



## ANTI-AGING OUTSIDE THE BOX

by Marilyn Green

I'd love to have perfect, fresh, taut, youthful skin forever, but I am the world's biggest coward where surgery is concerned. I expect to have beautiful, unlined skin when I'm 80, but then I'm an optimist. I always think I can have whatever I admire in someone else and I expect the world to come up with something good so I can have my cake and eat it.

I'm getting very lucky with this.

In his new book noted dermatologist Dr. David Goldberg writes, "By developing greater awareness of your skin, how to take care of it and protect it, you can slow down the progression of aging and take years from your face. Even if your skin already exhibits advanced signs of aging, you can reverse much of the damage by taking proper care of your skin and using appropriate age-erasing treatments. And it's never too late to start."

Dr. Goldberg, who hardly even knows the box exists to think out of, says if he could wave a magic wand he would see a lot less surgery and more focussing on what we can do without a knife or anesthesia. "We have tremendous stress in our lives; we don't have to add the stress of surgery," he says. My hero.

"I have a passion for what I love," he adds. "In my medical practice I combine physics and interaction with people, and I am a firm believer that you can do what you want to do."

He'll probably never help me with my skin after this, but for me Dr. Goldberg immediately recalls the 1984 movie Buckaroo Banzai, in which the protagonist was a superb brain surgeon, test pilot, rock star, etc.

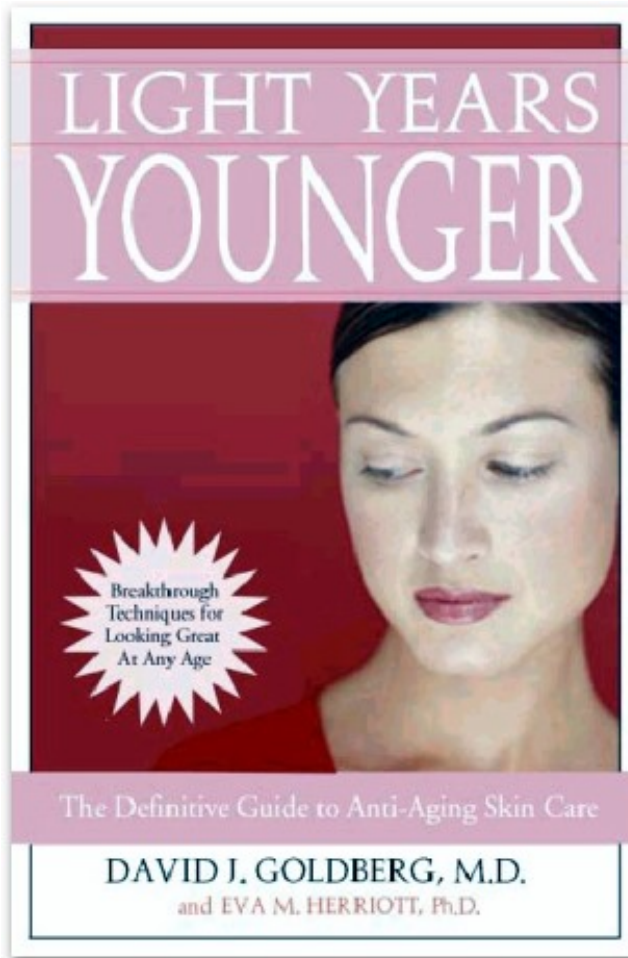
Goldberg, who grew up in a poor southern Arizona home ("We couldn't afford air conditioning") came to New York for college and went on to Yale Medical School and Fordham Law School ("I find law intellectually stimulating"); he plays music on the side and

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has a large family. Although he doesn't practice as a lawyer, he uses his legal training in tackling ethical issues in medicine.

His diverse interests and his skill as a synthesist have led him to an exceptionally rich career and life: he teaches ethics at Fordham, crosses national and specialty lines to bring together techniques and procedures from North America, Europe and Asia and – wonder of wonders – to bring dermatologists and cosmetic surgeons together.

Goldberg is Director of Laser Research in Mt. Sinai's Department of Dermatology. He has been named "one of the best doctors in America" by Woodward/White, Inc. and appeared on "The Today Show" to demonstrate the breakthrough Thermage Laser procedure. He is currently chairman of the Ethic Committee of the American Academy of Dermatology and serves on the board of Directors of the American Society for Dermatologic Surgery. Self named him one of the top 10 laser surgeons. He writes textbooks for doctors, lectures to medical associations and societies and maintains a private practice.



And now, with Eva M Herriott, he has a book out for the general public called *Light Years Younger*, in which he discusses skincare with the breadth one would expect, including foods that nourish the skin, the effect of exercise, etc.

Part I of the book explains skin aging and how men age differently from women. Part II explains the role of diet, sun protection, exercise and hormones in the aging process, Part II discusses skin maintenance and Part IV new methods and treatments to preserve youthful skin.

Among the interesting bits of information are the foods that help the skin's collagen level: raisins, sweet potatoes, kidney beans, lobster and oysters among them. He also notes that researchers estimate that skin damage induced by the ultraviolet rays of the sun are responsible for up to 80% of the skin's aging and explains the damage of passive exposure to smoking (so much for smoke-filled European jazz clubs).

"There's no one way to do things," he maintains, "and the more possible successful techniques you have in your arsenal, the more effective you can be." Among these possibilities are laser techniques, particularly strong in North America, with Europe much quicker on radio frequency and microcurrent facelifts and Asia using biofeedback for healing and health.

Goldberg discusses what he terms cosmetic dermatology, stating that two new products have just been cleared by the FDA that will be "a real challenge to Botox. The challenge of tomorrow is what it is about." He is also interested in Mesotherapy, which he characterizes as simply "injecting something into the skin." "It seems to be very appealing for inch reduction," he added. "There's a lot of work with this in Europe on antiaging."

In addition to opening many doors to beautiful skin, the book presents a dynamic approach to skincare. Dr. Goldberg is placing the responsibility for choice and creative solutions on the person who wants to maintain a youthful appearance, and he underlines the constantly changing, rich pool of possibilities. He, himself, resolves to learn something new every day. "The day I stop is the day I leave this work," he added. "You can't stand still; you either grow or decay."

Visit Dr. Goldbergs' website at [www.skinandlasers.com](http://www.skinandlasers.com).