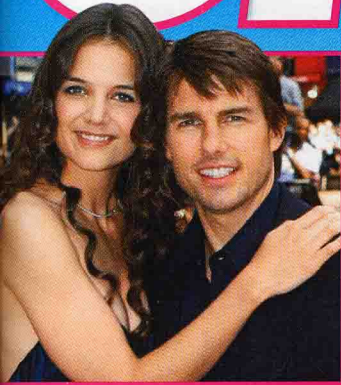
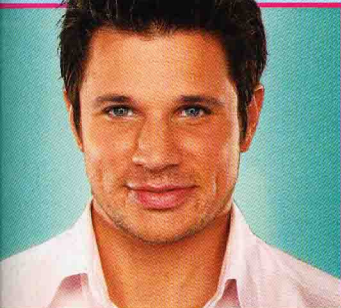


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DEAR RACHEL

Do you recommend plastic surgery to prevent signs of aging?

A. In a word, no. More and more, younger people — in their 20s and 30s, say — are having plastic surgery, says **Dr. Steve Fallek**, a Manhattan plastic surgeon, but they are generally seeking out lip implants, liposuction or breast augmentation, not facelifts or wrinkle protection. A plastic surgeon who tells you he can prevent signs of aging is probably not someone you want to trust. "If a patient doesn't have any wrinkles, what result am I going to give her? A good plastic surgeon will turn patients away if there is nothing to treat," says **Dr. Fallek**. But don't despair. There is an easy and inexpensive way you can prevent signs of aging: Stay out of the sun.

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