

Living Well

Steps to LivingWell™

August 2020

Your dermatologist is a perfect partner as you notice changes occurring with your skin as it ages. It loses much of the underlying fat tissue that makes it soft and supple. Over time, collagen (“the glue” that holds elastin together) depletes from the dermis. Collagen depletion makes our skin thinner and less supple and causes skin to sag and lose its resiliency. In addition, as we age, decreased blood flow to our skin results in slower healing.

As you get older your skin becomes less able to protect itself from damage, and it heals more slowly from cuts or burns. The skin is the body’s largest organ and as you age it becomes more important to take care of your skin.

A dermatologist will emphasize that healthy skin starts with the nutrients that reach it from the inside of the body and to follow some simple tips.

- Take a vitamin D supplement daily.
- Eat plenty of omega-3 and omega-6 fatty acids. Ideally they should come from natural sources such as ground flaxseed and fish such as salmon.
- Drink water all day long. Try not to rely on tea or coffee as it can deplete the overall fluid supply.
- Cut back on processed foods and sugars.
- Exercise regularly. Exercising infuses skin with oxygen and nutrients needed for collagen production.
- Use sun block. UV rays are the main cause of skin cancers,

Skin can be thought of as the wrapping on a special gift and it protects us from the many things in the environment. The good news is that it’s never too late to respond to what you see!

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