

Aging and your Skin





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Your SKIN Interesting Facts

- Your skin is the largest organ in your body
- The average adult has approximately 21 square feet of **skin**, which weighs 9 lbs and contains more than 11 miles of blood vessels.
- The average person has about 300 million **skin** cells.
- It plays very important roles such as body temperature regulation and protecting you from the harsh outside environment
- Changes to your skin can reflect underlying health issues



Topics to Review

Skin Basics

What happens our skin as we age?

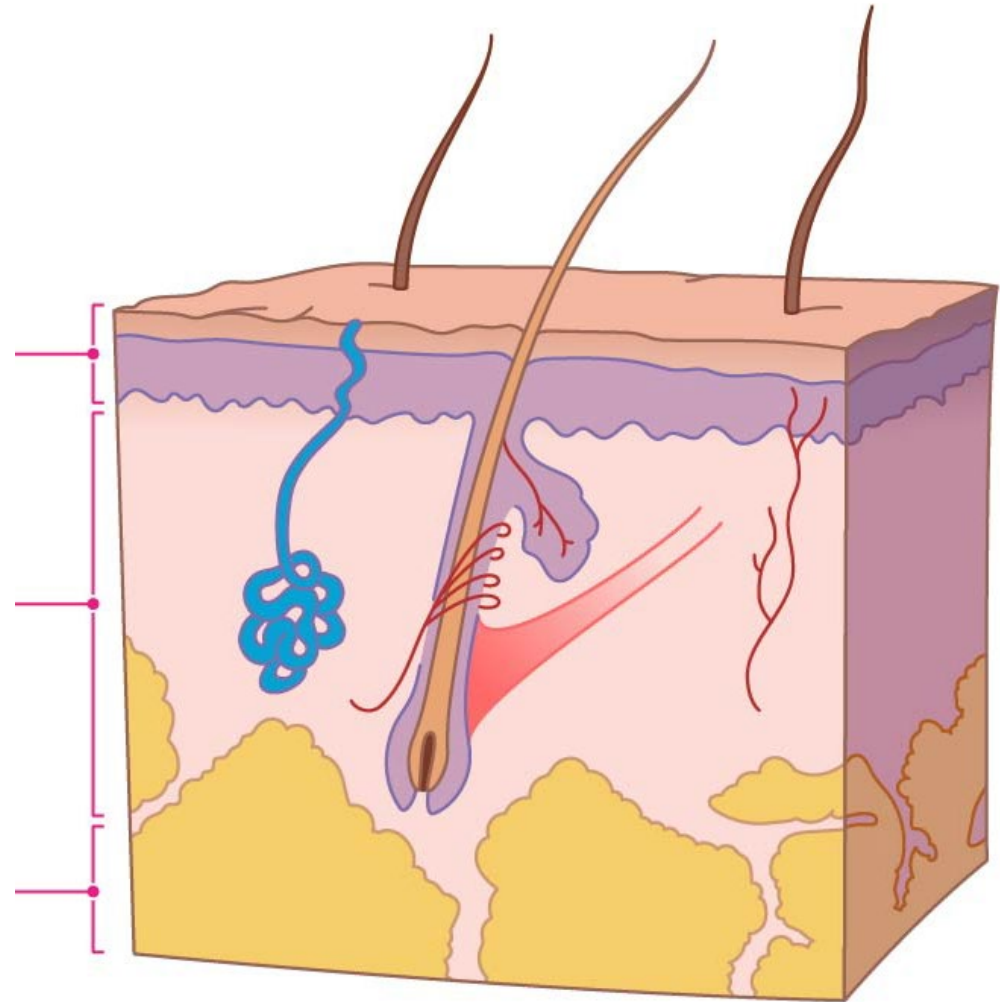
Common Skin Conditions

Bumps, spots and more – Dangerous or not dangerous?

Tips and Tricks of how to keep your skin healthy

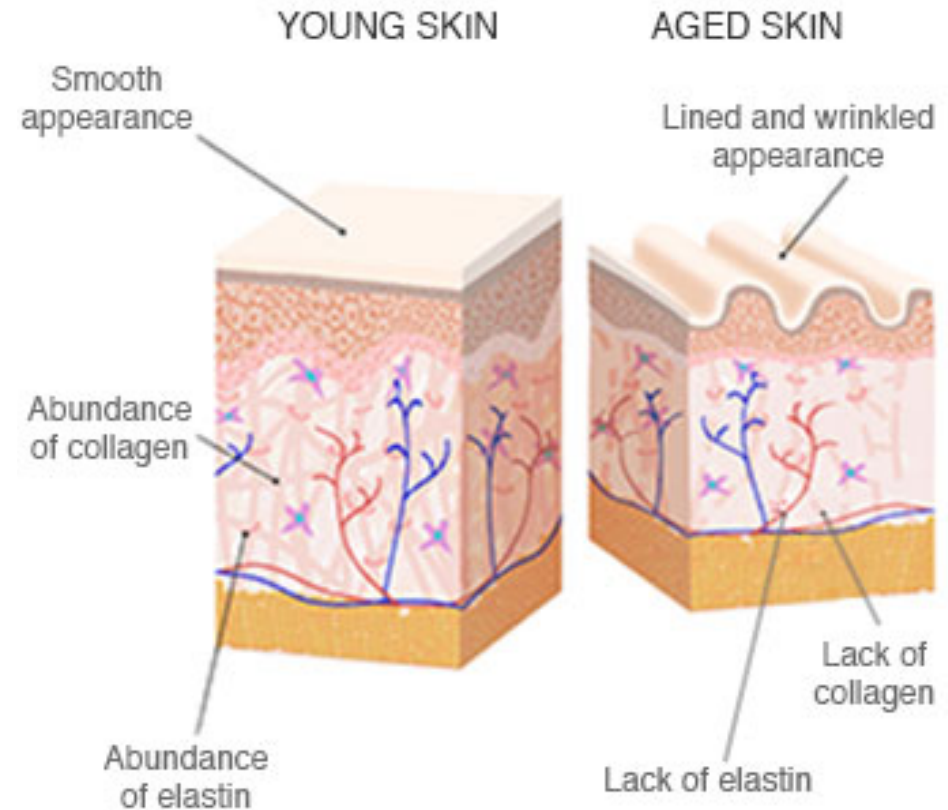
The Layers of your Skin

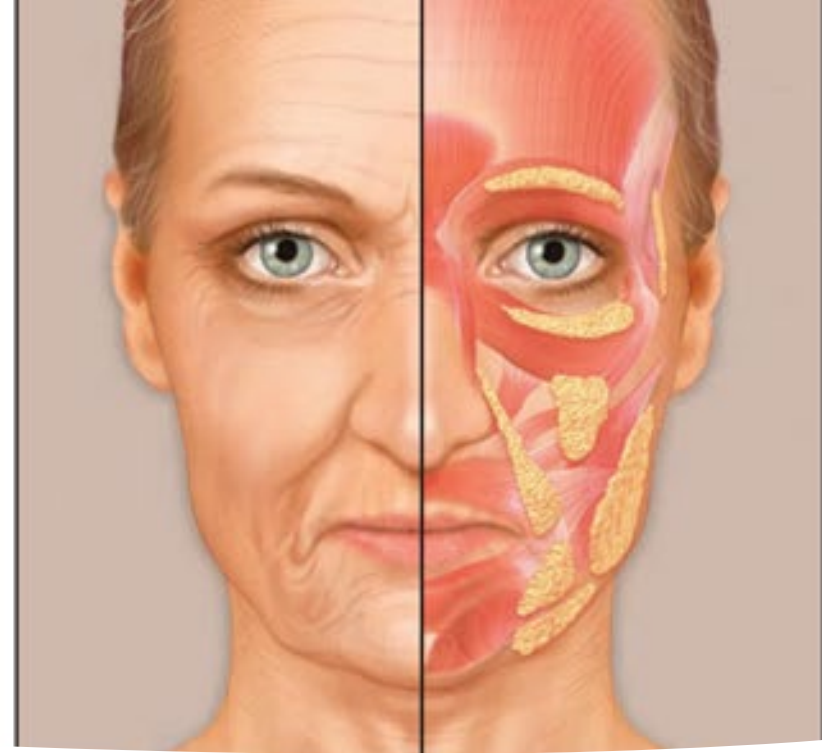
- Epidermis
 - Top and visible layer of your skin
 - Determines the colour of your skin
 - Protects your body from the outside environment
- Dermis
 - Sweat glands, -makes the oil that keeps skin soft
 - Where your hair grown
 - Brings blood and nutrients to top layer
- Subcutaneous tissue
 - Controls body temperature
 - Provides a protective padding
 - Serves as energy stores



How your skin changes

- The functions of the skin decreases by as much as 50-60%
- All three layers of the skin become thinner
- There is less supporting structures between the layers of the skin and within the layers itself
- Impaired barrier function
- Skin becomes more fragile
- You start to see more expression lines in your skin





Facial Lines and wrinkles

- The wrinkles and deep facial lines presents as a results of changes to the deeper layers of the skin
- Changes in the middle layer of the skin – results in less elasticity and moisture in the skin
- The loss of fat pads in the deep layer of the skin – results in the sagging of the skin that we see with age

Xerosis and dry itching of the skin

- Decrease production of protective lipid of oil producing glands
- Your skin becomes more dry
- Xerosis – cracked fissures begin to show up in the skin which compromises it's barrier



Bruising and Tears in the skin

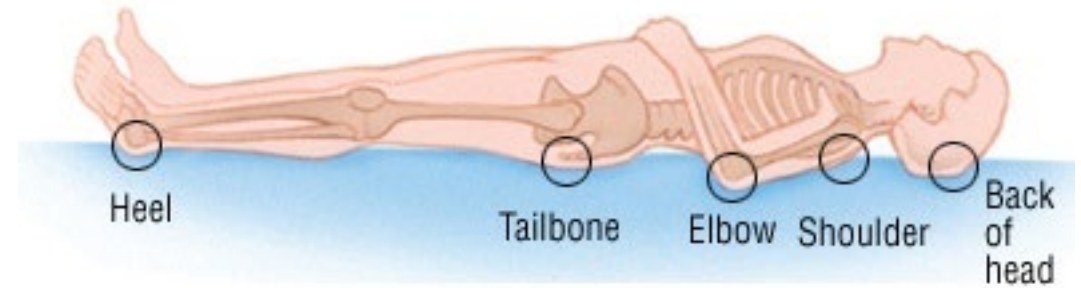
- Loss of the support structures between our top two layers of skin causes easy bruising and tears
- A decrease in fat causes a thinning of the skin and reduced protection of blood vessels from external trauma
- blood vessels also becomes more fragile – leading to more bruising and bleeding under the skin
 - For those taking blood thinners, it are means that you can bleed even more into your tissue space



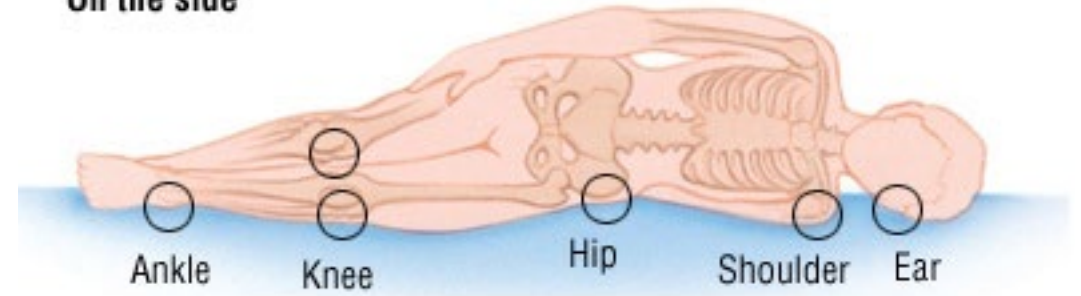
Bed Sores

- **In some individual** - the loss of mobility puts them at risk for development of pressure sores and injuries
- These usually occur over a bony prominence as a result of usually long-term pressure, or pressure in combination with shear or friction.
- Because the skin is thinner and has a harder time healing, it means that these injuries can continue to break down if they aren't prevented and/or allowed to heal
- It is important to help those with mobility issue prevent these injuries by continually shifting their weight away from these areas at least every two hours

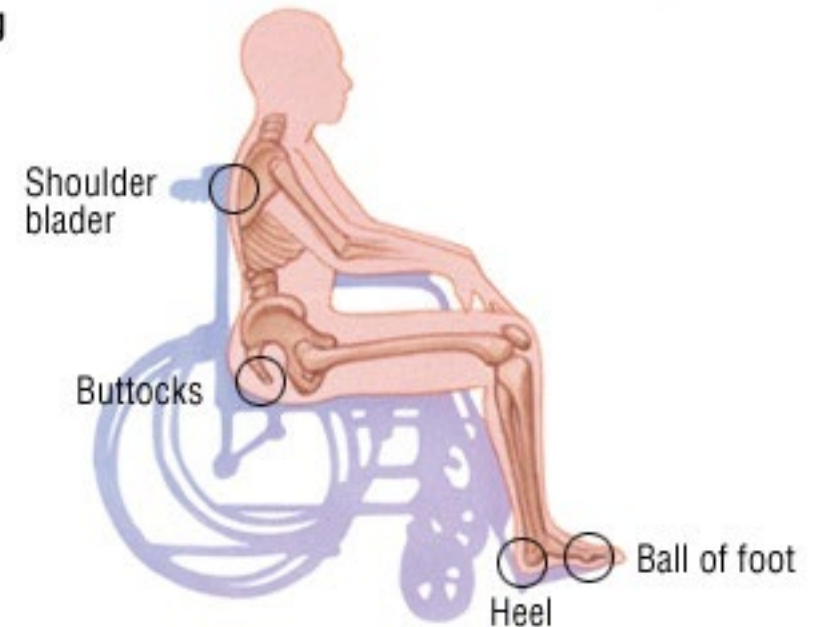
On the back



On the side

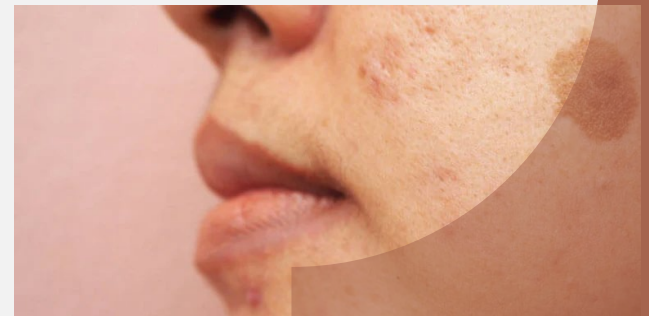


Sitting



Common conditions of the skin

- Melasma
- Rosacea
- Sebaceous Hyperplasia
- Age Spots





Melasma

- Occurs predominantly in women
- Occur in middle age women – it is chronic and recurrent
- Typically the face – but can happen elsewhere on the body with age

Common Causes

- Genetics – increases in melanin (pigment) production
- Hormones – reproductive women – melasma after oral contraceptive use, pregnancy, menopause, or hormonal replacement therapy

Rosacea

- Common skin condition that causes redness and visible blood vessels in your face
- Sometimes there are small, red, pus filled bumps
- Usually appears after exposure to flares:
 - Hot drinks and spicy foods
 - Red wine and other alcoholic beverages
 - Temperature extremes
 - Emotions
- Risk factors
 - Female
 - Having light skin that is sun damaged
 - Smoking history





Sebaceous Hyperplasia

- Enlargement of normal sebaceous glands
 - Occurs on the face, chest,
 - Small whitish-yellow bump 1-3 mm
- Due to changes in circulating male hormones as a person ages
- Benign growths
- Treatment
 - cryotherapy, laser, shave or surgical excision
 - Isotretinoin for patients that have a large extensive areas



Age Spots (Solar Lentigines)

Risk Factors

- > 30 age
- Male sex
- Lighter skin individuals
- Increased sun exposure over a lifetime
- Other Environmental Factors
 - Air pollution
 - Tobacco Smoke

Bumps, spots, and more – Dangerous or not dangerous?

- Xanthelasma
- Sebaceous Keratosis
- Skin cancers



Xanthelasma

- Yellow, plaque-like grows around the eyelids
- Made of fatty cholesterol growths just beneath the skin
- Not associated with the amount of cholesterol (hypercholesterolemia)





Sebacious Keratosis

- Develop after the age of 50 yrs
- Look like well-circumscribed, round or oval lesions
- Has a typical stuck-on appearance
- Usually light brown, dark brown, or black
- Can sometimes get irritated, itch, cause pain and bleed

Treatment

- Benign and not dangerous – doesn't have to be treated
- Cryotherapy
- Curettage/Shave
- Electrodesiccation
- Surgical excision



Skin Cancers

Causes:

- Due to a lifetime of sun exposure and sun damage
- Chronic Irritation
- Light coloured skin
- Genetics

Signs of skin cancer

- Bleeding or crusting
- Itching, pain and non-healing sores
- ABCDE of skin cancer
 - Asymmetry
 - Border irregularity
 - Colour changes
 - Diameter >5mm
 - Evolution



How to keep your skin young and healthy and safe

1. **Protect your skin from the sun every day** – seek shade, use sun-protective clothing (i.e. long-sleeved shirt, wide-brimmed hats, and sunglasses UV protection), and use sunblock (>SPF 30)
2. **Don't get a tan** – Tanning prematurely ages your skin - whether it is in a tanning bed or the beach in the sun, the harmful UV rays accelerate how quickly your skin ages.
3. **Stop Smoking** – Smoking speeds up how quickly skin ages – causing wrinkles and a dull, sallow complexion.
4. **Avoid repetitive facial expressions** – repeatedly contracting the same muscles for many years can create lines which become permanent. Wear sunglasses to prevent squinting and creating lines
5. **Eat a healthy, well-balanced diet** – fresh fruits and vegetables may help prevent damage that leads to premature skin aging as well as provide micronutrients that help with skin repair





6. **Drink less alcohol** – alcohol dehydrates and damages the skin making us look older
7. **Exercise** – Some studies show that moderate exercise can improve circulation and boost the immune system which may give the skin a more youthful appearance.
8. **Cleanse your skin gently** – scrubbing your skin clean can irritate your skin. Irritating your skin accelerates skin aging.
9. **Apply a moisturizer every day** – Moisturizer traps water in our skin, giving it a more youthful appearance.
10. **Avoid skin care products that sting or burn** – when your skin burns or stings, it means your skin is irritated. Irritating your skin can make it look older.
11. **If you notice any skin changes or new spots that don't go away, don't delay! Be sure to talk to your doctor.**