

**GREAT SUNDAY BRUNCHES // HOW TO DO...
ALMOST ANYTHING // WHERE TO DINE SOLO**

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FAVORITES
(See Ballot Inside)

WESTCHESTER

Westchester: The Way It Was A Pictorial History

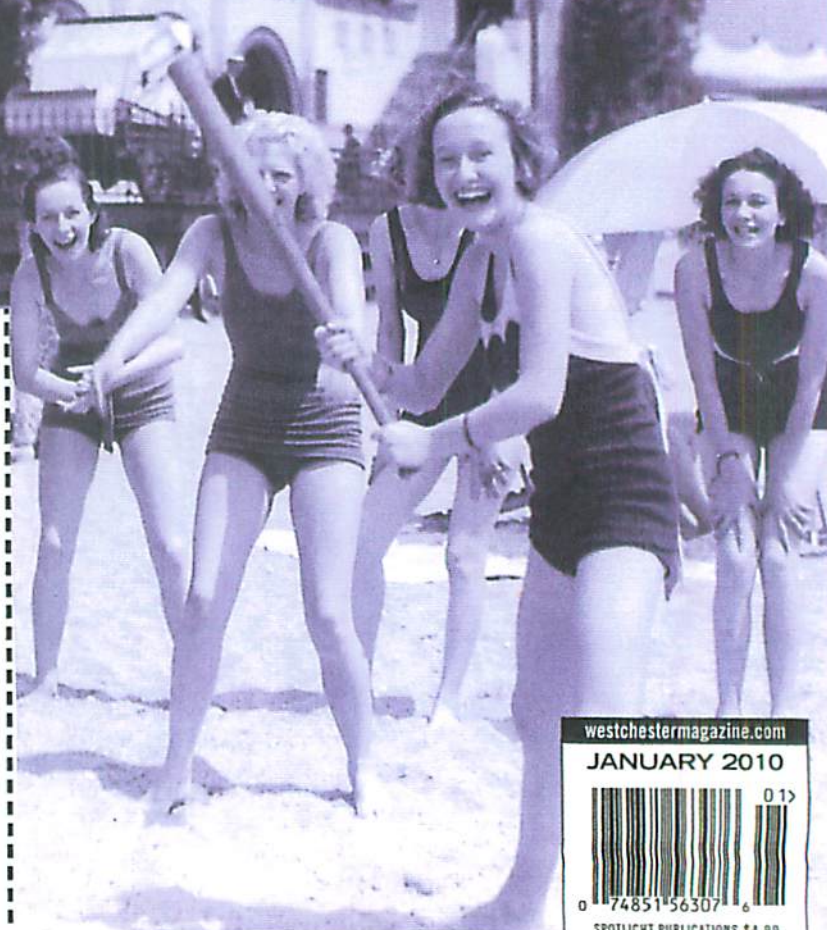
...Avoid Going Bald

In an era of hair transplants and wigs, there are solutions to losing your prized locks. According to Yael Halaas, MD, a board-certified facial plastic surgeon from Scarsdale, you don't have to live the rest of your life in a baseball cap.

1: Skip the Tight Hairdos. Hairstyles including cornrows, tight braids, and hair extensions have long been known to cause alopecia, or baldness, says Dr. Halaas.

2: Use Products. Dr. Halaas recommends using Propecia and Rogaine together: "Propecia prevents the stimulation of the hormone that causes hair loss, and Rogaine increases blood flow locally." Rogaine is available in a foam solution or shampoo that can be used daily for a couple of months (\$30 for the foam or \$6.99 for the shampoo). Propecia requires a prescription.

3: Cover It Up. Dr. Halaas notes that, in addition to wigs, hair transplants, and laser surgery, a less extreme option is Topix, a powder that you sprinkle on your head to make your hair look thicker.



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