

How to Look Ten Years Younger Without Surgery



By Beatriz H Porras, M.D.
Board Certified. Medical Director Skin
Diagnostics Laser and Rejuvenation.

Aging is a normal progression that happens to all living creatures of the universe. The natural aging process normally begins in our mid-20s. In human beings, the signs of aging are bothersome since it is continuous. We wake up every day to discover something new that is making us look older. Within the skin, collagen production slows, and elastin, the substance that enables the skin to snap back into place, has a bit less spring and strength. Dead skin cells do not shed as quickly. Turnover of new skin cells may decrease slightly. There is also loss of underlying fat, leading to hollow cheeks and eye sockets as well as noticeable loss of firmness on the hands and neck. All these changes translate into superficial and deep wrinkles, sagginess, open pores, thin and transparent skin, uneven tone with spots, and broken blood vessels.

Growths such as skin tags, warts, sun spots and other blemishes are more common in older people. All these changes can be slowed down by living a healthy life: avoiding sun damage by using sun screen, exercising regularly, eating a healthy diet, not smoking, drinking alcoholic beverages only in moderation, decreasing caffeine intake, getting at least eight hours of sleep, drinking plenty of water, and using a good skin care regimen. When the damage is already done and we feel that nothing can help, the answer is that **there is hope**.

Banish Wrinkles

Several years ago the only way was to undergo plastic surgery or very abrasive dermabrasions or harsh chemical peels. Nowadays there are many non-surgical alternatives without down time. If your concern is wrinkles there are several options. Botox®, is a great solution for active wrinkles

that form when smiling or frowning. Botox® is ideal for crows-feet, frown lines, marionette and forehead lines. Botox® is safe and highly effective. In just two to five days after the injection, the difference is noticeable, and you will look younger and rested. The effects last from three to six months. The treatments with Botox® are not painful. In the past Botox® was used just by movie stars; nowadays is very popular.

If your wrinkles are already formed and are deeper and if your lips are drooping and becoming thinner, the answer is fillers. Hyaluronic acid, Radiasse and Collagen are some of the best and safest ways to repair deep wrinkles such as marionettes lines, nasolabial folds and perioral wrinkles. They are also used to rebuild the young and plump look of lips, cheeks and chin. Fillers are safe and effective, and the results are immediate. Fillers are very rewarding, they really work like magic. The results will last from six to 24 months depending on the type of filler used. Fillers are injected with topical anesthesia and/or intramuscosal infiltrations of anesthetics and the discomfort is only minimal.

If your problem is sagginess and you look tired and old, then TITAN is the answer. Titan is a form of infrared light that makes the collagen contract and stimulates the cells of the dermis to produce more collagen, lifting the skin and subcutaneous tissue. Titan can be used on the face, neck and also the body. It is great to get a brow lift, to treat double chin and saggy cheeks; it works like a non-surgical facelift and it is a great alternative to look ten years younger without surgery. Titan has no down time; usually three treatments are required.

Laser Treatments

If you have problems with uneven complexion, superficial wrinkles, hyperpigmentation, scars, sun spots and open pores, there are two alternatives: ablative and non-ablative laser treatments. The option you choose would depend on whether you can take time off. Non-ablative laser techniques like Genesis and IPL, will allow you to improve your complexion without down time. Microlaser peel is done with an erbium laser. This has two to three days of down time but the results are dramatic. Microlaser peel can be done on a Friday to be completely recovered by Monday, and that is why is called the weekend rejuvenation peel.

The latest treatment we are offering is the **Tridimensional Laser Approach**. This addresses all skin problems at the same time, sagginess, superficial and deep wrinkles, spots,

open pores and uneven texture. This treatment is done in series of three once a month and is a 90 minutes to two hours treatment. The results are dramatic.

All these alternatives can be used alone or combined depending on the kind of problems to be treated and the results desired. In my office, we offer a computerized skin analysis that is capable of recreating how you will look ten years older. This helps to start preventing and addressing future problems. If you are in your twenties, live a healthy life, don't smoke, get enough sleep, use sun screen, eat in moderation, exercise regularly and use a good skin care regimen with medical grade products. If you are over thirty, you can still change your habits; it is never too late. If you are noticing all the aging signs described before, there is hope. You can look ten years younger without surgery or down time. Sun damage can be reversed, wrinkles can be filled and sagginess can be lifted. Your doctor can examine your skin, discuss your expectations and recommend suitable treatment options. We are all aging everyday, but the key is to age looking great.

*Skin Diagnostics Laser & Rejuvenation.
Call us for an appointment at 513-631-0059.*