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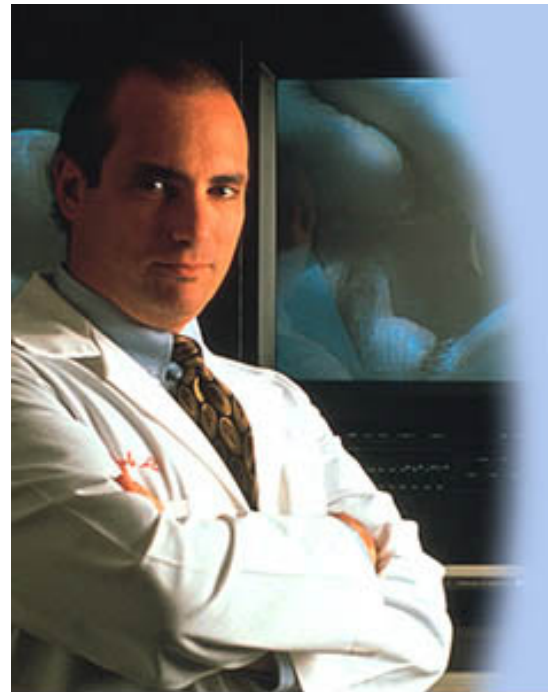
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Skinny Secrets Of Plastic Surgeons: Dr. Michael Evan Sachs

"Too much protein is similar to stoking a fire with too much wood."

NEW YORK: Thursday, June 03, 2004

Dr. Michael Evan Sachs is one of Manhattan's top plastic surgeons specializing in facial rejuvenation. He has taught facial plastic surgery for 20 years and is a clinical professor of Facial Plastic and Reconstructive Surgery at New York Medical College and Affiliated Hospitals, the founder and director of the Sachs Institute for Facial Reanimation, and the founder and president of the American Society of Revisional Plastic and Reconstructive Surgery.



Dr. Michael Evan Sachs

What do you do to stay looking young and healthy?

The best recipe is balance and moderation in lifestyle. I try to eat as healthy a diet as possible. I'm not a believer in Atkins and try for a proportion of 60% carbs (good carbs, not the starches and processed kinds), 20% protein (I don't eat beef because I believe mad cow disease exists in our food supply at the moment), and 20% healthy fats (nuts/olive oils etc.). Exercise is important but not too much and not every day. 30-60 minutes of aerobics four times a week and some weight training mixed in.

How do you eat to promote great skin?

Diet significantly affects aging. Too much protein is similar to stoking a fire with too much wood. The fire burns too brightly and exhausts the nutrients and fuel too quickly. The key to aging and health and longevity is to view life not as a sprint but

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as a marathon – slow and steady wins the race. The right foods that provide the proper fuel are important. Certain vitamins have also been found to be anti-aging. L-carnitine is one. Alpha lipoic acid is another.

We tend to focus on the cardiovascular system when we are discussing longevity, [but] the brain is also important because the longer one lives, the greater the incidence of Alzheimer's and other associated diseases. What good is it to live long and not be able to enjoy it? Therefore, recent research has implicated inflammation as a source of both brain and heart disease. I take Advil/aspirin, vitamin E and vitamin C to help protect the brain. Statin drugs have also been shown to be beneficial to the heart and brain.

What's a good secret or eating trick to help skin look younger?

Plain old Vaseline rubbed all over the body after a shower two times per week. After a thorough cleansing, stay in the shower an extra 5 minutes. Put the Vaseline all over the body and stay in the steam for 3 minutes. Then just towel dry and go to sleep. You will see amazing improvements. Inexpensive but very therapeutic.

Craziest patient request?

To put back a bump on a nose that another plastic surgeon had just removed.

Craziest myth about skin care and aging?

[That] some sun is good for you! Although the sun does offer some psychological advantages, no sun is advantageous to the ability of the skin to stay youthful.

Do you recommend a change in diet before plastic surgery?

Yes, definitely. Increase the protein to 50% of the diet. The body is going to need to repair itself and will need this protein for building new tissue. Also, it is very important to discontinue all supplements and to limit any garlic and aspirin products. All of these can cause bleeding.

How does Atkins affect the skin? Aging?

I do not advise the Atkins diet.

What's on your forbidden list?

Foods high in saturated fats and processed carbs, more than 2 drinks per day and smoking!

What's a good success story?

I had a patient who was a beautiful, young, but obese woman. She was 23 and she came to the office because she hated her nose. Although her nose was unattractive it paled in comparison to her body. I recommended she start a healthy diet and exercise regime to lose some weight and then return a year later. She came back a year later even heavier, then agreed if I gave her a beautiful nose she would lose the weight. She had finesse sculpting rhinoplasty, which is a nose reshaping operation. After only one month, she started to lose weight and after one year she was stunningly beautiful, fit and trim. She now has three kids and is happily married and thin!

For more information about Dr. Sachs, check out www.michaelevansachs.com