

# Facial Aging Goes Beyond Wrinkles

By Dermatology Associates

**A**ging – it's a fact of life. You can't help getting older, but you can take control of how you age. There are many factors that cause our skin to age. We cannot do anything about the natural aging process, but there are other factors we can influence, such as our environment and life choices that can slow down premature aging of the skin. September is National Healthy Aging Month, and the Cosmetic Centers at Dermatology Associates are here to help you age gracefully!

When you think of aging, what's the first thing you think of? Most of us think of the youthful appearance of our skin. As we grow older, we may notice sagging in our skin due to loss of elasticity or even loss of fat in the cheek and eye area which may result in loose skin. We also lose muscle mass and even bone density – which may contribute to sagging from volume loss. Over time, we may also notice that our skin may feel rougher, and wrinkles may form around the mouth and eye area. Your skin is your body's largest organ, so taking care of one's skin is an important step in slowing down the signs of aging. No matter how old you are, it is never too late to benefit from making changes to your skincare routine. Here are some healthy skin care tips to help you take control of how you age:

Protecting your skin with sunscreen every day before you go outside can slow down skin aging. Sunscreen is the closest thing we have to that fountain of youth. It can also help prevent skin cancer. Every time you tan, you prematurely age your skin. This holds true for tanning beds or other indoor tanning options. Select a sunscreen that offers broad spectrum coverage, at least an SPF 30 (or higher) and is water resistant. While outdoors, be sure to reapply your sunscreen every two hours. If you like the look of tanned skin, there are many self-tanner options that look natural and are easy to apply.

Wash your face twice a day and after sweating heavily. Washing when you wake up removes the bacteria and dirt that settles on your face while sleeping. Before bedtime, you will want to cleanse your skin again to not only remove makeup but to also remove the daily pollutions such as smog, smoke and dirt that can accumulate on the skin throughout the day and be silent skin agers.



Use skin care products that match your skin's needs. Youthful skin is soft and supple. As we age, we experience a loss of facial glands, contributing to less moisture in the skin. Do you know your skin type – dry, oily, normal, sensitive, combination? After determining your skin type, treat your skin right by using good quality skincare products that are formulated specifically to meet your skin's individual needs. This is important because no one product works for everyone. Keep in mind that topical products alone cannot reduce all signs of aging.

In office treatments – The aging process goes beyond wrinkles and folds. The goal is to also help temporarily restore facial volume. If signs of aging are a concern of yours, you may want to schedule an appointment with us to discuss in office treatments and procedures that can help smooth, tighten and improve your complexion. There are treatment options available that yield immediate results, long-lasting, and non-surgical.

Source:  
What causes our skin to age? (n.d.). Retrieved from  
<https://www.aad.org/public/skin-hair-nails/anti-aging-skin-care/causes-of-aging-skin>

**DERMATOLOGY  
ASSOCIATES**

**Bristol Kingsport Johnson City  
(423) 246-4961**

**[www.tricitiesderm.com](http://www.tricitiesderm.com)**

Carri Homoky, MD	Cory Trickett, DO
Russell Mader, MD	Casey Watkins, MD
Allison Pierce, MD	Diana Ball, NP
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Patrick Rash, MD	Ruth Cook, PA
Erin Reid, MD	Angela Fig, NP
Joni Sago, MD	Shelley Hilton, NP
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