



Look Younger NOW!

The essentials
of anti-aging
skin care you
need to know

By Carol and Rob Trow

We all want to look and feel younger. Skin health is a vital part of the anti-aging equation. Our bodies, particularly our skin, age in two ways: intrinsically (from the process of chronological aging) and extrinsically (due to environmental factors ranging from photo-damage exposure to a myriad of pollutants found in the air). If you could live indoors and never expose skin to the onslaught brought on by our environment, your skin would age only slightly and you would look 20 years younger.

Increasingly, we look to skin care products to help combat the signs of skin aging. Manufacturers have become adroit at selling hope in a jar. Most products on the market are really fluff and buff. They might smell wonderful, feel and sound great, but do they actually help? The answer is in the ingredients and packaging.

PACKAGING

First and foremost, look for airless jars and pumps that block light. While crystal-clear packaging in elegant wide-mouth jars may look great, the air, bacteria and light to which ingredients are exposed play a material role in reducing the effectiveness of any formulation.

Professional skin care treatments add great value to the repair and prevention of skin health so try to have a facial once a month with a knowledgeable esthetician. In between your skin care treatments, incorporate a home skin care regime to combat aging. While selecting the products to include in your beauty arsenal, there are many important ingredients to look for. The following are the critical and most vital ingredients to any anti-aging product.

SUNSCREENS

Sunscreens are an integral part of any anti-aging regime. They are, first and foremost, products to help prevent extrinsic aging of the skin. You should ensure any sunscreen you use has physical and chemical blockers plus antioxidants. While not perfect, sun-care products are the best we have at the moment.

ANTIOXIDANTS

Antioxidants help prevent tissue damage that could potentially lead to aging and disease. They are important in photo-damage repair and protection, but do not block UVB rays and cannot repair wrinkles or the signs of aging.

Current literature is replete with news of "the best" antioxidant. It seems every month we learn of a new hot, most important, best, most effective antioxidant. We feel the "best" is actually not one single antioxidant but rather products that contain a brigade of antioxidants. The antioxidants and vita-

mins we describe below are certainly not the only ones.

Antioxidants such as pomegranate, acai berry, coffee berry, grape extracts, idebenone and others have come under recent praise, but the jury is still out on how well they perform. The following vitamins and antioxidants have stood the test of time and independent research.

Vitamin A

We feel Vitamin A is the single-most important ingredient to prevent, restore, normalize and help repair damaged skin. Since our body does not make Vitamin A, our skin becomes deficient over time. For that reason, Vitamin A is a very important and necessary ingredient in all quality anti-aging product lines. However, in its acid form, it may cause redness and irritation. It can also cause a thinning of the skin, which is not a good thing. There are now effective forms of Vitamin A that are less damaging. Look for retinal palmitate, acetate and retinol.

The sun depletes the skin of Vitamin A and this is one of the reasons those who super-expose their skin to the sun age faster than those who do not. Every good skin care system has a Vitamin A product due to its significance in preventing and healing damage by the sun.

Vitamin E

Vitamin E is a normal component of the skin, protecting collagen from destruction by UV rays. However, it is extremely sensitive to damage and inactivation when exposed to the sun. One of the important roles of its sister, Vitamin C, is to reactivate it to its original form, enabling it to work again against free-radical damage.

Vitamin C

Vitamin C repairs and rejuvenates the skin. It helps to prevent hyper pigmentation by slowing down the production of melanin. Vitamin C is a normal component in the skin, but is utilized first for other bodily functions and is not produced by the body so the skin is vulnerable to deficiency. We must include it in our diet, in supplements and in

continued on page 84



natural looking with minimal potential side effects. In order to decide which filler to use on what area, I look at the individual conditions of each area of the skin.

For example, Juvederm Ultra Plus is thicker than Juvederm Ultra and is best used for filling in the nasolabial folds, marionette lines and the little lines around the lips. Juvederm Ultra Plus is also my favorite for injecting lips. It is never lumpy, produces the least amount of swelling and bruising, and renders the most natural results.

Radiesse is a calcium derivative that is thicker and bulkier than Juvederm, which makes it unfit for lips or vertical lip lines. However, I love to use it for filling in lost volume in the cheeks, building up cheek bones and very deep nasolabial folds and marionette lines. Due to the thickness of Radiesse, it tends to cause more swelling and bruising than any of the other fillers, so it is important that patients are made aware of that in order to avoid anxiety in case swelling or bruising should occur. A relatively new application for Radiesse is to fill in the hollow areas on the back of the hands, which often look prematurely aged due to volume loss.

Prevelle Silk is a hyaluronic acid similar to Juvederm. It contains lidocaine (a numbing agent mixed into the filler) and is the least painful to patients when injected. Prevelle Silk is less expensive than Juvederm, however, it does not last nearly as long. The best candidate for Prevelle Silk is someone who is new to fillers and may be a little nervous about the outcome. Other than Prevelle Silk, all fillers last about 12 months.

It is very important for the patient to realize that bruising and swelling can occur after any filler is injected, but if it does occur, it always resolves itself within a relatively short time.

We have come a long way from the days where bovine collagen was the only filler available lasting six to eight weeks. The year 2010 is going to be an exciting year with more fillers introduced to the market. **V**

For more information on fillers contact Dr. Daniela Dadurian at MD Beauty Labs Spa & Wellness Center, 561.655.mdbl (6325) or visit mdbeautylabs.com.

topical products. A problem: the long-proven, most effective form is ascorbic acid, which quickly degenerates with exposure to air and light. We recommend the use of ascorbic acid for maximum delivery of fresh, highly potent Vitamin C. To do so, a "mix-before-use" product is preferred.

Vitamin C is also now available in effective fat-soluble forms (e.g., Magnesium Ascorbyl Phosphate and Ascorbyl Tetraisopalmitate), which work well and remain stable and efficacious for a longer time.

Beta-carotene

Other important antioxidants in formulations include beta-carotene, a botanical form of Vitamin A, selenium, super-oxide dismutase and alpha lipoic (thiotic acid), all of which are proven and studied soldiers in the fight against aging.

Other Essential Ingredients

Exfoliants Exfoliants are believed by many to be a necessary component to maintaining the health of the skin. One must remember that the outer layer of the skin must be thick and compact, an important protection against the environment, and best exfoliates naturally. On the other hand, not exfoliating prevents penetration of ingredients and creates a skin that is dull with poor texture and older in appearance. The best policy is a compromise of mild resurfacing. Remember, less is more to remove excess dead cells.

Peptides are one of the newer ingredient groups to hit the anti-aging skin care scene and are stimulating many studies that have shown significant results. They are highly respected for their ability to penetrate the skin and activate their target—increasing the production of collagen and elastin. Peptides "turn on" the fibroblasts, which are essential for building and repairing the skin and a basic requirement for anti-aging success. A natural problem with peptides, however, is that while their results are obvious,

they are cumulative in treatment and take time, which is a problem for our I-want-it-now generation. It can take three to four months of twice-daily use for a good skin care product to show results.

Growth factors directly stimulate the proliferation of skin cells. The problem is that epidermal growth factors (EGF) are androgen-dependent and the low level of androgen particularly in peri- and post-menopausal women results in a lack of EGF and thus skin ages faster. One of the best growth factors to be found in products is colostrum.

The Future of Skin Care: Stem Cells

While it is a bit too early to shout the future in anti-aging topical skin care with the use of stem cells, it is coming. So far, fruit-stem cells (specifically from a particular Swiss apple) show great promise as does the use of adult, healthy stem cells to transform and rejuvenate aging skin.

The anti-aging attack is focused on a brigade of reliable and stable formulations of established and trusted ingredients. The ones mentioned above are synergistic troops in the battle and their effectiveness has a long history of studies and proof that they do assist in the maintenance of healthy and beautiful skin. **V**

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