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THE OPRAH
MAGAZINE

VE YOUR BEST LIFE

LOOKING FOR A GOOD BOOK?

We've got

27

terrific summer reads—
for the plane,
porch, pool, hammock,
beach, bed...



THE POWER OF NO

54 ways to get out of doing anything you don't want to do

WHY MEN DO STUPID THINGS

Stunningly candid, vulnerable, charming—men as you've never heard them

ADVICE THAT CAN SAVE YOUR LIFE

Why you need to be your own best doctor

10 MAKEOVERS HOW TO SEE YOURSELF IN A SEXIER LIGHT

(It's not about cleavage)

THE WAY TO EAT

Foods that work for you (Paging Dr. Katz!)

Q Can I get rid of the mole on my face without surgery?

That depends on what you think of as surgery. In my opinion, surgery involves any sharp instrument penetrating the epidermis—for example, a needle for splinter removal. But if you think of it as a procedure requiring a large scalpel and general anesthesia, then you'll be glad to know you don't need that to get rid of your mole. What you *do* need is something called a shave excision, which usually takes about five minutes and a local anesthetic in the doctor's

office, says Steven H. Dayan, MD, clinical assistant professor of otolaryngology at the University of Illinois. (This is assuming the mole is noncancerous.) I've had this done, and it didn't hurt, but I have to tell you that the feeling of someone carving away at my skin like it's a piece of meat crepted me out in a big way. (I'm definitely not one of those people who'd saw off their arm—or yours—to get out of a bear trap.) After the cut, the blood vessels are sealed with a heating device, a little antibiotic ointment is applied, and