

THE REST OF YOUR LIFE

Stepping Out to Dance

Finding time for renewal is no easy task for full-time physician Dr. Shaun J. Gillis, a married mother of three children, aged 9, 6, and 3.

That's why she looks forward to her 2-hour dance rehearsals every Thursday night, which she began 3 years ago as an outlet for exercise and stress release.

Dancing "is almost like yoga for my mind or meditation—it's a chance to step away from what I do every day, all day," said 39-year-old Dr. Gillis, who practices ob.gyn. in Bozeman, Mont. "I'm not mom, and I'm not the doctor. I'm just dancing, minding what my feet are doing. It's relaxing mentally, a chance to step away."

A Montana native, Dr. Gillis started dancing competitively as a freshman in high school and went on to join the dance company at Montana State University in Bozeman, where she specialized in lyrical and tap dancing. Her dancing days were put on hold when she enrolled into medical school at the University of Washington, Seattle. "It was very sad," she recalled. "With medical school and residency, I was too busy."

When she relocated back to Bozeman she joined Tanya's Dance Co. in Belgrade, Mont. (www.tanyasdanceco.com) on referral from a friend and picked up dancing again after a 10-year break. Returning to dance "was very comfortable," she said. "Once I started moving, I realized I could do this again after taking a long break. I've also had some really great teachers who



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have been encouraging and positive."

Tap dancing "has become my new favorite. But I also like lyrical dance; it's more expressionistic," said Dr. Gillis. She's also adept at clogging, which she described as "an American version of Irish folk dancing. It's all about the footwork. There is not a lot of arm movement or upper body motion, but the steps are quite different from Irish folk dancing." She also admires the work of the Alvin Ailey American Dance Theater, a New York City-based company that tours extensively.

Tanya's Dance Co.—whose members range in age from 18 to their early 50s—competes with other dance groups in Montana during March and April and

represent a chance "to take an individual talent and turn it into a team sport because we compete as a team," she said. "The judges score you on costumes, makeup, and hair—so everything needs to be very uniform."

She said she enjoys such camaraderie with other women from all walks of life. "I interact with people that I would never interact with on a daily basis," she said. "Nobody else in my group is a physician or in the medical profession."

Dr. Gillis initially worried what her patients would think about their doctor performing dance routines in public, but she is over that now, and explained that many of her patients showered her with

support and encouragement. In fact, some members of the dance team are her patients. "This is a small town, so it happens," she said.

Her goal is to keep building her skills and to keep dancing as long as she is physically able. "There are some incredibly difficult tap moves that I watch my teacher do and I'm just in awe," she said.

Adding that, "I'm constantly striving to see if I can get my feet to move like that or learn a complicated series of steps. It's challenging."

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By Doug Brunk, San Diego Bureau

E-MAIL US YOUR STORIES

Do you trade in your lab coat on the weekends for two-wheeled transportation and leather? Is the highlight of your year bike week at the beach? Have you ever had the misfortune of suffering from road rash? Whether you enjoy taking leisurely rides on a cruiser or prefer the speed of a crotch rocket, we want to hear your stories. Send an e-mail to d.brunk@elsevier.com.

PRODUCTS

Adult Acne-Clearing Gel

ZAPZYT Skin Care Products is now distributing to retail stores, via Waltman Pharmaceuticals, its Adult Acne Clearing Gel for adults age 25 and older who suffer from mild acne and need a topical treatment. The formula contains a patented active antibacterial, salicylic acid, aloe, and other natural botanicals to reduce the redness and swelling of acne. For more information, visit the product Web site, www.zapzyt.com.

Postprocedure Dark Spot Treatment

Biomedic LHA 2% Zone Peel is a 21-day treatment to further the correction of dark spots at home after an office procedure. Patients apply the cream to localized dark spots. Lipohydroxy acid (LHA) causes exfoliation with minimal irritation, and reduces the color intensity of dark spots. Retail cost is \$80 for 0.5 fluid ounces of cream and 21 treatment wands. For more information, contact La Roche-Posay by calling 888-577-5226.

Moisture-Control Foot Pads

Certain Dri FEET Moisture Control Pads are designed to control excessive foot moisture. The pads contain 12 percent aluminum chloride and should be applied to the feet at bedtime. For more information, contact DSE Healthcare Solutions by visiting www.certaindrifeet.com.

SPF Kids' Clothes

Sun Skinz children's apparel provides 100% UVA and UVB protection. The line includes long-sleeved suits in a variety of designs that kids can wear for swimming and play. The suits are available in child and toddler sizes, and the toddler sizes feature diaper snaps as well as a zipper. For more information, contact Sun Protection Zone by visiting www.sunprotectionzone.com.

Lipid-Replenishing Foot Care Cream

Lipikar Feet is available for moisturizing dry, rough skin on the feet. The cream contains shea butter, thermal spring water, and exfoliating ingredients. For more information, contact La Roche-Posay by calling 888-577-5226.

Enhanced Treatment for Hands, Feet

A new paraffin-based treatment for hands and feet, PerfectSense Paraffin Antioxidant Infusion, is enhanced with a blend of antioxidants, anti-inflammatories, and regenerative agents from white and green teas as well as grape seed and berry extracts. A sanitary, self-heating technology delivers the infusion, which contains natural ingredients that detox, hydrate, and nourish the skin. For more information about the product or to place an order, call 888-827-4683.

Dry Foot Powder

Certain Dri FEET Microsponge Powder is designed for people who suffer from bromhidrosis, or excessive foot odor. The powder contains antibacterial ingredients and an odor neutralizer, and it has a menthol scent. The powder is meant to be applied to the feet in the morning for all-day protection. For more information, contact DSE Healthcare Solutions by visiting www.certaindrifeet.com.

Skin Care Makeup

Dream Tint is a tinted moisturizer that combines oil-free moisturizing with UVA/UVB SPF 15 sun protection. The new product comes in five tinted shades to match a variety of skin tones. Dream Tint can be used alone as a moisturizer and sunscreen or layered as a skin primer. For more information, contact Jane Iredale by calling 800-762-1132 or visit www.janeiredaledirect.com.

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