



Skin & Menopause

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"Aging is a fact of life, looking your age is not"

Appearance plays an important role in society, as it is the way of communicating with others, and it influences the way of seeing a person. Also, in the age of social media, influencers, and Photoshop, the average person is now very conscious of their appearance. Filters to remove wrinkles in Instagram posts, fillers injected into plump tissues to reduce smile lines, and cosmetics created to cover sunspots, all show a marked aversion to aging in their picture-perfect society.

Aging is a natural process and not a disease that all living organisms go through, as they grow older and accumulate cellular damage over time. The desire to maintain a beautiful, youthful appearance crosses all racial, cultural, and economic boundaries. A component of beauty may include a retained youthfulness despite advancing age, by the appearance of smooth, even skin complexion and the absence of wrinkles, and skin laxity.

Skin aging, resulting in cumulative changes in skin structure, function, and appearance, is a complex process affected by both intrinsic and extrinsic factors. Skin aging is not only a physiologic phenomenon but also a health

risk, resulting in increased skin fragility, delayed and impaired wound healing, and increased incidence of infection and skin cancers. Intrinsic or chronological skin aging can be seen in areas unexposed to sunlight, revealing the influence of genetic factors. Photoaging, also referred to as extrinsic aging, mainly results from ultraviolet (UV) irradiation, and mainly occurs on the face and forearms due to frequent exposure to sunlight, and other factors such as air pollution.^[1]

Demographic factors also play an important role in skin aging. In 2019, a Nepal study with Caucasian or Mongolian tribes demonstrated that increasing age and sun exposure were the main determinants of skin aging. Sun exposure on the visible areas of the skin affects the progression of skin aging by up to 80%.^[2] Long-term UV radiation will lead to the reduction and fragmentation of collagen and elastic fibers in the dermis, which eventually leads to deep wrinkles and skin relaxation. Therefore, when a large amount of UV rays irradiate the skin, the skin becomes dull and forms tan sunburn. In addition, UV rays will accelerate the loss of skin moisture, resulting in dry and rough skin.^[3]

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Your skin is a living organism that needs proper nutrition to create new cells. A diet high in sugar and carbohydrates or too much alcohol and caffeine can deplete you of this important water and cause premature signs of aging. Similarly, smoking not only causes internal damage, but can also cause oxidative stress, which can lead to premature skin aging when there are many more free radicals in your body than antioxidants. The result is sagging, wrinkled, blotchy skin. Insufficient sleep, stress, and overthinking can also cause your skin to age faster. One of the most important things we can do to prevent premature aging is to protect our skin from the sun. This means wearing broad-spectrum sunscreen with an SPF of at least 30 every day, even on cloudy days. It's also important to wear protective clothing, such as a wide-brimmed hat and long-sleeved shirts when spending time outdoors.

Another way to prevent skin aging is to maintain a healthy lifestyle. Eating a balanced diet rich in fruits and vegetables, lean proteins, and healthy fats is crucial for keeping your skin healthy and fighting off the damaging effects of free radicals. Exercise also helps to boost blood circulation, delivering nutrients and oxygen to the skin. Skin care routines matter significantly to prevent early aging. Regular use of products with anti-aging ingredients such as retinol, antioxidants like vitamin C, and hyaluronic acid can help reduce lines, wrinkles, and skin discoloration. Moisturizing your skin regularly helps in maintaining the

natural oils of your skin. Acquiring good sleep habits is also an essential part of a healthy lifestyle and can help to delay the signs of aging. Poor sleep can affect growth hormone secretion and impair collagen production, leading to wrinkles and sagging skin.

In summary, skin aging is an inevitable part of life, but by making healthy lifestyle choices and proper skin care, we can prevent premature aging and enjoy healthy, youthful-looking, radiant skin for years to come. A healthy lifestyle, adequate sun protection daily with living a balanced life will help prevent early signs of aging. "Remember, taking care of your skin isn't just a quick fix, it's a lifelong investment".

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Conflicts of Interest

There are no conflicts of interest.

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