

SKIN 101 with Kathryn Dean Anti-Aging Skin Care

Skin is the largest organ on our body. As we age, our skin develops wrinkles, lines and age (sun) spots. Depending on your skin type, you may find you are pre-disposed to the signs of aging more so than others. Here are some non-genetic culprits that cause us to age not so gracefully:

- The Sun - Fine lines and wrinkles arise because of irregular thickening of the dermis and because of a decrease in the amount of water held by the epidermis. Overt melanin production, hyperpigmentation, is also a side effect of sun damage.
- Smoking
- Muscle Movement (People tend to smile or frown more on one side than the other, or consistently sleep on the right or the left cheek. Crow's feet around the eyes are due to smiling and activity of the eyelid muscles. Worry lines on the forehead are due to contraction of the muscle when raising the eyebrows.)
- Gravity is responsible for folds in the skin.



solutions you can try at home, before you decide to spend thousands at your plastic surgeon's office. These are guaranteed quick fixes that will have a visible impact on your skin:

- Avoid excessive time in the sun. Apply a sunscreen of a minimum SPF 30 on your face, body

and hands fifteen minutes prior to any sun exposure to allow the sunscreen to take effect.

- Avoid smoking and exposure to second-hand smoke or other pollutants. Smoking increases facial lines and wrinkles and delays skin healing.
- Exercise. It's good for the skin as well as for your general health.
- Aging skin feels and looks better when moisturizers are applied regularly. These improve the water-holding capacity of the skin. Choose one that feels nice to apply, doesn't sting or burn or provoke acne.
- Exfoliate your face and body with a gentle scrub/exfoliant once a week.
- Drink plenty of water to rehydrate internally. Because moisture content is related to water, not oil or grease, oily-skinned people need to rehydrate as conscientiously as their dry-skinned counterparts.
- Eat a balanced diet that includes plenty of fruits and vegetables.
- Generally what is healthy for your heart and brain is also good for your skin.

Please feel free to submit a skin care or beauty question for possible publication in our next issue at kathryn@puremagdallas.com.

—Kathryn Dean



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