

MAKE

A DIFFERENCE *together*



Stephanie Fox, PA-C • Tracy Campbell, MD
Carolyn Jacob, MD [Director] • Rachel Pritzker, MD
Niki Christopoulos, MD, FACS • Kathleen Albrecht, MD
(not pictured)

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Health & Beauty

Ask The Expert

My libido has been dropping over the past
several months and I'm only in my 30s.
What's going on?



**Nicole E. Williams,
MD**

There are so many reasons for decreased libido
that it's difficult to know where to start. Some-
times the reasons are psychological, a problem
in the relationship or they could be hormonal,
due to a condition called perimenopause (or
the years prior to actual menopause). Also,
some antidepressants are known to decrease
sex drive. Depending on the underlying cause,
these drops are usually self-limited and you'll
be back to your old self soon. Some suggestions
to bring back the fire include masturbation, talk
therapy and hormone therapy, all of which you
can discuss with your gynecologist.

Nicole E. Williams, MD, FACOG, The Gynecology Institute
of Chicago

I've tried every frizz product on the market
with no success. Do any of them really work?



Pascal Ibgui

Summer conditions can wreak havoc with
your hair, and when Hollywood celebs
and Paris runways seem obsessed with
silk, shiny and straight, it can feel like a
real uphill battle. So what can you do to
prevent that unwanted frizz? Recently,
several high-quality hair-straightening
products have taken the industry by storm.
But along with that frenzy has come con-
trovery regarding product safety. Keratin Complex is our salon
hair straightener of choice. But regardless of the product, you
need to be your own safety advocate: 1. Work only with stylists
certified in the art of hair straightening. 2. Work only with salons
that understand and use proper ventilation. 3. Use only products
with zero derivatives of formaldehyde.

Pascal Ibgui, owner/style expert, Pascal Pour Elle salons

My friend told me that since she started
exercising more regularly she enjoys sex more.
Is this just due to her weight loss or are there
other benefits of exercise for a person's sex life?



Christa Cooper

We all know exercise has many benefits in-
cluding weight loss and decreased risk of di-
abetes, heart disease and depression. How-
ever, many people don't think about the link
between exercise and their sex life. Regular
physical activity improves circulation, which
can boost arousal and lubrication. Some
gyms offer 'sensual' workout classes includ-
ing pole, chair, lap dance or even belly danc-
ing. This can help release your inner seductress and feel sexier in
your own skin. For all of these reasons and more it's important to
get physical activity every day. Make sure to consult your health
care professional before starting any exercise program.

Christa Cooper, nationally certified fitness instructor, Flirty Girl Fitness

