

Scar Repair, 'Chipmunk Cheeks,' Eating before Workouts & More

Can chipmunk cheeks be corrected with surgery?

Excessive facial fat, or jowling, is a common complaint. Sometimes this is due to simple aging and gravity's effect on facial tissues over time, or just the natural contour of a person's facial features.

Facial fat deposits are stubborn and can often persist despite weight loss. Careful evaluation will frequently show excess skin, loss of tissue tone with a shift of tissue position producing deep lines, creases and loss of muscle tone.

Simple excess fat is easily treated with liposuction and can be done in the office with minimal downtime. Mini-facelifts, neck lifting or facial fillers such as Hylaform, Juvederm or fat transfer may be appropriate in some cases as well. **Mitchell D. Kaye, MD, [Hopkinsville, Ky. (866) 234-0470 or www.mdkaye.com]**

Is waking up at night to use the bathroom a normal aging process?


This is a very common question. Both men and women have this problem occur after age 50, but for different reasons. First, women begin to lose the hormones that keep their supportive structures preserved and will not be able to go as long between episodes of urinating. It is especially worse in those women who have undergone a hysterectomy. Secondly, men develop this problem because of a benign enlargement of their prostate beginning at age 50. Although this is a normal process, these problems can be treated with medications

and sometimes surgery. **Keith L. Atkins, MD [Jackson, Tenn. (731) 660-6915]**

Why does eyesight deteriorate with age?

Whether we require glasses or contact lenses for distance vision, near vision comes by changing the shape of the lens inside the eye using the ciliary muscle. Aging causes the muscle to lose strength and lens to lose flexibility, making focusing difficult. In middle age, these losses force people to wear glasses or bifocals. Gradual loss of flexibility and clarity leads to deteriorating vision. Later decades see the retina become less sensitive to light. **Erich Groos, Jr., MD [Nashville, Tenn. (615) 320-7200]**

Is it better to eat before or after a workout?

To answer this question you have to look at timing. Many would say the post-training meal is the most important, but if you work out in the later stages of the day, I suggest a very small meal containing fast-absorbing protein and low glycemic slow-absorbing carbohydrates about 1-1/2 hours before your workout to fuel your workout. This would be followed with a post-workout meal containing protein combined with fast and slow-absorbing carbohydrates. **Elliot H. Coleman, CPFT [Nashville, Tenn. (615) 366-1121]** 

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How long do you need to wait before a scar can be repaired?

Virtually all wounds produce visible scars; even when the wound healing process is normal, functionally disabling scars may occur. Abnormal wound healing may produce wide, thick scars or they keep growing.

Basically, normal wound healing occurs in three overlapping phases: Inflammatory, collagen synthesis and final maturation and remodeling.

Good surgical wound closure and care often prevents a bad scar. Signs of abnormal wound healing include excessive redness, itching, height or width, pain or drainage.

Steroid injections into a maturing scar, dermabrasion or laser resurfacing can improve a scar. Removing a bad scar and "starting fresh" is sometimes the best option. Sometimes scars can be "moved" to a less noticeable location with specialized plastic surgery. **Mitchell D. Kaye, MD [Hopkinsville, Ky. (866) 234-0470 or www.mdkaye.com]**