

# Defy Aging

## from Head to Toe

BY WINNIE BONELLI

It's been said that the new 60 is the old 40, but the truth is one's physical appearance can undercut this maxim. Thanks to medical advancements, Mother Nature's failure to oblige physically can be corrected, whether it's thinning hair, a bulging tummy or unsightly toes. Following is a full-body check that addresses potential problem areas.



### TREATS FOR THE FEET

Summer is synonymous with outdoor activities, but a nasty nail bed and nail root infection can put a damper on a day at the beach. For more than two decades, [Dr. Emanuel M. Haber](#) of the Foot & Ankle Centre of New Jersey in Paramus has been treating a variety of nail and skin conditions affecting the foot with different lasers.

Dr. Haber's latest acquisition is the Noveon Laser, making him the first podiatrist in northern New Jersey to offer a cool laser to treat fungal infections. Using light waves, it treats only the affected area, leaving the surrounding healthy tissue alone.

Treatment consists of three 16-minute sessions, with a follow-up anti-fungal spray, according to Dr. Haber. On staff at the Valley Hospital in Ridgewood, Dr. Haber good-naturedly describes himself as the "GP," or general practitioner, of podiatry.

For weekend warriors, one of the most exciting developments is the Platelet Rich Plasma therapy that aids in the regeneration of ligament and tendon injuries. Relying on the body's ability

to heal itself, a concentrated dose of the patient's own platelet-rich plasma is injected at the site of the injury, spurring tissue recovery and often eliminating the need for surgery. 