

# 805 LIVING

JANUARY/FEBRUARY 2017

## *Fresh Start*



# HEALTHFUL HINDSIGHT

What advice would you give your 20-year-old self to lead a healthier, happier life? Local experts answer the question.



I believe how we feel about our looks has a big effect on how we feel about our overall wellness. We've seen a major shift toward preventive medicine, which also applies to aesthetic medicine. I would tell my younger self to care for our skin early on with professional maintenance to avoid more drastic, corrective steps later. Also, be sure to get enough sleep between those 12-hour hospital shifts—the real beauty secret!

—Leslie Petersen  
nurse practitioner and  
clinical director  
Beyond Aesthetics  
Camarillo  
seewhatsbeyond.com

Put a broad-spectrum sunscreen on all sun-exposed parts of your body, right after you finish brushing your teeth. There are more skin cancers every year than the combined sum of all other types of cancer (e.g., breast, prostate, lung, etc.). And ultraviolet damage, whether from sun or tanning bed, is also responsible for wrinkles, blotchy pigmentation, and crepey skin. And who wants that? So cover up with a hat, sunglasses, and clothing, and use sunscreen on anything else.

—Andrew Kaufman, M.D., FACP  
medical director, The Center for Dermatology Care  
Thousand Oaks and Santa Barbara  
dermatology-center.com



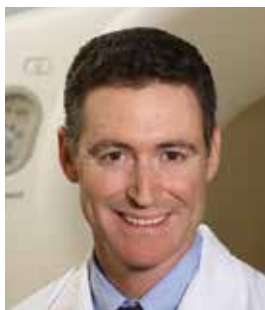
The advice I would give to my young adult self would be to live with others in mind. I would volunteer time and energy to people who need help in life. Being young can be emotionally tricky. That's because it's a time when we focus more on our self than we do on others. Only looking through our own eyes limits the ability to stretch our emotional health and well-being. When we volunteer, we gain a healthy perspective on life and place our own issues into a more positive place.

—Mary Resnick, Ph.D.  
psychologist  
Westlake Village

Now is your chance to explore the world, your sexuality, and creativity. Later on, you may have a career, family, and obligations that do not allow you your current freedoms. Try things outside your comfort zone. If lacking direction, don't be afraid to seek mentorship. Be bold. Take advantage of this time, but be safe.

A foolish step now could affect the rest of your life. Always protect yourself, so that you will have a worry-free future.

—Kathleen Griffin, M.D.  
owner, The G Spa Medical Spa and Laser Center  
Santa Barbara



In addition to eating well and exercising, I would remind my 20-year-old self to slow down, stress less, and take the time to appreciate and enjoy the world. Find inner peace thru meditation and mindfulness, foster positive relationships, and strive to balance life, work, and family. Seek peace in nature and always remain in awe of its absolute magnificence. I would also recommend connecting with a good primary-care physician who practices evidenced-based, 21st-century preventative care to help guide him through a lifetime of health and longevity.

—Jonathan R. Cole, M.D.  
managing partner, California Health & Longevity Institute  
at Four Seasons Hotel Westlake Village  
chli.com ♦