FEMINA
4.1 Beautiful Hair Begins With A Healthy Scalp

from série expert. He pronounced my scalp dry with traces of dandruff from days gone by and suggested the right treatment for my scalp.

I was sent for a quick hair wash. He gently massaged a small dollop of sensi balance shampoo into my scalp. As the water trickled down my hair strands, I felt the shampoo make my scalp breathe easy, and feel soothed and relaxed. sensi balance shampoo left my scalp feeling absolutely great.

"Since your scalp is an extension of your facial skin, you must use a gentle scrub to exfoliate it," continued Aalim. And so soft peel followed. The stylist parted my hair along a hundred lines and squeezed soft peel onto my scalp — microbeads were massaged in using circular motions, slowly but firmly, sweeping me off to Noddyland.

When I woke up, my scalp felt refreshed and squeaky clean. A minute later, I was bundled off for another hair wash and prepared for step three — intense soothing and hydration with sensi post.

This time the stylist worked sensi post onto my scalp very gently. "Never try to save on scalp soothing moisturizer, especially when you have a dry scalp," Aalim advised.

After the hydrating massage, I felt I was walking on clouds. My scalp taken care of, the focus was now on my hair. During this last stage of pampering, Hair Spa was used on my hair to nourish it from within. I kept it on for 15 minutes before rinsing it off with cold water.

At the end of this scalp and hair treatment, my scalp felt rejuvenated and my hair felt healthy from the roots, and definitely looked fabulous. A woman can have beautiful hair only when the roots are strong and professional scalp treatments from série expert ensures that the scalp and the roots are nourished from deep within at the price of Rs 750, this is a sureshot treatment for which I will keep coming back.
4.2 All in Good Health

ALL IN GOOD HEALTH!

OUR MOTHERS OFTEN FED US CALCIUM AS CHILDREN, BUT AS HOW MANY OF US STILL TAKE IT AS ADULTS?

Caltrium®

essential

because it builds up bones and teeth, which make up 99 per cent of the calcium count, while the remaining 1 per cent circulates in the blood and serves other vital functions.

WHY WE NEED CALCIUM

Lack of calcium can lead to various problems like osteoporosis where the bones get thin, making them more prone to fractures, muscle pain, backaches and osteomalacia, or the adult form of rickets. Calcium deficiency can also cause hypertension in pregnancy that is marked by high blood pressure levels.

INSUFFICIENT INTAKE

Every woman needs 1000 mg of calcium daily. Currently, our main source of this is from milk and other dairy products, as well as leafy greens, soya beans, sesame seeds, or ragi (manghan). It is interesting to observe that one glass of milk

player in the consumer health segment, has launched Caltrium Sandoz Woman for 35 plus women. Each chewable tablet contains elemental calcium 500 mg and vitamin D3 250 IU. Vitamin D3 helps in the optimum absorption and usage of calcium by the body.

PRETTY PACKAGE

Meant especially for women looking for an active and health lifestyle, Caltrium Sandoz Woman comes in an attractive woman faced bottle of 30 and 60 tablets, and is available in strawberry and pineapple flavours.

GREAT VALUE

Retailed at leading chemists and pharmacies, Novartis' Caltrium Sandoz Woman comes in money saver packs.

WHILE ONE TABLET A DAY IS A MUST, TAKE YOUR CALCIUM SUPPLEMENT AT THE SAME TIME EACH DAY WITH YOUR MEALS. FOOD IMPROVES THE ABSORPTION OF CALCIUM.

PERFECT CHEWABLES

To meet your RDA, Novartis Consumer Health Sector, a leading

FEMINA* SANOZ WOMAN SPECIALS
4.3 Treatment: Whitening Peel

TREATMENT: WHITENING PEEL

What is it: At last a treatment for stubborn pigmentation patches on the face!
It is also a boon for people who yearn for a lighter complexion.
How it works: A cream with active ingredients like azelaic acid is applied on
the face and other areas. The long-term use of this acid is harmless. However,
pregnant women and nursing mothers are advised against the treatment.
Time required: The cream application requires 15 minutes but the pack has
be left on for six hours.
Highlights: It's a single treatment and results in permanent skin lightening and
improvement in texture. Scars and pigments reduce by 60 per cent. There is no
itching, burning or pain during or after application. Patients can go out in the
sun even with pack on (in those six hours) because it looks like a light
foundation. The pack can be washed off with a face wash. Your skin may be
sensitive for a day or two after the wash and homecare application should start
only after the sensitivity settles down. Results last as long as the client uses the
homecare product provided alongside, which has to be applied at bedtime. The
best thing is that there’s no restriction to sun exposure, provided one uses
a good sunscreen twice daily. Dr Pai says, “You will not get even 10 per cent of
the tan you normally get. This Spanish product especially works on Asian and
African skins, which is high in melanin content. Other popular peels and skin
abrasion treatments require the client to avoid sun exposure at least for a week,
but not this whitening peel.”
Price range: Rs 10,000 to Rs 20,000.

Other popular peels and skin abrasion treatments
require the client to avoid sun exposure at least for
a week, but not this whitening peel

TREATMENT: JAW CONTOURING WITH BOTOX

What is it: Here’s a treatment that helps in reducing a square jaw. Showing off
high cheekbones was never this easy!
How it works: The client is asked to clench her jaws after which a tiny Botox
injection is given to the hardest part of the muscle. This results in relaxing the
muscle, thereby doing away with the square look of the jaw.
Highlights: Results are almost dramatic and people with the fleshiest of faces
come out with higher looking cheekbones and a more defined jaw line.
Results last for eight to 12 months. However, it only works on young skin.
Time required: 2 minutes
Price range: Rs 12,000 to Rs 15,000

WIN

PRIZES FROM LOTUS HERBALS

Send your answers to this text-based question in not more than 20 words.
Which one of the above treatments would you be interested in and why?

Send us your answers at:

Lotus Herbals is a fusion of the best that nature has to offer and state-of-the-art science. Lotus Herbals is
a range of skin, hair, body and sun products using absolutely high quality, pure and effective natural
ingredients for your well-being.
Hina Fathima, my second daughter, was the most affectionate and also the prettiest of my four children. I got her married when she was 17 years old to Firoz Ahmed Khan, whose family had approached us. I made my first mistake by not checking their family history—I later found out that his father had four wives, and Firoz was a known petty crook."

"HE LOCKED HER UP AND FORCIBLY SHAVED HER HEAD"

"Hardly a year into their marriage, Firoz started demanding things. He asked for a two-wheeler, then an auto. We gave him both. Then he began asking for money for monthly rations. If he didn't get it, he would beat up Hina and bring other women home—all this in front of their children.

"Hina endured it all for the sake of her children, but it got worse. He was jealous of her beauty and suspected her of having affairs, so he kept her locked up indoors.

Once he got really angry with her and forcibly shaved off her hair!"

"HE TORTURED HER TO DEATH"

"Hina lived with him for almost 10 years, facing the humiliation and the abuse. She was a sweet-natured girl who loved her children and didn't leave for fear of their safety. I wish I had had the foresight to get her out.

"Matters came to a head in 2008, when they had a bitter quarrel. Hina left the house and came to stay with us. But her father-in-law came 20 days later, saying they couldn't manage the children. He took her back when I wasn't home.

"A few days later, Firoz came home drunk, sent the children outside to play, locked the door, and tortured her with a cigarette. Then he force-fed her acid and poured the rest on her chest. She was burned so badly, her flesh was hanging from her bones. The neighbours heard her screams and took her to a hospital. She was in terrible pain when I went to meet her. She looked at me and said, "Ammi, I want to be with you, but I can't stay because I am going away, far away. But let me rest on your lap for some time." She made me promise not to abandon her children Anmol, Sahil and Mehak. A day later, she died of septicaemia from more than 70 per cent burns."

"THE POLICE HELPED ME GET SPEEDY JUSTICE"

"The police at the Udyaneri station in Mysore were very co-operative and registered Hina's death as murder under Section 320 of the Indian Penal Code. They had a file on Firoz and knew he was a no-gooder. Because of that, I managed to get speedy justice. The court sentenced him to life imprisonment, though I wish he had got the death sentence. "I am a retired nursery school teacher, and my husband, who was in the Railways, suffers from dementia. We live on his pension of Rs 3,000 and have three more daughters. After Hina's death, I borrowed money from relatives and well-wishers. But now, unless we move out of our house to a much smaller place, bringing up Hina's children will be difficult."
Lay it on!

The Vanity Collection from Rosenthal is simply sinful!

What: The Vanity Collection from Rosenthal.
At: G-74 & 75, Ambience Mall, National Highway 8, Gurgaon
What we saw: The Vanity Collection, part of the legendary Gianni Versace’s original and famous motif, comes with baroque floral motifs that spell opulence in black, various shades of gold and white. There are dinner sets, champagne flutes, titanium finished candlesticks, vases and more. Also, the Greek meander band motif, repeated in many Versace products, is interpreted here in a modern form under the past meets present motto. Prices begin at Rs. 1,74,000 for a dinner set for six.
What we liked: That the collection is named so aptly! Everything is rich, eye-catching and drool-worthy.

— Purabi Shridhar
 Dreams unlimited

Get all you need to furnish your home at Dreams, Delhi

**What:** New offerings from Dreams

**At:** Kirti Nagar, New Delhi

**What we saw:** A wide range of bedroom and living room furnishings and textiles—drapes, cushion covers and bed spreads—in every price range and shade, both embroidered and vegetable-dyed. Curtain choices include lined and unlined varieties with pinch pleats, pencil pleats and ruffles. Also on offer are valances and pelmets, curtain bands, scatter cushions and tablecloths. There is also a complete supplying and fitting service for all types of curtain rails, poles and a large selection of blinds, including rollers, venetian, vertical, please and duette. **What we liked:** The silver daybed based on clean contemporary lines.

—SMRITI LAMECH
4.7 Cast in the Deep

NO STREAKING.
NO CLUMPING.
NO FLAKING.
HERE'S A MAKE-UP COAT
THAT'S MONSOONPROOF
AND YET STAYS DEWY-FRESH
ON WET, WET DAYS.

PHOTOGRAPHER DARREN CENTOFANTI
MAKE-UP AND HAIRSTYLIST CLINT FERNANDES

RED INK
Glossy, matte or stained, the mouth is strong this season.
So make it the deepest shade of crimson. Use a long-
wear lipstick and keep it in place by dabbing a touch
of foundation on your first coat. Smudge, then reapply.
A base not only locks in colour but prevents bleeding.

Max Factor Lipfinity Reflections waterproof lipstick with
a moisturising topper in 110, Rs 525, Maybelline New
York Superstay Lip Stick in Ruby, Rs 485; both from select
outlets around the country.

Also buy L’Oreal Colour Riche lipstick in Spice, Rs 490,
from select outlets around the country.
Bridal and Couture Collection By Ritu Kumar – The Campaign Elle goes behind the scenes.
FITNESS NEWS

TAKE CHARGE OF YOUR BODY NOW

ON A ROLL
Here's a cheap-as-chips trick to get rid of achy shoulders and backs that's effective and puts that pair of old socks to good use! Place three tennis balls in a tube sock, tie up the open end and roll it along your upper and middle back till you feel the kinks literally roll away!

BYE BYE TREADMILL
Leading holistic health therapist Mickey Mehta has launched 360° Gym... without a single piece of equipment. This revolutionary concept guarantees to keep you motivated about your workouts and decreases the chances of injury. But what can one do without machines? Calisthenics, yoga, Pilates, military drills, swimming... the list is long. But the promise is the same: A healthier, fitter you! At 360° Gym, 804/A Ghantagiri Lodge, Dr Ambedkar Road, Dadar, Mumbai 14.
Inquiries, (022) 55242388

SOUNDS GOOD
Can download, will workout! Stay motivated with ELLE's top picks for a boredom-banishing iPod playlist...
INNER SMILE, Texas
DROP THE PRESSURE, Mylo
BITTERSWEET SYMPHONY, The Verve
LADY, Mojo
SORRY, Madonna
BOYS OF SUMMER (REMIX), Don Henley

PARTY SMART
Every ELLE woman loves her vertiginous high heels, but admit it — sometimes they’re not easy to tread in! The trick to making those stilettos servile? Work your core muscles (read abs, back, hip flexors). A stronger core means better balance and posture, which in turn means being able to give an edge to your wedges!

NOW HEAR THIS!
Ever wanted to scream out loud in the middle of a workout? Well, next time — just do it! Research now validates what Monica Seles and army recruits always knew: a well-timed yell can boost performance. The British Journal Of Sports Medicine talks specifically about athletes improving their track time by shouting inspirational phrases, (“I’m the best”, etc), so a bit of hollering may just improve your regular workout too. Try it — you know you want to!

— Divina Dhirgra
4.10 The Pure Cure

Over time, exposure to toxins is proven to contribute to a variety of medical conditions. Locating the source of toxins can be difficult because they are mostly insidious and invisible. Some common places we find harmful toxins are food additives, flavours and preservatives, solvents, pesticides, herbicides, cigarette smoke, plastics and heavy metals. Even the normal metabolic processes of life result in the production of toxins which build up within our body’s systems. For instance, we have special bacteria in the gut to aid digestion. However, they produce toxic waste in the process. The conversion of food into energy also results in the production of harmful free radicals which alter the way in which cells function.

WHY DETOX?
Accumulation of toxins results in a sluggish metabolism, congestion, ill health and a weak immune system. The symptoms of depression are often caused by heavy metal poisoning. Allergies and even cancer can be a result of toxic overload. Following a detox programme aids the body in its quest to rid itself of the gradual accumulation of harmful toxins.

The body has its own mechanisms for removing the toxins produced during normal metabolic processes. In the modern world however, we are exposed to an extraordinary number of them on a daily basis, too many for our body to cope with and some that aren’t even recognised by our system. All naturopathic practitioners agree that given the right environment, the body is capable of healing itself. A detox gives the body’s elimination systems a rest, allowing it to spend its time and energy on cellular repair and regeneration, aiding the healing process.

WHO WILL BENEFIT FROM A DETOX?
Just about anyone will benefit from a detox. No matter how healthy your lifestyle, it is impossible to avoid toxins. Detoxing can aid weight loss by increasing metabolism and reducing the storage of fat. So if a person wishes to lose weight it's recommended that they undergo a detox before considering any diet. Often the weight lost during a detox is enough and no diet is necessary. Weight loss can occur anywhere from four to 14 lb in one week on a detox. Cleansing programmes are also beneficial in the treatment of any toxin-related illness such as cancer. The results achieved from detoxification are fast but can only be maintained by following a healthy lifestyle afterward.
Detox programmes use a variety of alternative therapies to cleanse each body system and its organs. All forms of detox use a combination of herbs and diet, or fasting. Fasting has been performed for thousands of years by many of the world’s religious cultures, but should only be performed under the supervision of a medical professional as it can be dangerous. The Journal Of Manipulative And Physiological Therapeutics recently published a study on water fasting for the treatment of high blood pressure. Over 10 days, 89 per cent of the participants had reduced their blood pressure to normal. Similar results can be obtained by doing a complete detox with diet and herbs.

**HOW TO DETOX**

**Herbs**

Silymarin (milk thistle), nettle and dandelion support the detoxification process performed by the liver. Liquorice and dandelion aid elimination of the bowels, while dandelion also purifies the skin. The seeds of fennel aid elimination via the lungs. Ashwagandha (Withania Somnifera) boosts the immune system, and calendula and echinacea strengthen the immune and lymphatic systems.

Try making a detox tea by combining the following herbs: Dandelion, nettle, fennel seeds, liquorice, and echinacea. Combine 20 gm to 50 gm of each and steep in boiling water.

**Nutrition**

Apple juice and beetroot aid bowel elimination. Carrot, guava, broccoli, cauliflower, cucumber and parsley should be eaten daily raw, steamed or juiced. These foods contain antioxidant properties which reduce the damage toxins cause to cellular activity. Juicing helps preserve essential vitamins and minerals, at the same time having a cleansing effect on the body. Juice is easy to digest and should be consumed twice daily between meals.

Eat a vegetarian diet with food as close to its natural state as possible. Protein should be provided by lentils, beans, nuts and pulses. Eat most of your food raw, dry baked or steamed.

Salads, soups and fruit should make up the basis of your diet when cleansing. Be sure to wash all fruit and vegetables in vinegar and water.

Avoid coffee, regular tea, chocolate, cola and other soft drinks, sweets, ready-made or preserved foods, wheat bread, cakes, fried foods and all animal products including cheese. Peanuts should be avoided as they contain a mould and a toxin called aflatoxin. Avoid using butter, ghee or oil in cooking and food preparation.

For best results take supplements of 1,000 mg vitamin C and silymarin (milk thistle) daily. Silymarin is available in tablets of varying doses, follow the recommended dose on the packet. Start every day with a glass of warm water and the juice of half a lemon.

**Detox Soup**

**INGREDIENTS**

- 2 heads broccoli including stalks, chopped
- 1/2 bunch celery
- 1/2 head cauliflower, chopped
- 1 bunch fennel (optional)
- 2 cups vegetable stock or water
- 1 garlic clove
- salt and pepper to taste
- your choice of fresh herbs and spices (optional)

**METHOD**

Combine all ingredients in a pan and bring to a boil. Turn down heat and simmer until broccoli is soft. Add spices to taste. Remove from heat and allow soup to cool. Blend in a food processor. Reheat before serving. Sprinkle with your choice of fresh herbs.

**Bodywork**

Lymphatic elimination should be enhanced with dry body brushing and massage. Use a body brush every morning before you shower. Starting at the feet, brush your entire body in an upward motion toward the heart. It is best to start on the left hand side of the body to cleanse the lymphatic channels. Regular body brushing will also cleanse your blood and intestines and remove excess fluid. The more regularly you use these treatments the greater the result will be.
WOMAN'S ERA
4.11 Dental Implants

No more do you have to suffer from removable dentures. Permanent dental implants do not have to be taken out at night and cleaned. They look and feel like the real thing. By Veena Adige

Removable dentures are now outdated, says Dr Anand Krishnamurthy, dental surgeon of Citizen Clinic at Vashi, New Bombay. "These are the days of permanent teeth implants." Dental implants consist of implanting fixed teeth by using pins in the dental bone. These tiny pins are made of compatible pure titanium and are inserted in the jaw bone under local anaesthesia. A crown or bridge can then be fixed on them. The bone grows around the implants and grips it firmly in the jaw. This takes a few weeks and hence the treatment may take a couple of months. By this time, the gums heal thoroughly and the final teeth or bridges are fixed. The treatment is quite painless.

"Implants are safe and teeth are like the original ones. No one can make out the original natural teeth and the implants," he adds. "The implants can be done immediately after a tooth is lost or after a long time. However, the sooner it is done, the better it is."

A person can go for an implant if any or all of his or her teeth are missing. A bridge is made on the implants if the gap is bordered by natural teeth. At present a bridge may be made by trimming the bordering teeth and fixing a tooth, but there is no root and hence it may be a temporary one. An implant has root power and the bone, the implant and the crown are used while eating which makes it look like natural teeth. In cases where all the teeth are missing, the dentist may use implants to stabilise the dentures. A bar can be made which is supported by two or four implants.

Persons with uncontrolled diabetes, blood clotting disturbances or who have been taking strong medicines for many years may not be suitable for implants. Age is not important. One can have implants at any age as long as the bone density and oral hygiene are good. Smoking has to be avoided till the implant treatment is complete and the dentist gives the green signal. This treatment is not advisable for children. It is only when they mature that implants can be done.

In the last two years, Dr Krishnamurthy has implanted teeth in 42 patients. He presented their case studies to the Indian Academy of Osseointegration which is affiliated to the International Congress of Oral Implantologists. After scrutiny of his work, the organisation awarded him the fellowship at a glittering function on 9 December 2005 in Delhi. "Removable dentures can cause infection in the remaining healthy teeth if care is not taken. The dentures have to be removed every night, washed with care and put in sterilised liquids to keep them clean. But implants are permanent," he says. Also, teeth can become brighter and whiter in a matter of minutes and everyone can have sparkling white teeth.

"The general public is not really aware of the strides that have taken place in cosmetic dentistry and oral care. A beautiful shine is not the prerogative of only models and film stars. It is within the reach of everyone. Advanced methods and the use of local anaesthetics is making extraction, corrective surgery and implants relatively painless and safe," he says. "No one need go about with gaps in their teeth or suffer from dental problems. There are solutions to all."

"I had quite a few broken teeth which were very painful," says a young girl on the verge of getting married. "I was not aware that such awful teeth could become normal. I had a longish treatment but can smile happily without being ashamed or feeling self-conscious. Needless to say, my marriage prospects improved greatly. Dental care has become a way of life."
Looking Good

Beauty products go a long way in enhancing one’s looks. Whether you want to feel all woman or look sanguinely masculine beauty products come in handy.

Euphoric: Feel euphoric and sensual with products from the international brand of Calvin Klein.

Beauty: Beautify yourself further with make-up to suit the modern woman.

Spray active: Spray yourself with eau de toilette and walk out feeling fresh.
Scent of a woman: Effective body lotions and deodorants to make you feel and smell tingly fresh.

Magic: Magically transform yourself with the aid of these make-up products.

Macho: All over shampoo and after shave balm to tone and soothe the masculine skin.

Breath of flowers: Perfumes, gels and milky lotions to make you glow and smell like flowers.

Fresh: Smell headily sexy with this eau de cologne.

Looking stylish: Look stylishly good with these products from echo.

Courtesy: Kunchals
The increasing environmental pollution has given rise to many new diseases and modified many others. It has also aggravated other common diseases in their numbers. The diseases have multiplied manifold with the increase in stress of normal human life. The diseases that occur normally with ageing have an early onset because of the present life style. Increased intakes of prepared food and a very stressful day-to-day life are the other causes for this phenomenon. Cases of disturbed metabolism are on the increase. One among these diseases is cataract, which is also one of the most common problems of ageing. Approximately 50 per cent of the human population between the ages of 60 and 74, and 70 per cent over the age of 75 have cataracts.

Cataract is a clouding of the lens of the eye, where the clear lens loses its transparency and focusing quality due to ageing or disease or eye injury. Many other factors have also been identified which help the development of a cataract.

**Types of cataract:** There are three types of cataract — namely: nuclear cataract, cortical cataract and sub-capsular cataract.

Nuclear cataract, also called hard cataract, is the most common type. In this type, the centre of the lens (nucleus of the lens) becomes hard and opaque. This is related to the ageing process.

Cortical cataract, also called soft cataract, usually starts as wedge opacities in the cortical part (the part which covers the nucleus and is covered by the capsule) of the lens. These opacities start from the periphery towards the centre. It is most common in diabetes.

In the case of sub-capsular cataract, small opacities develop in the capsule which covers the cortex. Usually, it starts at the back of lens.

Cataract can also be classified according to its occurrence as: (1) congenital and developmental cataract; and (2) acquired cataract. Congenital cataract is due to any of the following reasons during intrauterine life: (i) improper nutrition to the foetus; (ii) inflammatory diseases of the uterus; or (iii) infection to the mother due to German measles. Acquired cataract includes senile cataract, traumatic, metabolic, radiational, toxic, complicated, etc. based on causative factors.

**Psychological impact of cataract:** Cataract can also affect a person psychologically. Due to this problem in vision, one may lose independent movement, achievements and self-work gets disturbed. Finally, these may result in loss of self-confidence and, in some cases, even depression may develop.

**Triggers of cataract:** While there are no known causes specifically, but lack of proper nutrition and metabolism are considered as core culprits. A large number of risk factors are identified also:

- **Age** — cataract is a normal part of ageing. As mentioned at the beginning of this article, more than 50 per cent of the human population have cataract over the age 60 years. This is due to the increased coagulation of protein in the lens and a defective oxidation process of lens.
- **Cigarette smoking.**
- **High cholesterol and triglycerides.**
- **Diabetes mellitus.**
- **Eye injury.**

Excessive exposure to sunlight.

Can cataract be prevented?

Yes. With some changes in your habits, you could avoid the onset of cataract. These include:

- **Give up smoking.**
- **Avoid continuous eye strain for a long time.**
- **Avoid watching TV and working on a computer for a long time.**
- **Avoid direct sunlight.**
- **Use medicated eye drops like CMS.**

Other than these, some of the valuable things that can be included in your diet and daily routine are:

- **Eat a nutritious diet, particularly food that contains vitamins A, B and C.**
- **Rest your eyes by shutting them for a while, especially when you have been straining your eyes for a while.**
- **Regularity drink liquids such as fresh fruit juice, water and milk.**
- **Take regular eye care and protection from dust, radiation, injury and infection.**

How do you know that you have cataract?

You can know it yourself when you begin to experience:

- **Cloudy or blurred vision**
- **Colours appear faded**
- **Headlights, lamps or sunlight may appear too bright. A halo may appear around lights**
- **Poor night vision**
- **Frequent changes in your spectacles or contact lens.**

These symptoms can also be a sign of other eye problems. This is the right time to visit your ophthalmologist. Ophthalmologists can diagnose cataract through a routine eye examination and evaluate the general health of your eye, the type of cataract and its further management.
4.14 Teenage Acne

Acne is closely associated with hyperactivity of the oil glands and congestion of the skin pores. Excessive oiliness or seborrhoea on the skin surface is the general precondition to the formation of acne.

Where it appears
Acne appears mostly on the face, back, chest and shoulders. The reason is that the oil glands and the hair follicles are found in abundance in these parts of the body.

Common features of acne
- Excessive oiliness on the skin.
- Whiteheads which sometimes are inflamed spots.
- Blackheads.
- Large visible skin pores.
- Little bumps under the skin (clusters of them).

Cause of acne formation
Activity of the oil glands is controlled by the male sex hormone androgen present in the body. This hormone is present both in men and women in differing proportions. When the level of androgen, due to the hyperactivity of the adrenal gland and ovaries, in the case of women, rises, it causes overactivity in oil glands. This worsens the oily skin condition and encourages the formation of acne.

Role of bacteria in acne formation
There are 2 main types of bacteria and a yeast type of fungus present all over the skin surface. They are harmless and non-malignant on normal skin. But they become harmful on oily skin.

How do the harmful bacteria function? When blockages or congestion appear in the skin pores, the harmful bacteria thrive in the low-oxygen environment inside the glands and chemically change the triglycerides into fatty acids. If thereby causes the formation of whiteheads.

Types of acne
There are basically 5 types of acne. These are:

i. Mild: This is the most common form of acne which affects mostly teenagers. Therefore it is also known as teenage spots. It may last for a few months, disappear for some time and then appear again. It is the easiest to treat.

However, improper skin care can increase its severity and cause progression to a more severe form.

ii. Moderate acne (acne vulgaris): In about 10% of cases suffering from mild acne, the condition worsens due to the prolonged existence of acne and severe oily skin.

The number and concentration of whiteheads increase and a large number of papules develop. The affected spots turn red due to the ruptured blood vessels.

Generally this type of acne is less volatile in the late teens and early 20’s. After some time the spots also clear up.

iii. Severe acne (chronic): It affects only a small number. In this the red acne spots are many, larger in size, infected and painful to touch.
The entire face, shoulders and back can be affected and infested with acne spots. It takes more time to treat this form of acne. It can also leave scars.

iv. Picker's acne: The central part of the spot is not like the top of the pimple but is covered by a scab or looks raw. This is because the spot has been picked and scratched frequently.

These spots are not obvious but make the person feel uncomfortable.

v. Cosmetic and fringe acne: It occurs mainly on the forehead and is mostly due to excessive oil and grease which clogs up the hair follicles.

Factors which aggravate acne:
1. Constant touching and picking: Irritation, pressure applied, picking, wearing tight sweat bands and rubbing increase the acne and heighten the risk of scarring.
2. Cooking and frying: Housewives are exposed to flying grease or oil particles while cooking. This worsens acne.
3. Hot and humid weather: Monsoons lead to excessive sweating which aggravates acne.
4. Vitamin B12 deficiency: Anaemic women who have acne require frequent doses of vitamin B12.
5. Iodine-rich foods and drugs: Spinach, toothpastes, asthma and cold remedies contain iodies, bromides and fluorides. These adversely affect acne condition.
6. Hysterectomy and menopause: In such cases the oestrogen (female hormone) in women drops resulting in a decrease of androgen. Sometimes, this results in an outbreak of acne and hairiness.
7. Use of wrong cosmetics: Some of the skin creams, make-up products contain derivatives of fatty acids and oils. And are potent acne stimulants. Among skin-care products, vanishing creams which have a high absorption rate cause eruption of acne.
8. Prolonged stress and anxiety: Acne is worsened by stress.

Treatment of acne
i. Medical drug treatment
ii. Skin-care treatment

Medical drug treatment: This should be taken only in case of chronic or severe acne, and under a qualified dermatologist. Both types of drugs, for local application and for oral consumption, are suggested.

Local drug treatment: Benzyl peroxide preparations are available as gels and lotions. "Ultra cleanser" is very potent. Benzyl peroxide kills bacteria. It releases oxygen which helps in killing anaerobic bacteria.

In a modest case, one application is sufficient per day, but in case of stubborn acne, 2 applications may be advised.

Sulphur drug preparation available as creams, gels and lotions are extremely effective in treating acne. They loosen and dislodge the blackheads from skin pores by causing the skin to peel.

Oral drug treatment: Tetracycline has no side-effects generally and is supposed to be the safest drug. It is not recommended during pregnancy. Avoid exposure to sun while taking tetracycline as it causes photosensitivity.

Skin care treatment: After washing your hands thoroughly, moisten your face with warm or running water and wash with a medicated or antiseptic soap. Choose a light liquid cleanser and apply.

Rinse thoroughly with clear running water. Pat and dry with a clean soft towel.

Saturate a cotton pad with an astringent medicated lotion and gently press over the entire face or rinse with cool water. This will freshen, reduce oiliness and refine the skin texture.

Apply a medicated cream on all pimples. This will heal the pimples. Apply calamine to which a drop of clove oil and mint oil has been added.

Midday: Repeat morning treatment. Clean with astringent medicated lotion and reapply the medicated cream on blemishes.

Night: Repeat the morning treatment with an appropriate moisturising cream on dry areas.

Twice weekly: Deep cleanse with a friction wash to control blackheads. Wet the face with warm water. Take a teaspoonful of cleansing granules into your palm, add just enough water to work into a creamy foam.

Apply to the face with fingertips. Concentrate on blackheads and areas of excessive oiliness. Massage gently for a few seconds and rinse thoroughly.

Apply a healing medicated cream to any eruption.

![Image of certain do's and don'ts]

- Avoid oil-based creams, ointments and make-up products.
- Don't rub, squeeze or pick pustules.
- Follow skin-care routine strictly.
- Don't use any beauty soaps or moisturisers.
- Lead a stress-free life.
- Include vitamin B12 in your diet.
- Avoid oily food and exposure to flying grease particles.
- For severe acne consult a dermatologist.

HOME-MADE COSMETICS
Apply milk of magnesia. Leave for 10 minutes. Then rinse off.
Face pack: To 2 teaspoonfuls of egg-white, add 2 pods of crushed garlic and 1 teaspoonful of calamine. Leave on the face for 20 minutes, then rinse off.

Moisturiser: A bottle of rosewater, 1/4 teaspoonful vinegar, 5 drops of glycerine, 2 drops of camphor.
Dryers of pimples: Dab the pimples with spirit of camphor. Keep applying until the pimples dry up. It may sting but will check the infection.

To lighten scars: Use an ice pack regularly. Wrap ice-cubes in a bit of cloth or cotton and apply to the open pores. This helps in reducing enlarged pores.

With so much information around about acne, many teenagers will still not be spared. But no need to get depressed. Follow the skin-care rules properly and face the world boldly and confidently.
What tickles teens?

All parents have at some time or other, stared at their offspring in bewilderment wondering what on earth they are laughing at. A look at the teenage sense of humour.

By Deep Jyot Singh

Parents are often surprised when they see their teenagers breaking into laughter at things which the parents have not found funny at all. The teenagers' sense of humour seems peculiar and this makes the parent certain that the two do not live on the same planet!

Look at a group of teenagers, laughing and giggling with each other and pushing each other around while finding something funny. They could be imitating and laughing at things their parents have said. This is a favourite pastime of teenagers!

On the other hand, if you happen to laugh at some of their activities, you will find that they have suddenly lost their sense of humour!

Parents! It is not necessary for you to get unnecessarily upset if you find that your teenager, a once sober and sensible child, behaves in a
completely incomprehensible manner when he or she is with friends. This show of laughing and joking around helps your teenager keep all his perplexities and anguish at a distance. He has reached a stage of life when he is still getting in touch with his changing body and mind and he is learning how to grow up and take his place among adults. It’s the same with a girl.

You can call it a shedding of the skin and the putting on of a new personality and that is why he does not feel completely at ease. So at least while he’s laughing, he is thinking of other things!

**BRIDGE THAT GENERATION GAP**

On the parents’ side, it is quite normal for them to find such teenage behaviour completely idiotic and to wonder how come they never behaved that way when they were young.

A fine sense of humour can only be had with mastery over language and by cultivating a fine wit. I remember an instance when my younger brother and I were teenagers and were laughing our heads off at a gay joke. When our father asked us the reason for this unusual mirth, we explained to him that it was a gay joke and that he would not understand it.

Extremely perplexed, he answered that all jokes are supposed to be gay and asked what was funny about a gay joke, thus proving without a doubt to his hilariously howling children that there was a huge generation gap between us and that parents still lived in the distant past when “gay” meant happy and cheerful!

Between the ages of 13 and 15, jokes are not refined and witty. And the best part of this age is declaring that parents do not know anything at all. How does a parent react to such irritating statements? Do not get disturbed unnecessarily. No doubt, our generation was better behaved when we were in our teenage years. We behaved politely and respected our parents and that is why we find the undisciplined behaviour of today’s teenagers so offending.

Do not judge today’s teenagers by your own past behaviour. After all, it is much better for them to get rid of their stress by laughing it off rather than through fisticuffs and horseplay. But if teasing turns into insulting, tell your teenager that he is crossing the limits of humour and civilised behaviour.

He teases you a lot. Please do not think of punishing him by taking advantage of your position as a parent. Don’t use the sarcastic witticisms in your quiver. “Your hairstyle is absolutely super, it reminds me of a bird’s nest,” is better left unsaid.

Youngsters are testing their individual power and often try out provocative behaviour. It is normal because they have a need to learn what opposition and rebellious behaviour is like, in order to grow.

Subconsciously, this behaviour is also telling themselves that their parents are human beings like themselves and not the ideals and ideals which they worshipped when they were children. Thus, an adolescent is getting ready to separate himself from his parents in the future without getting his heart broken by leaving something very beloved.

Adolescents do not know how to be gentle and tender. Any show of emotion makes them feel uncomfortable. What is the matter with their parents, they wonder.

**BE SUPPORTIVE**

The danger here is to take your youngster’s jokes and witticisms seriously and get really angry because, according to you, he has passed the limits of respect and proper behaviour towards his parents. An adolescent has need of steady well-balanced parents. So, instead of scolding, you could remark in a calm and collected voice, “You seem to be very energetic and in good form today. Well said!”

Not having provoked you into a confrontation which plenty of adolescents like because they enjoy arguing, your teenager will go off and try to find somebody else to tease. Another danger is grimacing and passing caustic comments in order to wound him.

Remember that laughing at an adolescent is a dangerous game – you never know which way he will take it! Everything seems to be either high emotion or low emotion for him and he needs somebody to laugh with him and to show him that the world is still well balanced.

Because he does not happen to have full confidence in himself, he does not happily accept some of the statements which even pleasant jokes about him can reveal. It is
necessary for a parent not to humiliate him or devalue his position and worth in the family, because this is the age when he immediately begins thinking of himself as an alien, not belonging anywhere, either to himself, to his family or to society.

On the other hand, parents must not get so heavy-handed that they stop him from exercising his sense of humour. On the contrary, humour is an excellent medium to pass on certain messages which, if delivered in a strictly parental tone, would immediately bring about the declaration of, "You really do not understand anything about teenagers, do you?" It is good for you to laughingly tell him to clean up his room or to at least have a bath, than order him to do that. Humour is above all a medium which will permit him to adapt himself to difficult situations in life later on.

For example, if you happen to be flabbergasted at the clothes he's wearing, it is much better for you to say, "Well, well! What a creative imagination! Excellent!" Rather than, "Are you dressed for a fancy dress party or do you want to scare the people on the road?"

This sort of humour demoralises teenagers and make, some of them believe that they really cannot do anything right in the eyes of their parents. But if he knows now that he's going to have supportive parents who understand him, he is going to feel secure throughout his life and believe that he has the best parents in the world.

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**On Teaching and Learning**

A pencil changed my life forever.
I was in the eighth grade sharing a class with 60 other students.
Mrs Poornima Kumar, the English teacher, commanded utmost respect even among us unruly adolescents.
Always impeccably dressed in her sari and matching beaded jewellery,
Mrs Kumar was someone I looked up to with a passion.
Unlike other teacher, she seemed to know what she was talking about and that, for a 13 year-old, can make all the difference.

I have always loved to read as far as I can remember. My earliest memories are of borrowing the English text books full of rich stories, poems and grammar lessons from older kids who came home to be taught by my mother. It was a fascinating world and I would wait for the school year to start just so I could get my hands on a new crop of textbooks.
My earliest memories of writing, though, were attempts made for school homework.
Essays, compositions, run-of-the-mill attempts at creativity.

Until one day, when Mrs Kumar asked us to write An autobiography of a pencil.

For some strange reason, my take on the autobiography was more poetic than prose.
Words seemed to rhyme without any effort and the humour crept in unnoticed.
For me, it was just another assignment at the time and I handed it in just pleased to have completed it, not particularly proud of the work.
Mrs Kumar, however, reacted very differently.
Maybe, she was just being kind in an effort to encourage a student, maybe she really liked the work or, perhaps she saw the possibilities in a teenager that no one else had yet seen.
Whatever the reason, Mrs Kumar loved the autobiography.
It was read out to the class as an example of a fine specimen of writing. But that praise has remained with me till this day.

A few years later, I graduated from high school and moved into college, pursuing a degree in psychology.
My little brother was still in school, though and I took every opportunity to go back to school on parents day and celebrations of the national holidays like Independence Day.

One such Saturday, while walking through the familiar corridors looking for my brother's classroom, I passed Mrs Kumar I found her still elegant, teaching her class.
She looked up as I passed and I waved not wanting to interrupt but she left the class, walked out to the corridor and invited me in. I hesitated but Mrs Kumar led me in and introduced me to a bemused looking bunch of students, and said, This girl is one of the best writers this school has seen.
She wrote a wonderful autobiography of a pencil a few years ago. I hope some of you can learn to write like that.

Just like that years later she still remembered a child's writing. Even after all these years, I remember the glow on my face and the fireworks in my heart as I recounted to everybody I met later that Mrs Kumar still remember my work. It was fabulous!

Chryselle D Silva Dias.
4.16 Beauty Lessons

**CLEAR-SKIN CALLING**

Pimples and blackheads be damned for good!

- Introducing EverYuth Granular Face Wash, Rs 30, the perfect oil-free cleanser for oily-skinned girls. Packed with the goodness of tea tree oil, neem, and chamomile, this formulation does what a regular face wash can’t.

- EverYuth Granular Face Wash is an achiever. It removes dust and grime from your mug, refreshes your skin, and leaves it moisturised, too. Wow! Well, neem is effective in treating skin infections, chamomile soothes dry, irritated, and damaged skin, and tea tree oil deals with excessive oiliness, while the granules in this baby remove grime and dead skin cells.

**SHEER GLAM**

Wrestle wrinkles in luxury with the Shahnaz Husain Diamond Collection. This range of four products—Exfoliator, Mask, Night Nourishing Cream, and Rehydrating Lotion, price on request, use the power of real diamonds to make your skin youthful.

**A Fit Find**

UDOs (Under Arm Dingles) and less-than-taut body parts get toned with L’Oreal Paris Sculpt Up, Rs 800, which works like a pair of body-toning tights—the special firming ingredients in this baby create an immediate cosmetic wrap on your skin, leaving it visibly toned, and feeling smooth and silky.

**The Expert Touch**

Flawless skin is yours with YSL Perfect Touch Radiant Brush Foundation.

- The Professional Pick: YSL Perfect Touch Radiant Brush Foundation, price on request, goes where others can’t—it comes with a brush for makeup-artist-type perfect application.

- The Perfect Results: Achieving a fab luminous glow is easier than you think—a simple twist of the brush delivers base that contains light-reflecting ingredients that leave you with gorgeous skin.

See Shopping Guide for details