

# It's (no longer)

**Do you know** the bane of modern women these days is hair loss? Hair loss can start as early as in your 20s. Insufficient consumption of enzyme rich foods like fresh fruits and vegetables plus over-consumption of processed foods can cause hair loss in your 20s and 30s. A drastic weight drop and oily scalp can be a contributing factor to hair loss at this phase too.

In late 30s onwards, hormonal disorder may affect hair growth and women start to experience balding at the frontal and/or sides of the scalp. Another frequent occurrence of hair loss is soon after childbirth.

Therefore, it is very distressing and frustrating for the women counterpart.

Many people assume hair products such as tonics, shampoos and even going for hair loss therapies are alternatives to aid in preventing hair loss but eventually end up with little or no real results.

## Ask The **EXPERT**



**DR KOMATHY RAJARATNAM**

- MBBS (S'pore) Diploma in Dermatology (U.K)
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**Q1** I'VE HEARD SO MUCH ABOUT THE THERMAGE TUMMY TIGHTENING TREATMENT. CAN YOU SHED MORE LIGHT ON THIS?

*- Lynn Teo, via e-mail*

All the sit ups in the world can't tighten loose skin. Thermage uses patented radiofrequency(RF) technology to safely heat the deeper layers of your skin, stimulating existing collagen so as to smoothen and tighten wrinkled, crepey and sagging skin. Some are able to lose inches around the waist and cellulite is also significantly improved. It involves a single session. No downtime. No scars.

**Q2** WHAT ARE SOME OF THE WEIGHT LOSS PROGRAMMES I COULD TRY, WHICH ARE LESS HARMFUL FOR THE BODY?

*- Meera, via e-mail*

There are many programmes out there today that will definitely get you to lose weight but that's all they do. When people come off the programme they return to their old ways and the weight returns. A medically tailored weight loss programme is ideal. It focuses on sustained weight loss at the same time improving health. I would recommend the Piklife programme. It is monitored by a physician unlike most other programmes. Check the website [www.piklife.com](http://www.piklife.com) for more information.



# a hairy issue!

Hair loss has to be approached in a medical manner as most causes are due to medical related conditions. Thus, it is best to approach doctors whose forte is treating hair loss. Hair loss treatments administered by trained doctors in this forte, prevent further hair loss and help patients to achieve normal hair re-growth.

This successful formula applies to both male and female patterns of hair loss.

## Permanent Laser Hair Removal

Many of us are plagued by unwanted hair, be it on the upper lip, chin, jaw line, underarms or limbs. Some women, due to hormonal imbalance, have abnormal hair growth over the chin, jaw line, chest and breast. It can cause low self-esteem especially if subjected to stares or criticism. Men too have unwanted hair and its usually on their backs or faces.

Dr Komathy, who runs the Lifestyle Clinic in Camden Medical Centre, says, "Permanent laser hair removal is not only for those who want a permanent solution, it is also recommended for those who had developed rash, darkening of the skin, in grown hair or have been burnt after traditional methods of hair removal."

The Lifestyle Clinic offers a host of effective and minimally invasive procedures, including an IPL and radiofrequency for quicker results and minimum downtime.

The machines used by doctors differ from those used in salon in that they are more specific in energy targeting hair, thus ensuring effectiveness with safety. Such machines are also safe on darker skin tones unlike IPLs used in salon as they can easily cause burns.

All parts of the body can be treated except for the area around the eyes. It is also best to have the procedure before the hair becomes white. ❀

## Hair Removal Treatment



**EXCLUSIVE FOR READERS**  
Present this page at The Lifestyle Clinic before December 31, 2009, to enjoy **25% off** hair loss & hair removal package treatment.

**PLUS**  
Get a **FREE Hair Tonic** worth \$75 when you opt for the hair loss treatment package



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**Q3** I HAVE HAD MELASMA DURING PREGNANCY BUT IT DOESN'T SEEM TO GO AWAY AFTER MY DELIVERY. WHAT TREATMENTS DO YOU RECOMMEND?

- Sandra Lee, via e-mail

Melasma also known as Chloasma or 'Mask of Pregnancy' is a very common condition that is usually seen in childbearing age. It is a chronic disorder that can be frustrating to both patients and physicians alike because it is very difficult to treat. Sun exposure, heat as after a hot wax and oral contraceptives can be both precipitating as well as aggravating factors. Treatment comprises of a combination of several topical

medical products together with a medium chemical peel. Over the years of managing this difficult condition, we now have two in-house treatment regimes that are successful. Do note that IPL can make Melasma worse. Most importantly is to wear an all day UVA and UVB sunblock and sun avoidance.

*Information provided above should not be treated as replacement for medical advice. You should seek consultation from a medical or healthcare practitioner for your specific medical condition.*



If you have any questions for Dr Komathy, write to the editor at [daniel@parentsworld.com.sg](mailto:daniel@parentsworld.com.sg)