients a filler option that provides three-dimensional volumization. Voluma is made from Hyaluronic Acid, a substance that is naturally occurring in our bodies. It provides a very soft, natural and long-lasting (two years) fill. For patients concerned about not looking 'over-filled,' I encourage them to be injected in phases – this way the results are gradual and natural, with less potential side effects.

Shay Moinuddin, MHA, RN, CANS, The Few Institute for Aesthetic Plastic Surgery: Chicago & New York



Benjamin S. Fiss, DDS

My gums have begun receding, exposing the metal from my crown. How can this be corrected?

The patient's chief complaint is the unattractive appearance of the exposed neck of the tooth and old crown. We can start to address this issue by replacing the old crowns with a metal-free restoration. For the last 25 years, I have used non-metal restorations especially in the area of the smile zone. By using all porcelain restorations, the result is beautiful, natural cosmetics for crowns, bridges, implants and veneers. These ceramics are actually bonded to the underlying tooth structure. The result is great depth of color and incredible translucency, as well as extreme durability. Once the restorations are completed the causes of gum recession need to be addressed.

The two main causes of recession are toothbrush abrasion and bruxing or tooth grinding. Toothbrush abrasion can be prevented by using an extra soft toothbrush in a gentle circular motion with a low abrasive toothpaste. Avoiding the whitening and tartar control toothpastes is highly recommended, as these toothpastes are extremely abrasive. Bruxing can be controlled using a thin clear hard appliance, which fits like a retainer over either the upper or lower jaw. This creates an even surface distributing the forces of grinding. Wearing this appliance at night while sleeping alleviates many of the problems caused by grinding.

Benjamin S. Fiss, DDS

How can I reduce my risk for colorectal cancer?



Laura Bianchi, MD

Considering colorectal cancer is one of the most common cancers in women and men, it's reassuring to know that a balanced, healthy diet high in fruits, vegetables and whole grains may be the first step toward disease prevention. It's easy to spice up dishes by adding chopped vegetables to pasta sauces or a savory blend of fruits to creamy smoothies. If you don't have time to make meals, go for prepared salads, pre-chopped veggies, canned goods or frozen items. There's no wrong way to add vegetables to your diet. Equally important about colorectal cancer prevention is to consult with your physician about when you need to undergo colorectal cancer screening. A colonoscopy is considered the gold standard screening test. It can detect early cancer before symptoms arise, and colonoscopy is also a powerful cancer prevention test as it allows your doctor to detect and remove polyps before they can progress to cancer.

Laura Bianchi, MD, gastroenterologist, NorthShore University HealthSystem ■



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