

Take control of the ageing process

It's a fact of life that every face ages. Genes, race, gender, environmental factors and lifestyle choices all play a part in how quickly we show the signs of ageing, but studies have pinpointed that five different cell processes slow or decline at five different landmark ages. I would like to offer an insight here into what to expect from the ageing process and how to manage it. The good news is that facial rejuvenation can start at any time. The aim is to help you look like you – on your very best day, every day.

DR NESTOR'S
MEDICAL COSMETIC CENTRE



Words: Dr Nestor

20s

In our 20s, skin might look great, this is what we call your 'post-acne and pre-wrinkles phase', it is this period that can determine what your skin will look like later in life. The first process to decline is natural antioxidant production, which happens in your 20s. There was, until recently, the belief that those in their 20s needed to simply moisturise and use sunscreen, but new research shows that skin is already susceptible to oxidative stressors and damage.

PROBLEMS:

Genetic and environmental factors have an impact on how quickly we age and, from as early as 25 years old, collagen production starts to decline, and the process of skin ageing begins. For some, fine lines may start to show, sunspots appear, skin may become dry, while more extreme conditions such as acne or the resultant scars can still be problematic. The loss of collagen, hyaluronic acid, and elastin becomes evident in our mid to late 20s. Static lines start to develop as a result of facial movement. Vertical lines appear between our brows and horizontal ones above our brows, while facial proportions may not be in harmony, such as a small chin, lumps or depressions in the nose, or thin lips.

SOLUTIONS:

We work with ZO Skin Health to create skincare packages to suit a range of skin concerns, from acne to rosacea and sun spots. To counteract collagen loss, Botox, which has been safely and successfully used cosmetically for 26 years, can be used to decrease the intensity of the muscles, resulting in a softer smoother appearance, while non-surgical dermal fillers can be used for nose and chin re-shaping for both men and women.

30s

Our 30s can be a decade where we are juggling work and family life, experiencing a lack of sleep and stress. These have a direct impact on our skin, but this is also when your body's metabolism starts slowing as does the bioenergy of skin cells. Looking tired and sad is the main complaint from patients.

PROBLEMS:

From mid-30s, collagen and elastin are depleting much faster, making skin appear drier more lined. For many women, the latter half of the 30s is when hormone levels begin to drop, which may dry skin out further. The loss of collagen, hyaluronic acid, and elastin is well established. Lines start to develop as a result of facial movement. Vertical lines appear between our brows and horizontal ones above our brows. The cheeks are one of the first places we lose volume (fatty tissue) in our early and mid-30s. We therefore lose the contour, shape, and height of our cheeks, while hollows under the eyes can appear. The unsupported skin begins to move towards the folds at the nose to mouth lines, making these appear deeper.

SOLUTIONS:

ZO Skin Health aims to stimulate your now lazy fibroblast cells to work better and more efficiently at producing HA and collagen. Botox can be used to decrease the intensity of the muscles and therefore fold the skin less, resulting in a softer smoother appearance. Our in-clinic Chemical Peel treatments are designed to optimize and support skin restoration and rejuvenation. Dermal fillers are a safe, effective and minimally invasive way to replace the volume lost in our cheeks, helping to maintain their youthful height. When a little filler is also placed in the chin, this gives a strong profile and lifted appearance. Our aim should only ever be to replace what has been lost and maintain the look of our 30s.



40s

At around 40, cellular senescence kicks in. It's a complicated process in which the natural life cycle of skin cells is arrested, and it affects the complexion in many ways. At this point, quality prescription skincare is almost always necessary and additional aesthetic procedures can make a real difference.

PROBLEMS:

Our skin is thinner and less hydrated than it's ever been before. Uneven skin tone begins to age us. Sun spots appear, as may rosacea (redness around the nose, cheeks, and chin). Darkness under the eyes may become evident as the lower eyelids (one of the thinnest skins in the body) become even thinner, allowing the colour of the underlying muscle to show through. Fine lines around the eyes become more noticeable. As we enter our 40s, volume loss appears in our foreheads, temples and cheeks, resulting in lowering of our brow, drawing in of the temples and some hollowing under the eyes. This can give a sad or tired appearance to an otherwise rested, happy face. As the face loses its architectural support in the upper third, there are consequences in the lower half of the face, with the appearance of mild to moderate jowls and facial sag.

SOLUTIONS:

ZO medicated skin system will hydrate and repair skin, which chemical peels can help to lift pigmented areas. Botox can be used to weaken the intensity of muscles causing wrinkles between and above the brows, as well as crow's feet

Fillers made of our own natural hyaluronic acid (HA) (the same molecule is found in every living organism) are a clear gel which allows us to restore the volume we have lost. This helps to restore the youthful contours and fullness we once had, without changing the way we look. The aim should always be to look great for our years.

50s and beyond

During our 50s and beyond, we will notice a loss of muscle, bone and fat under the skin. This along with changes in collagen and elastin makes fine lines and wrinkles more dramatic, especially if you've smoked or spent time in the sun. It is also during this decade that most women experience the menopause.

PROBLEMS:

As we enter our 50s, volume loss continues in our foreheads, temples and cheeks, resulting in further lowering of our brow, drawing in of the temples and more pronounced hollowing under the eyes. As the face loses its architectural support in the upper third, the consequences show more in the lower half of the face. Nasolabial fold (nose to mouth lines) appear deeper. Marionette lines (mouth to chin lines) are established, turning the corners of the mouth downwards. Faces tend to look sad and tired, and no longer reflect who we are inside.

SOLUTION:

Fillers allow us to restore the volume that has been lost, replacing the fullness we once had without changing us. The aim should always be to look great for our years. Youthful, not younger. I also specialise in the Silhouette Soft® thread lift, which provides an immediate mechanical lifting effect to the entire face as well as a biological lift by stimulating the natural production of collagen, which continues in the months following the process. a

Whatever stage of life you are at, you should always be able to look and feel your best for the age you are. Using aesthetic, cosmetic procedures in a well-thought out and planned manner will help you to do just that.

Visit www.drnestor.co.uk for some before and after pictures of patients who have kindly allowed us to showcase my work.



ZO Skin Care Range