

MICHIGAN AVENUE™

EXCLUSIVE!

Cindy Crawford

OUR HOMETOWN SUPERMODEL

CHICAGO'S FIRST LADIES
OPRAH WINFREY
& MICHELLE OBAMA
IN THEIR OWN WORDS

ACCLAIMED AUTHOR
BILL ZEHME'S MAGNIFICENT
LOOK AT THE MILE

HUGH HEFNER TAKES US
DOWN MEMORY LANE

OUT OF AFRICA
J.B. PRITZKER,
ART SMITH, AND
JAMEE FIELD

PLUS, CONTRIBUTORS
Mayor Richard M. Daley,
Mellody Hobson, Bill Kurtis, James Lipton,
Ludacris, Bill Maher, Victor Skrebneski,
Brad Thor, Pete Wentz, and more

The Quick Fix

Dr. Steven Dayan, director of DeNova Research, fills us in on the latest developments in fast-track appearance improvement.

THE FIELD OF COSMETIC MEDICINE is evolving at warp speed—and there are no signs that it'll slow down anytime soon. The biggest innovations these days are in procedures you can fit into your lunch hour.

As both a plastic surgeon and head of a research company that does dozens of clinical trials, I'm frequently asked to evaluate and comment on treatments that offer effective results with limited downtime. Sometimes the "latest and greatest" technologies are massive breakthroughs—Botox, anyone?—and sometimes they deliver less than promised. Here are four exciting innovations that have caught my eye lately.

Collagen Course

This fall you can expect big buzz around **Evolence**. It's an FDA-approved injectable collagen filler for wrinkles and folds of the face, and is reported to last for at least six months. Since there's little bruising or swelling, those who are treated can expect to return to their routine immediately. But rabbis may still be debating this one: The product is made from pig collagen, and while eating pork is prohibited for Jewish people, placing it in their wrinkles may not be. (The irony is that Evolence was developed in Israel.)

The Skinny on Fat Reduction

The most competitive race in the laser world is to develop an effective nonsurgical device for melting fat and inches, and the current leader is the **Alma Accent**. Although it's not a substitute for liposuction, published reports show that multiple treatments can reduce isolated fat pockets and inches. Better yet, everything can be done in a comfortable office setting with no downtime.

Fuzz Free

The laser hair-removal industry is buzzing about an effective portable device for home use. A recent study on the **Silk'n** (\$800; sold through doctors' offices) showed a 40 to 75 percent reduction in hair counts after three treatments, spaced two weeks apart. Another new device is the **No!no!** (\$250; available at Sephora).



Lash Out

Lumigan, a drug used to treat glaucoma, has been found to grow eyelashes. It's simply applied once a day to the eyelid margin for up to three months, and maintained with monthly application. The FDA is evaluating the most recent study, and rumor has it that results were very good. Once the drug receives approval, I expect it to be an extremely popular treatment.

BYE-BYE, DROOPY EYES

➔ **WHAT'S THE FIRST TELL-TALE SIGN OF AGING SKIN?** Chicago plastic surgeon Dr. Julius Few's recent study of 500 patients pointed to droopy lower eyelids or a drop in the outer corner of the eye. A one-hour procedure called canthoplasty, or the less-invasive canthopexy, can fix the problem by reposi-

tioning or tightening the tendons that define the angle of the outer eye. With downtime of less than two weeks, the \$2,000 procedure can be done in the office with local anesthesia. For more pronounced results, some patients are pairing it with eyelid lifts, laser resurfacing, or under-eye fillers.—SUSANNA HOMAN