

Skin

EXPERTS

Vol. 2 No. 1

EXPERTISE FOR THE *life* OF YOUR SKINSM

Signs of Aging: How to Stop Time in its Tracks



Take time to stop and smell the flowers

Nothing can replace the benefits of living a healthy and happy life in slowing the aging

process. Good general anti-aging habits include:

- Eating a well-balanced diet.
- Drinking plenty of water.
- Getting enough sleep.
- Avoiding overexposure to cold weather and the sun.
- Exercising.
- Limiting alcohol consumption and smoking.
- Having a stress-free positive mindset.
- Laughing regularly.



Vitamin C is key

Your mother was right when she told you to drink your juice. The antioxidants in that juice are there to help fight free radicals – unstable

and reactive molecules that can damage skin cells and are partially responsible for wrinkles and more. Smoking, stress, obesity and excessive sun exposure can make you especially vulnerable to damage from free radicals. The antioxidants found in berries, apples, pomegranates, green tea and lettuce also are beneficial for the skin.



Use sunscreen rain or shine

Rain or shine, you should wear sunscreen of at least SPF 30 every day – even when you're going to be in the shade.

Daily use is the best way to get ultimate protection against both skin cancer and sun damage as well as prevent premature aging of your skin.



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Skin care routine should be routine

You can't just sporadically take care of your skin. A regular skin care routine is important – no matter how basic. A no-frills

routine with a simple cleanser and moisturizer is better than nothing at all. It's important to cleanse your face every night not only to avoid clogged pores but also to wash away all the pollutants your skin comes into contact with regularly. Also be sure to exfoliate at least once a week to help shed dead skin cells.



What's the next step to turn back the clock?

Prevention and routines can only do so much to fight the aging process. You've lived a healthy

lifestyle, gotten plenty of antioxidants, used sunscreen regularly and taken the best care of your skin – but time doesn't stand still. When you look in the mirror, those fine lines on your face now look more like wrinkles. What bothers you most is that you look older than you feel. Knowing popular, non-invasive cosmetic skin procedures can help turn back the clock, it makes sense to turn to ASDS member dermatologists as they have pioneered many of today's safest and most effective treatments.



Cosmetic options: plentiful, varied

Cosmetic procedures that smooth wrinkles and acne scars, address age spots and treat sagging or loose skin – such as chemical peels, microdermabrasions and laser/light treatments – can refresh and rejuvenate your skin. Other approaches for wrinkles and sagging skin include wrinkle-relaxing injections and fillers. Some of the most popular procedures and their uses include:

- **Chemical peels:** Smooth wrinkles and mild acne scars – and rejuvenate age spots and dull skin texture – by removing outer layers of skin.
- **Laser/light treatments:** Correct sun damage, acne scars and age spots by removing top layers of skin while stimulating collagen production and tightening underlying skin.
- **Microdermabrasions:** Exfoliate the skin to achieve a refreshed appearance with a special machine that applies tiny rough particles to remove the uppermost layer of skin.
- **Wrinkle-relaxing injections:** Relax certain facial muscles (that cause frown lines, crow's feet and other wrinkles), improve neck lines and control excessive sweating.
- **Soft-tissue fillers:** Erase lines, fill and plump furrows and hollows in the face, enhance the definition of the lips, and treat certain scars and skin depressions.



ASDS members are the skin experts

Because cosmetic procedures are medical procedures, you should always consult an expert.

The training and expertise of ASDS member dermatologic surgeons make them the go-to source for a wide variety of cosmetic procedures.

ASDS members perform more than 6.4 million cosmetic procedures each year, including 2.25 million laser/light/energy-based procedures, 1.8 million wrinkle-relaxing injections, approximately 995,000 soft-tissue filler treatments and more than 500,000 chemical peels. If you're considering a cosmetic procedure, you're far from alone. A 2014 ASDS consumer survey revealed more than half of respondents were doing the same, saying they want to look as young as they feel. The most popular procedures being considered are treatments for skin tightening or wrinkles; treatments for skin tone, redness and scars; chemical peels; and body sculpting.