



Staying Youthful

PREVENTION AND MAINTENANCE

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While we cannot stop the aging process, there are many things we can do to protect and maintain our youthful, good looks for decades. Scientific information and years of clinical experience have shown that daily care can help retain the firmness, radiance, and beauty of the skin. Self help and small procedures, done earlier, can help maintain a youthful appearance longer. Prevention and maintenance should be the industry standard to combat early signs of aging, and the best time to start prevention is before changes have begun. Young adults must learn to avoid accelerating aging and retard its progress for a lifetime of looking good.

PREVENTION

There are many factors that are within our control, and prevention begins with looking at the effects our lifestyle has on the aging process. Changing small habits that do not require the soul of a zealot or the self-denial of a

avoided. Smoking results in the loss of elasticity, sagging, and wrinkles. Gaining and losing weight repeatedly has a negative effect because skin that does not respond to weight loss by shrinking looks loose, empty, and haggard. Nutrition also plays a key factor in

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Buddhist monk can reduce the insults to your skin. It is important to simply make an effort to not make things worse. Doing things that result in older looking, sagging skin should be

prevention. Good health may not always be reflected in one's appearance, but overweight and out of shape is not attractive. It is important to avoid significant weight gain and to lose weight

slowly. Being too thin and having hollow cheeks and thin skin make an adult look frail, weak, and old. Above all, strive to find your optimal weight and maintain it. Running excessively and high impact exercise also has a negative

encourage production of new cells. This makes skin smoother and more youthful. It is also important to apply skin treatments and serums to clean, dry skin and to make sure the anti-oxidants are penetrating the skin. Vitamin C

Since sun exposure is one of the biggest culprits in premature aging of the skin, managing it is vital. Wide-brimmed hats, sunscreen, and common sense are the most effective ways to deal with the sun. Sunscreens are either physical like Zinc, which act as a barrier to the sun, or chemical. Both are effective at protecting the skin from UVA and UVB rays.

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effect on one's appearance. The loss of fat padding in the cheeks, as well as the constant rising and pounding down, lifts and pulls the facial skin away from the underlying muscles and bones and causes the skin to sag.

Furthermore, facial exercises cause wrinkles and should never be done. It is also important to be careful not to passively stretch skin by doing things like propping your hand on your cheek or washing and applying products in a downward motion. Besides causing skin cancer, exposure to the sun is the primary accelerator of loosening and wrinkling of the skin. It causes pigment changes, sunspots, and other unsightly eruptions.

Positive steps to prevent aging include following a good skin care regime that includes cleansing as well as using anti-oxidants and moisturizers. Toweeling skin off briskly helps remove dead skin cells and allows healthy young cells to reach the surface. Alpha hydroxy acids are effective exfoliants that encourage the shedding of old cells and

and vitamin E are among the most potent antioxidants for treating the skin, but if they cannot get into the skin, they cannot work their magic. Products like Youth Corridor (www.youthcorridor.com) Antioxidant Boost Skin Serum with 10% Vitamin C, E, and Melatonin allow a larger dose of antioxidants to penetrate through the keratinized layer of the skin. Moisturizers with a sun screen are a must to protect from the sun. If a sunscreen is used separately, it should be applied before the moisturizer so it can penetrate. Moisturizers force the cells of the superficial keratinized layer of the skin to retain water.

There is nothing that is healthier about moisturized skin, but it does look better.

MAINTENANCE

In the best of all possible worlds, the ultimate goal of prevention would be to teach young people how to learn to control aging before the signs appear. However, there are ways to help the great majority of people with visible signs of aging to reset the clock and start again. There are many skin care treatments available that will help maintain a youthful look that fall in the noninvasive or minimally invasive categories. Alpha hydroxy acid peels exfoliate the dead cell layers, encourage new cell growth, and eliminate superficial wrinkles and discoloration. Tretinoin is a derivative of vitamin A that, with regular use, causes some blemishes to disappear and, over the course of several

weeks, fine wrinkles to diminish. It may also increase the ability to produce collagen.

Injectables, deep peels, lasers, and minimally invasive procedures are also important treatments in maintaining a youthful appearance.

Fillers and BOTOX® are usually the first anti-aging



service that most people seek when they are trying to address early wrinkles and developing folds. BOTOX® is the most effective temporary method to smooth out frown lines and wrinkles caused by facial expressions. Fillers have been successful in combating folds and frown lines as well as plumping up lips and last for about three to six months. Some successful products include Cosmoplast and Cosmoderm, Evolence, Restylane, Juvederm, Radiesse, Sculptra, Artefill, and Fat transfer. Fat transfer of the patient's own living fat cells from a donor area to an area that needs filling is the best of any fillers. There is very little chance of allergy, large quantities can be used, and the transferred cells will find a blood supply in the new area and live there permanently, filling in wrinkles and folds and plumping out the skin. It results in very little swelling, no pain, and no significant downtime. However, the process is not as simple as the five minutes necessary for injection of commercial fillers.

Other minor maintenance procedures are microdermabrasion, deep skin peels and laser wrinkle removal, skin resurfacing, and tightening. Microsuction can also be used to maintain a youthful look. It is a form of liposuction used to remove the tiny fat pouches that tend to develop alongside the corners of the mouth, along the jawline and neck, and the heavy

folds that develop along the nasolabial line from the corners of the nose to the corners of the mouth. Not only does the removal of the fatty spots help, but a side benefit of the treatment is that skin seems to tighten and look better. Corrugator resection, the cutting of tiny muscles that draw the skin between the eyebrows together and form the vertical furrows above the bridge of the nose, eliminates the majority of vertical line frowns, smooths the brow, and prevents the development of further lines.

With a proper skin care routine that is appropriate for age and skin condition, combined with small procedures performed earlier, anyone can keep looking youthful from age thirty-five to sixty. **TDI**

About Dr. Imber

Gerald Imber, M.D., (www.drimber.com) is prepared to help an entire generation of patients to look their best. He is one of the world's leading plastic surgeons with decades of experience in plastic surgery and facial rejuvenation. He has authored numerous scientific papers and given lectures on prevention and correction of facial aging, written several books about the care and maintenance of a youthful appearance, including the revolutionary best-selling, anti-aging manual, *The New Youth Corridor*, and

created a skin care line featured in magazines such as *W* and *Harper's Bazaar* that delivers large doses of antioxidants for proven results:

www.youthcorridor.com.

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