



THE OPRAH
MAGAZINE

AGE BRILLIANTLY!

O's SUPERGUIDE HEALTH, JOY & REAL BEAUTY

- *Shocked by your age?*
How to feel a lot better
- 10 easy food switches
for 10 extra good years
- The best workout for
you at 20, 30, 40, 50, 60+
- How to make your
heart strong

Win 2 tix to the Oprah show, p. 2

SEX IN THE MIDDLE AGES

Satisfaction

The Hair (That Used to Be) on Your Head

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HOLD ON TO YOUR HAT before you read this disheartening statistic: Fifty percent of postmenopausal women

have noticeable thinning of the hair on their scalp. After age 50, approximately the same number of men and women suffer from thinning, says **Ken Washenik, MD, PhD, medical director at Bosley**, a surgical hair restoration medical practice, and clinical assistant professor of dermatology at New York University School of Medicine. The reason, again, is most likely loss of estrogen, which is protective of hair. You shed some hair naturally every day, but the loss is considered significant if you start to see thinning behind the hairline or your part is widening. Washenik says the first thing to do if you notice thinning is to see a doctor, who can determine whether it's the result of a correctable condition (an overactive or underactive thyroid or low iron levels, for example) or medication (such as for high blood pressure or depression). If there's no underlying cause except age, Washenik recommends minoxidil (Rogaine) 2 percent. (Rogaine is available at 5 percent for men only; the FDA hasn't tested it or approved it at that strength for women.) Thinning hair has a shorter anagen (growth) phase than normal; that phase typically shortens as we get older. Minoxidil extends the growth phase. Apply it to the scalp at least once a day; if in three months you see no difference in thickness, it's not going to be effective. Minoxidil is a chronic maintenance therapy, which means that if you stop using it, it stops working. As for styling, don't overload hair with product, because that will weigh it down, says Stephen Knoll, owner of the Stephen Knoll Salon in New York City. Overcompensating with too much volume

Thinning Eyebrows

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ARE YOUR EYEBROWS getting patchy? Perhaps you'd like to consider an eyebrow transplant. Or perhaps you wouldn't: In

the restoration procedure—which takes two to three hours in a doctor's office—individual hair follicles from the back or side of the head (where they aren't noticeable) are removed and placed into the brow area to re-create whatever density you like, says **Washenik**. But wait a minute: Why wouldn't the hair grow as long as it would if it were still on your scalp? It does, says Washenik. The transplanted follicles don't know that they've been moved, so you get something like bangs growing from your browbone. To avoid this potentially tragic state of affairs, forget transplants and try an eyebrow pencil or powder. Choose one that's a shade lighter than your haircolor, and with feathery strokes, fill in the patchy areas, says brow expert **Sania Vucetaj**. Brows grow a little longer as we age; brush them upward and trim.

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ARE GIRLS THE NEW GUYS?

The bars, the buddies, the all-night partying... What's going on out there?