



# ETERNAL HEALTH

*with*  
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## S K I N A G I N G

A number of factors contribute to skin aging.

These include:

1. Exposure to ultraviolet light.
2. The accumulation of free-radicals.
3. The decline in Anti Aging hormones.

Creams are now available which can repair, renew and revitalise aging skin. These creams contain antioxidants in the forms of vitamins A, C and E, which neutralise the effects of free-radicals.

These antioxidants protect against photo aging of the skin epidermis while decreasing wrinkling and promoting collagen synthesis all of which contribute to youthful looking skin.

The vital Anti Aging hormones DHEA and melatonin have an important role to play in protecting the skin against the ravaging effects of aging.

DHEA has an antioxidant effect, maintains skin immunity and preserves the skin's delicate blood vessels. When DHEA is applied to the skin dry, flaky areas are eradicated and a softened look is enhanced.

Melatonin is a proven free-radical scavenger and protects against the harmful effects of ultraviolet damage. The hormones oestrogen and testosterone can also be utilised to reduce skin aging. These hormones preserve thicker, healthier skin.

Studies have shown that topical oestrogen either in the form of oestriol or oestradiol has a profoundly rejuvenating effect on the skin.

These studies have demonstrated that oestrogen cream:

1. Improves skin elasticity and firmness
2. Increases skin hydration
3. Reduces wrinkles.
4. Stimulates the growth of collagen fibres

The above changes were noted over a 16-week period. Other agents which combat skin aging include alpha-hydroxy fruit acids and Retin-A.

The former removes dead cells from the surface of your skin so that the younger cells underneath are able to appear. Retin-A stimulates epidermal growth factors, which results in younger cells replacing the older ones in the superficial layers of the skin.

Anti Aging hormone creams are available on prescription from compounding pharmacies.