



THE O
MAG

**emotional
energy**
8 ways to refuel

How to spot a
diet scam
a mile away

"Our patients used to be television anchors, movie stars, and politicians," says **Robert Guida, MD**, director of the division of facial surgery at Cornell University Medical Center, in New York City. "Now we're seeing your aunt, your co-workers, your neighbors—all at younger ages."

"When someone comes in and says, 'I have a loose neck and I want to get rid of that excess skin,' that's a reasonable expectation," says **Guida**.

THE MID-FACELIFT

Proponents say that this procedure, because of its less invasive than a full face-lift, it's less risky. Others disagree: "I think any newer procedure is inherently riskier," says **Guida**.

"We don't have numbers on the side effects or complications yet. I wouldn't recommend it to my mother."

Visit Dr. Guida on the web at www.DrGuida.com

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