

Healthy Skin Newsletter

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The bone health / skin protection controversy

Vitamin D deficiency is linked to an increased risk of several diseases, including osteoporosis, and colorectal, breast, and prostate cancer. The major source of vitamin D for most humans is sensible sun exposure. However, more than one million new cases of skin cancer will be diagnosed each year. In fact, one person dies from melanoma in the US every hour of every day. We know that sunscreens are the first line of protection from UV radiation and its negative effects on the body. So just when we get into the habit of lathering up, we hear that sunscreens may block the formation of Vitamin D! Don't throw away your sunscreens yet...

Three recent multi-year studies have documented that regular use of sunscreen is not likely to result in vitamin D deficiency. Here's an idea- go to weather.com, type in your city and check out the UV index for that day. The experts tell us to protect with sunscreen if it's above 3. So be smart- avoid being outside when UV radiation is at its highest. Protective clothing and hats are always a good idea. By the way, UV radiation is generally lower during the winter months, so that's a good time to get outside and let the sunshine in. Just be aware that snow reflection can double your overall exposure.

Aging

Causes of Aging Skin

Research shows that there are, in fact, two distinct types of aging. Aging caused by the genes we inherit is called *intrinsic* (internal) *aging*. The other type of aging is known as *extrinsic* (external) *aging* and is caused by environmental factors, such as exposure to the sun's rays.

Intrinsic Aging

Intrinsic aging, the natural aging process, is a continuous process that normally begins in our mid-20s. Within the skin, collagen production slows, and elastin, the substance that enables skin to snap back into place, has a bit less spring. Dead skin cells do not shed as quickly and turnover of new skin cells may decrease slightly. The signs of intrinsic aging are typically not visible for decades. Some signs of intrinsic aging are, fine wrinkles, thin and transparent skin, loss of underlying fat, leading to hollowed cheeks and eye sockets as well as noticeable loss of firmness on the hands and neck, bones shrink away from the skin due to bone loss, which causes sagging skin, dry skin that may itch, inability to sweat sufficiently to cool the skin, graying hair that eventually turns white, hair loss, unwanted hair, nail plate thins, the half moons disappear, and ridges develop.

Extrinsic Aging

A number of extrinsic, or external, factors often act together with the normal aging process to prematurely age our skin. Most premature aging is caused by sun exposure. Other external factors that prematurely age our skin are repetitive facial expressions, gravity, sleeping positions, and smoking.

Photo Gallery : Skin

<http://science.nationalgeographic.com/science/photos/skin.html>

Nutrition

Natural Skin Care Tips

One of the main natural skin care techniques is good nutrition.

- 1) Vitamin A
Vitamin A can effectively reduce the appearance of acne, wrinkles, and other skin problems
- 2) Vitamin C
It is important to reproduce vitamin C by eating foods that are rich in vitamin C. This will help the skin to fight against the harmful effects of the damages caused by the sun's ultraviolet rays.
- 3) Antioxidants
It is important for the people to eat foods that are rich in antioxidants, in order to help the skin to combat the upshots of oxidants or the free radicals that are manufactured when the body cells burn oxygen in order to generate energy.
- 4) Foods rich in fiber
Good skin complexion can be obtained by eating foods rich in fiber. Fiber, or roughage, is composed from the plant's cell wall material. Fiber is an example of complex carbohydrate, which is relatively essential in the absorption of the other nutrients into the body. With fiber, healthy skin complexion can be obtained and can even produce healthy glow.
- 5) Proteins
Proteins, help in the proper growth and production of new skin cells. Proteins, which are the chains of amino acids, are responsible for proper skin cell growth and maintenance of skin cells.

Tattoo & Body Piercing

Did you know...

- According to a 2004 survey of 500 people between the ages of 18 and 50, 24 percent reported having a tattoo and 14 percent had a body piercing in a location other than the ear lobe. 1 Thirty-four percent had ear lobe piercings.
- By the age of 18 years, thirty percent of those pierced had their first body piercing and 16 percent of those tattooed had their first tattoo
- Seventeen percent of those with tattoos had considered getting the tattoo removed.
- Tattoo pigments may contain industrial organic pigments, including azo and polycyclic compounds, sandalwood and brazilwood, as well as aluminum, cadmium, calcium, copper, iron, phosphorus, silica, sulphur, titanium dioxide and barium sulphate, each of which may be the cause of a skin reaction like a rash or be toxic.
- Tattoos can be removed, although results may vary depending on the inks used and the depth of the tattoo. Dark blue, red, some lighter blues and green inks all respond well to laser treatment, but the best candidates for tattoo removal are people with light skin who have a black ink tattoo.
- Lasers may be able to remove the tattoo without scarring, but may require several treatments.
- Common reactions to piercings include infection and metal allergy.
- Although almost every state has regulations for the proper sanitation of tattoo parlors and establishments that offer piercing services, a consumer should look for the following to minimize infection risk: autoclave, fresh equipment, gloves, no piercing gun, appropriate hypoallergenic jewelry

Sources: <http://www.skincarephysicians.com/agingskinnet/basicfacts.html> , http://www.aad.org/media/background/factsheets/fact_tattoos.html , <http://www.americanchronicle.com/articles/view/32155>, <http://www.who.int/uv/publications/globalindex/en/index.html>