

# Los Angeles Times

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## Learn from the musings of a mid-life dermatologist

At 43 years old, I imagine myself perched at the

precipice of mid-life. As such, I'd like to share some of my experiences and observations with you, as I learn

so much from my patients and welcome your input.

To those of you younger than me, I hope you'll



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find the list below useful – or least something that makes you laugh. Laughter, after all, is a great medicine.

- When I sleep a full, uninterrupted eight hours at night, I feel like I should throw a party to celebrate.

- Yes, I admit, I've taught my young kids how to play the lottery when we are out to breakfast so that my husband and I can get a bit of peace and quiet while we eat our omelets and pancakes. Besides,

I'm convinced this has improved their math skills.

- My 8-year-old son told me that if he wins the lottery, he will give me half. I'm recording this here because then it becomes public knowledge.

- If you told my teenage self that I would sprint across the bedroom at 3 a.m. in order to catch my child's vomit in my bare hands before it hits the carpet, I would tell you that you were insane.

- And if you told my

teenage self that I would be able to fall back to sleep for another hour after my 2-year-old wet the bed lying in my arms, I would have recommended that I be committed.

- My young son told me that a referee has black-and-white stripes on his shirt that go up and down because if they went sideways he would be a robber. That's pretty perceptive.

- My 8-year-old had to use the word "wrinkle"

in a sentence. He wrote: "There are no wrinkles in my house because of Botox." Yikes.

- Laughter and yawns are contagious, but it's more important to spread laughter.

- There are no such things as age spots. They are called wisdom spots because we get more of them the wiser we get.

- Things that make me feel guilty: missing an event at my kids' school, not working enough hours,

not playing enough golf with my husband, and not spending more time with my kids – or giving my cat enough attention.

This is my mid-life life. But I wouldn't trade it for any other.

*Follow Dr. Sandra Lee on her twitter @sandraleeMD, on her Instagram @drsandralee, on Facebook at SkinPS, www.skinps.com, and you can watch her television appearances on YouTube at "Dr Sandra Lee SkinPS."*