

# 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-  
troversy 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  
including weight loss and decreased risk of  
diabetes, 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 dan-  
cing. 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

