



Looking good and feeling good are virtually inseparable, which is likely one reason why more men than ever are going to skin-care specialists with questions about how to look their best. Our in-house doctor makes sure you have the right information, right now.

Will using a daily moisturizer on my face make my skin healthier?

Only if you opt for one with SPF. Facial lotions that don't include sun protection do little more than help the superficial layer of dead skin on your face retain moisture; your face may look smoother, but the result is fleeting—it lasts about 12 hours—and has no therapeutic value. Using a daily moisturizer with SPF, however, will help lower your risk of melanoma (a cancer that men die from nearly twice as often as women) and safeguard your skin from sun damage that causes fine lines and wrinkles over time.

I'm 38 years old, work out regularly, and eat well. But I still have a double chin. Are there any safe ways to get rid of it?

Sadly, a double chin comes from your gene pool, and no lifestyle changes will help you lessen the buildup of fatty tissue and skin. There are, however, procedures that can make a difference.

The first is a series of injections, which typically use deoxycholic acid, a naturally occurring bile acid that dissolves fat. A physician injects this into a double chin in numerous spots over four to six sessions, spaced one month apart. The results tend to be dramatic and are meant to be permanent.

The other approach is microsuction, a minimally invasive procedure that removes excess fat cells by suctioning them away through a tiny incision under the chin. Results are visible in a few weeks.

Both of these options rarely have complications, but neither are covered by insurance. Injections range from \$3,600 to \$7,200, and microsuction averages \$3,000. No matter what, consult your doctor before opting for any skin-care procedure, and do your research due diligence on the method you choose.

DR. GERALD IMBER is a world-renowned plastic surgeon and anti-aging specialist with more than 40 years of medical experience.

THE CASE FOR A BIG BREAKFAST

If you eat a quick bite before work, a decent-size lunch, and a hefty dinner, consider reversing your menu—you may drop a few pounds. In a new *Journal of Nutrition* study of more than 50,000 adults, those who made breakfast their largest meal and ate progressively less through the day were leaner than those who did the opposite. That's because your body produces insulin more efficiently in the morning, allowing it to burn off more calories from a meal, explains study co-author Hana Kahleova, M.D. "If you eat the exact same meal morning, noon, and night, the most fat will be deposited in your body after the evening meal." Kahleova's advice: "Follow the ancient proverb: Eat breakfast like a king, lunch like a prince, and dinner like a pauper."

TRY THIS:

A FEEL-GOOD FOAM ROLLER

If the idea of digging a hard plastic tube into tender muscles puts you off foam rolling, your ideal recovery tool has arrived. Flip a switch on the new **Grid Vibe** and it starts to vibrate; this helps gently coax tight muscles to relax while you roll. The vibration intensity is set to 33 hertz—the optimal level to address tense muscles, according to lab tests—and the foam roller also comes with a helpful chart of exercises for first-time rollers. \$100; tptherapy.com



THE PERCENTAGE OF U.S. ADULTS WHO CONSUME CALORIE-FREE SWEETENERS EVERY DAY

And guess what: It's not making them any healthier. A sweeping new meta-analysis found zero evidence that sugar substitutes—Splenda, Equal, and even natural sweeteners like stevia—help us shed pounds, but ample evidence linking them to heart disease and type 2 diabetes. Whether lab-created or plant-based, a calorie-free sweetener could actually alter our metabolism in a way that leads to weight gain, says lead researcher Meghan Azad. Instead, opt for real food, such as honey, to sweeten drinks or dishes—or better yet, try to wean yourself off sweetening altogether.

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