



## TIME in a Bottle?

Comparing cosmetics that claim to make you look younger can leave you more bewildered than youthful. Do they really work? According to the American Academy of Dermatology, there's hope, but no guarantees.

### Over-the-counter

» Products with retinols (vitamin A family), alpha-hydroxy acids, antioxidants, and other moisturizers may temporarily reduce the appearance of fine lines and wrinkles.

» Creams with antioxidants, especially vitamins C and E, can help repair damage caused by the sun and smoking, reducing the appearance of fine lines and wrinkles.

### Prescription strength

» Tretinoin cream 0.02% and 0.05%, (Retin-A, Avita, Renova), available by prescription, is the only cream approved by the Food and Drug Administration (FDA) for the treatment of fine wrinkles. A derivative of vitamin A, tretinoin also helps remove splotchy pigmentation and rough skin due to sun exposure.

Talk with your dermatologist about what might work for you. However, please keep in mind that remedies used for cosmetic purposes are not usually covered by healthcare insurance. Also, the best defense against wrinkles is sunscreen, which should be worn every day.

## Resources for Caregivers

More than 50 million family members and friends—mostly women—provide care to their loved ones. In the midst of their responsibilities, it can be difficult for caregivers to find resources to help improve the quality of life for them and their loved ones. Here's some of the many organizations that can help:

Organization	Type of Information
<b>Benefits Checkup</b> <i>Benefitcheckup.org</i>	Provides tips on federal, state, and local aid programs available to seniors
<b>The Caregiver Community Action Network</b> <i>ccan.lotsa.net</i>	Connects caregivers with community volunteers who may provide education and support
<b>Centers for Disease Control and Prevention</b> <i>cdc.gov</i>	Includes information on fall prevention
<b>Family Caregiver Alliance</b> <i>caregiver.org</i>	Helps you: <ul style="list-style-type: none"> <li>• Find "assistive technology" devices (easy-grip silverware, no-rinse shampoo, etc.)</li> <li>• Conduct background checks on hired caregivers</li> <li>• And more</li> </ul>
<b>MediAlert®</b> <i>medicalert.org</i>	Provides medical ID: <ul style="list-style-type: none"> <li>• Jewelry and key chains with engraved &amp; electronic health information</li> <li>• Information at a central database</li> </ul>
<b>Medline Plus</b> <i>nlm.nih.gov/medlineplus/endoflifeissues.html</i>	Contains details on advance directives, living wills, hospice, and other end-of-life issues

## Words to Live By

**An ordinary pen and some paper may help improve physical and emotional health.**

According to numerous studies documented in *The Writing Cure*, a book published by the American Psychological Association, writing may help people with depression, trauma, rheumatoid arthritis, asthma, cancer, and a host of other conditions to lower their blood pressure, boost their immune systems, and improve their overall well-being.

Researchers found that people who engaged in about four 20-minute "expressive writing" sessions each week for three weeks experienced a significant

decrease in their symptoms and spent less time in doctors' offices. To gain the full health benefits of writing, you should:

1. Include specific details of stressful events.
2. Describe how you felt at the time of the event.
3. Explain how you feel about it now.

In his research, James Pennebaker, Ph.D., Professor and Chair of the Department of Psychology at the University of Texas, advises participants to release their saddest and most troubling thoughts. He says that it's normal to find yourself crying as you write or to feel sad afterwards, but he cautions that if you feel extremely upset, you should switch topics or stop writing altogether. You can learn more about the healing power of writing by visiting the American Psychological Association Web site at [APA.org](http://APA.org).