

Resolve to Make Healthy and Youthful Skin Yours in 2007

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

After the stress and excesses of the Holiday season and the harsh effect of the cold weather, you may be feeling run down and exhausted. Your skin is a reflection of how you feel and may be looking even more drained than usually. The New Year is the perfect time for changes and resolutions. Take advantage of this. Many of us will pledge to join the gym, lose weight, or change careers, but if you want a more realistic challenge, then resolve to improve your skin.

Why your skin? The skin is the reflection of what is happening in your internal organs, and it is the largest organ of the body. It is really where we show how old we are, and it is the first thing that people see about us. Your skin is also a portrait of who you are, where you come from, and what kind of life you have had. You can tell a lot about people from their skin, and everyone's skin tells a different story. This is a detailed list of what you need to know to improve your skin and have a healthy and youthful look. Make this your new year's resolution.

Skin Care: It all starts with this. Having a daily routine is really important for both men and women. A daily routine should include cleansing at least once a day to remove all the impurities accumulated during the day. For women that wear make up, never go to bed without cleansing your face. Most skin types require a toner to also help removing debris and close pores. Sun block should be used every day no matter the season or skin type; your sun screen should have zinc oxide. With the cold weather a moisturizer is really important since cold and artificial heat tend to make the skin drier. If you are over 25 you should be using an eye cream twice a day. The skin around the eyes is very thin, and it is one of the first places where wrinkles start. Exfoliating is one of the key steps for healthy skin. It should be done two or three times per week depending on the skin type.

How to select your skin care products? Here is where you need professional help to know your skin type and your particular skin problems. A skin analysis is necessary. The newest technology offers a computerized skin analysis that will give you in detail all the information about your skin. Always go for medical grade products obtained from your doctor's office. Most of the products carried by your dermatologist are hypoallergenic, created by physicians and designed to address specific problems. Avoid getting your skin care



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products from a department store, pharmacy or from a catalog.

Modify your habits: Smoking, for instance, is one of the more deleterious factors for the skin. Smoking not only can make your skin dry but also causes premature wrinkling and sagging of the skin. Smoker's skin can be prematurely aged by 10 to 20 years. Quit smoking. Cigarettes will rob the skin of elastin and collagen which keep the skin elastic.

Exercise at least three times a week. With the cold weather, it is hard to be outdoors; go to the gym. But if, like me, you don't mind the cold weather, bundle up and get out. Exercise keeps blood flowing and increases oxygen to the skin.

Get at least 8 hours of sleep. Lack of sleep slows the collagen production, alters blood vessels and tone, and contributes to puffiness and bags under the eyes.

Decrease your caffeine and alcohol intake. Caffeine and alcohol dehydrate the skin. Drink more green tea. This type of tea contains antioxidants and can protect against photoaging. Eat healthy - a diet with plenty of whole grains, fresh fruit and vegetables. Drink at least eight glasses of water per day. Take your daily vitamins, more importantly for the skin vitamins E, C and A.

Avoid tanning beds. You will look good for a few weeks, but later on you will get wrinkles and spots.

Have a skin check up once a year: Skin cancer is highly prevalent in America, but it can be curable if it is caught on time. If you have an open sore, reddish patch, shiny bump, pink

growth, or a scar-like area show it to your doctor. It could be basal cell carcinoma, the most common skin cancer. If you have a freckle or mole that is dark or irregularly shaped or that changes size or color, it could be deadly melanoma. In any case, examine yourself once a month and visit your skin doctor once a year.

Take advantage of the new technology: Nowadays it is so easy to repair skin problems such as wrinkles, scars, sagginess, spots and imperfections without surgery and down-time. Take advantage of laser Botox® and dermal fillers and renew your appearance with a healthier younger look for the year 2007. Make sure you pick a board certified physician to do your treatments.

Pamper your skin: If you can, get a facial regularly. Facial treatments can improve skin texture, acne, pores, tone and overall appearance. Go only to skin experts and make sure they use only medical grade products on your face.

Make your resolutions for the New Year, and remember that your skin is the only outfit you wear every day, 365 days a year.

Skin Diagnostics Laser & Rejuvenation offers Skin Cancer Screening, Medical Grade Skin Products, Botox®, Titan, Laser Treatments and Medical Grade Facials to give you healthy and youthful skin. Call us for an appointment at 513 631 0059.

