



SKIN CARE

PHYSICIANS & SURGEONS

SKIN CARE NEWS

A Continuous Aging Process

It is important to realize that it is never too early to start good preventative skin care habits – and that aging is not just based on a number. You will often find that individuals who properly care for their skin over the years look significantly younger than their actual age.

SKIN AGING

fine lines develop, pores begin to enlarge, possible scars associated with acne and slight discoloration

PREVENTION

sunscreen, a gentle skin care regimen and acne treatment if necessary

AGING SIGNS

fine wrinkles, enlarged pores, collagen breakdown, skin discoloration, dull skin tone and slight skin sagging

PREVENTION

sunscreen, topical smoothers such as Retin-A, peptides, AHAs and desired aesthetic injectables

AGING SIGNS

fine lines to full wrinkles and sagging, dull skin tone, pigmentation problems and sun damage

PREVENTION

sunscreen, antioxidants such as Vitamin A and C, and stronger multitasking treatments such as chemical peels and laser treatments

AGING SIGNS

defined wrinkles, dark spots, pigmentation problems, heavy eyelids and sagging jowl lines

PREVENTION

sunscreen, aesthetic injectables, chemical peels, laser treatments, mini-face lift, eyelid lift and more

AGING BEAUTIFULLY

20 30 40 50 60+

UNDERSTANDING INTRINSIC AND EXTRINSIC AGING OF THE SKIN

Intrinsic aging is a continuous process that begins in our mid 20's and continues for decades.

It is often referred to as the natural aging process. The visible signs of intrinsic skin aging appear as the skin's epidermis turnover slows down resulting in rough, dull flaking skin, thinning skin and fine wrinkles. There are a number of extrinsic, or external factors that often act together with normal aging to prematurely age our skin. It is no surprise that most premature aging is caused by sun exposure. Other external factors that prematurely age our skin are repetitive facial expressions, sleep positions and smoking.

THE SUN. Just a few minutes of sun exposure each day over many years can cause significant changes to our skin. Freckles, age spots, spider veins on the face, rough and uneven skin texture, wrinkles, loose skin, a blotchy complexion – and skin cancer – are all directly linked to sun exposure. According to Dr. Tse, "The skin simply loses its ability to repair itself – and the damage accumulates over time." Scientific studies have shown that repeated exposure to the sun breaks down collagen and attacks our elastin. Our skin essentially becomes sun-weakened – resulting in a loose, wrinkled and leathery appearance.

SLOW PREMATURE AGING. While you cannot stop the intrinsic or "natural" aging process, you



can slow premature aging by practicing good skin care habits and diligently protecting your skin from the sun. Start each day by wearing a quality "broad-spectrum" sunblock of SPF 30 or greater and reapply every 1 to 2 hours. This is a must if you want to fight the aging process – proper and consistent sunscreen use alone allows some repair as well as protection from further sun damage.

REDEFINE YOUR AGE. There are a number of treatment options available such as topical smoothers, aesthetic injectables and laser resurfacing - all which combat the visible signs of aging. **Call to schedule a full skin analysis – Dr. Tse will examine your skin, discuss your expectations, and make recommendations based on your skin type and concerns. 760 633-1000.**