



Light Years Younger

by David J. Goldberg and Eva M. Herriott

Capital Books, Inc (\$17.95)

Today's age-conscious consumers are inundated with options to keep their skin looking young. Patients seeking nonsurgical methods of fighting aged skin can look to *Light Years Younger* a new book by David J. Goldberg, MD, and Eva M. Herriott, PhD, for facts and tips to reverse and reduce signs of aging on the skin without undergoing invasive surgery.

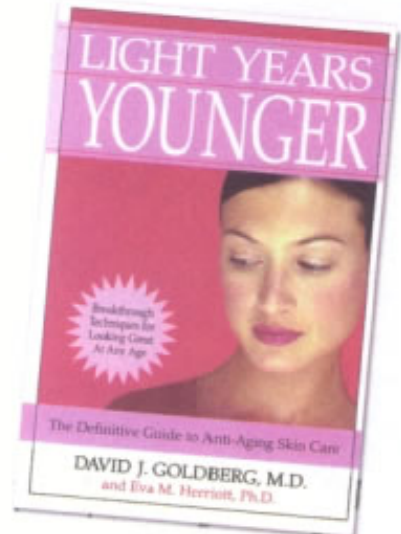
Light Years Younger covers a range of skin care topics in a comprehensive, easy-to-read manner. It is ideal for a patient seeking an informative guide to various anti-aging treatments or for a physician looking to provide patients with new educational material about practice treatments.

Addressing a major factor that leads to premature aging of the skin, the authors begin the book with information on the negative effects of sun exposure on the skin. Ultraviolet A, ultraviolet B, and ultraviolet C rays are explained, highlighting the amount of damage on the skin each of these types of rays can cause. Various types of skin cancer, such as basal cell cancer, squamous cell cancer, and melanoma, are also discussed. *Light Years*

Younger also covers nutrition issues, including information on vitamin A, B-complex, vitamin E, and vitamin C, emphasizing the importance of good nutrition for healthy skin.

Throughout the book, information and important facts are woven into separate sections, including "Spotlight on Research," "The Informed Customer," and "Ask the Doctor." Within these insets, readers find specific information about skin care topics at a glance.

Perhaps the most useful information in this book for physicians and patients is the coverage on noninvasive cosmetic treatments. The authors begin this section with an explanation on cosmeceuticals and follow with a review of alpha hydroxy and beta hydroxy acids. In a chapter called "Reversing the Skin," they provide information on photo rejuvenation, lasers in facial rejuvenation, nonablative facial resurfacing, intense pulse light technology, and microdermabrasion. Valuable facts of each of these procedures are organized into a section called "At a Glance," offering compare-and-contrast-type information.



Types of ablative lasers, including the CO2 and the Er:YAG, as well as nonablative lasers, such as the CoolTouch III and the Smoothbeam™ are objectively reviewed to help readers decide what type of treatment is right for their needs. *Light Years Younger* also features information on dermabrasion, chemical peels, Botox®, and collagen-based soft tissue fillers.

With the help of *Light Years Younger*, patients can begin to create a personalized antiaging treatment plan.