

Health Tips for healthy skin

Eric Dobratz, MD

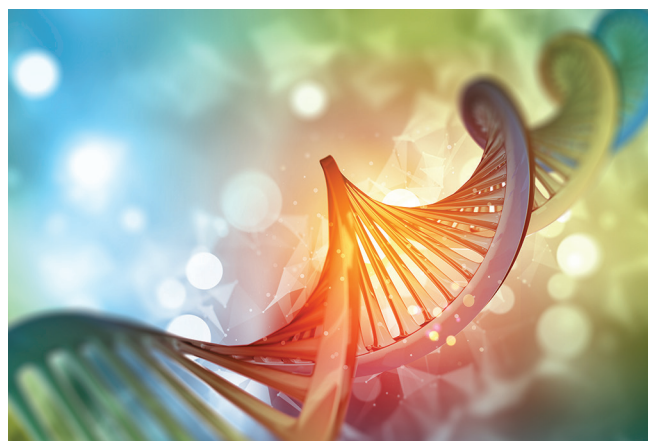
Our skin ages through two distinct processes that can be thought of as intrinsic and extrinsic aging. Intrinsic aging occurs naturally and is inevitable. It stems from damage to the DNA (our cells' genetic code) that results in reduced collagen formation and decreased elasticity of skin. We see this damage in the appearance of fine lines and wrinkles as well as skin laxity and loss of subcutaneous fat (sagging). The damage to the cells is enhanced as a result of free reactive oxygen species (free radicals) that are produced by cells and in turn attack the cells and their DNA.



Extrinsic aging occurs with UV radiation, environmental pollutants and physical factors (cold, wind). Exposure to UV radiation, such as sunlight, can contribute to production of free radicals but also can lead to inflammation that damages the skin as well. Extrinsic factors lead to coarse, wrinkled skin, thickening of skin, pigmentation changes and skin cancer.

So how does nutrition play a role in anti-aging of the skin? Antioxidants that are contained in many different food sources combat the free radicals that damage the DNA in the cells thus providing a protective effect against intrinsic aging. Antioxidants can also block the extrinsic UV radiation induced inflammation that can damage the skin as well.

Antioxidants that are helpful in eliminating free radicals include: Vitamins A, E, and C, grape-seed extracts,



coenzyme Q10, and alpha-lipoic acid. The most highly recommended foods that include these are: avocados, berries, dark green leafy vegetables, orange-colored vegetables and fruits, pineapples, salmon, and tomatoes. Extra antioxidants may be obtained through supplements such as Vitamin E (100 IU daily) and Vitamin C (1000mg daily). It is important to discuss any vitamin or herbal supplements with your physician as these may affect other medications that you are already taking or may thin your blood if you are having any procedures performed.

Eating the recommended 4-5 servings of fruits and vegetables a day is beneficial for your overall health and weight control but it is also helpful in trying to slow down the signs of aging skin!





The Aging Hand

Edward Prodanovic, MD

Our hands are invaluable to us. They help perform our everyday duties as well as provide another form of sensory input through touch. Nevertheless, they can also be a telltale sign of our age.

Dark spots and wrinkled skin occur from exposure to ultraviolet rays and volume loss from the gift of time. As collagen production slows down, hands get that “sunken” look. So, from once plump pretty hands, we are left with thin skin and glaring veins, tendons, and bony structures.

The vast majority of time, money is spent on tackling facial issues such as wrinkles, lines, and sagging skin. Hand rejuvenation has been largely neglected because most people assume there is nothing that can be done for aging hands, but the opposite is the true. Dermal fillers, chemical peels, lasers, and fat grafting that are used to rejuvenate the face are now being utilized to provide a more youthful appearance to the hands.

Volume restoration can significantly help improve skin elasticity and reduce the appearance of wrinkles and prominent structures in the aging hand. This is accomplished by a simple procedure using dermal fillers with minimal pain and no downtime. The results are immediate and remarkable. The amount of dermal filler used for the hands is variable and depends on the amount of volume loss. The more ‘hollow’ the hands appear (i.e. volume loss), more filler will be needed. Most people require anywhere from two to four syringes for both hands and results can last from 6 months to a year.

Following the trend in facial cosmetic procedures, patients are now increasingly requesting hand rejuvenation treatments. If you are interested in more information, please contact the EVMS Aesthetic Center.



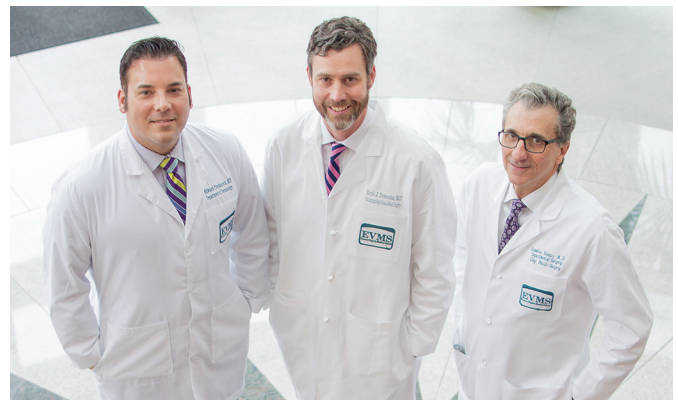
What is a tear trough?

Lambros Viennas, MD

A tear trough is the appearance of a depression located between the lower eyelid and the cheek that can make us look tired and older. As we age, relaxation of our soft tissues and bone loss around the eye socket can result in bulging lower eyelids. The tear trough occurs because the eyelid muscle is attached to the bony rim of the eye socket. With aging, the lower eyelid structures relax creating a bulge above this muscle attachment.

There are invasive and non-invasive procedures available to rejuvenate the lower eyelids. Surgery may involve removal of lower eyelid fat or fat repositioning after release of the eyelid muscle. Non-invasive procedures include fillers that can be injected along the tear troughs in order to create a smooth transition between the lower eyelid and cheek. This in effect creates a more youthful appearance by masking the bulging lower eyelid.

The advantage of a non-invasive approach for lower eyelid rejuvenation is a very short recovery period and early return to activities. Fillers may last from several months to a year so maintenance injections will be necessary to maintain a youthful appearance.



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Offices located on the EVMS Campus in Norfolk and Sentara Princess Anne Campus in Virginia Beach.
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