

How to Look Good for Your Age

By Dr. William Carter

Most of us are well aware of the benefits of a balanced diet, exercise, and enough sleep. There is no doubt that if we pay attention to these important aspects of a healthy lifestyle we will increase our chances of living a longer and more fulfilling life. But if we want to look good for whatever age we are, something more may be needed.

First, we need to minimize things that are known to accelerate the inevitable visible facial changes associated with each passing decade. Sun and cigarettes are the worst offenders. Remember the old adage that the best camera is the one you have with you? Well, the best sun block is the one you have on your skin! However, if you really want to do the best you can for yourself, choose a sun block that protects against UVA as well as UVB. Additionally, the very best sun blocks are made with a physical ingredient such as zinc and/or titanium.

It is almost impossible to list the multitude of horrible things that recurrent exposure to cigarette smoke does to people. Skin does not escape this damage. Smoking impairs the supply of oxygen and nutrients to the skin. Smoking also limits the ability of your body to make collagen, which is one of the key support structural materials for skin. Most of us will be able to spot the skin of a long-term smoker. It has an unhealthy look, is thinner, less elastic, and has less support than un-smoked skin. Given that smoking is so damaging, it is worth whatever it takes to become an ex-smoker.

All of us should be on a topical retinoid daily, either retinol or tretinoin. Retinoids help skin exfoliate, and thicken the dermis 30%. In fact, the only topical agents that have consistently demonstrated changes associated with younger and healthier skin have been sun blocks and retinoids. You will be able to find the best products in a physician's office. If skin care



products are not physician or medical grade, they will be underpowered with active ingredients and much less effective. We love the Elta MD family of sun block products which all contain zinc.

To combat lines and wrinkles, both seen while making expressions and when the face is at rest, we have Botox/Dysport/ and Xeomin, as well as all of the usual fillers. Recently our industry has been paying more attention to loss of mid face volume. This can be addressed with Voluma, Radiesse, and/or Sculptra.

If the problem is sagginess or laxity of the face or neck, we have various fractionated and non-fractionated laser treatments. For loss of underlying skin structural support of the face or neck we now have a non invasive technique that can lift and tighten the skin from underneath for as much as three years with just one treatment. This uses ultrasound and is called Ultherapy. It has been very effective and popular over the past several months in our office.

For changes in the texture, tone, coloration and surface appearance of the skin, Michelle, our medical aesthetician, can perform any of several types of peels, microdermabrasion, and/or customized topical product applications to give a much more youthful and healthy look.

Today, 2014, is actually the very best time to go through the process of aging without having to show the world around you just how old you are. See, there is hope for all of us! 🍷

- W.A. Carter, M.D. (age 63 ½ years)



Wm. A. Carter, M.D.
Medical Cosmetics
(717) 735-3900
www.medcoslanc.com



Since 1999 Dr. Carter has been extensively involved in all office-based things having to do with appearance optimization. He has performed over 35,000 Botox treatments and thousands of laser and filler procedures. He maintains active practices in Lancaster, Dauphin, and York counties.



Published in **Fine Living Lancaster**
Issue Number Thirty-One

Reprinted with permission from
Fine Living Lancaster and Virtual Media Group.

All contents of this issue of *Fine Living Lancaster* are copyrighted by
Fine Living Lancaster and Virtual Media Group. All rights reserved.