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Slow Down Your Skin's Aging Process

Vitamin C seems to be the rave across countertops of cleansers and serums. Labels claim to tone and renew, but can women really say bye-bye to wrinkles by saying hello to vitamins?

"Vitamin C stimulates collagen, a building block of skin tissue," says Drew Kreegel, M.D., plastic and reconstructive surgeon. "It helps neutralize free radicals, and theoretically, can slow down the aging process."

Aging happens on a cellular level when free radicals oxidize protein compounds in tissue. Antioxidants neutralize this attack. Because vitamin C is an antioxidant, long-term use may improve the appearance and texture of skin.

"Aging skin can be slowed down, and to some degree, reversed," says Dr. Kreegel, who sees vitamin C as an additional benefit to skin care. For those seeking to improve their skin, he suggests the following nonsurgical therapies:

Retin A: Time-tested tretinoin (the original compound of the brand Retin A) improves the architecture of skin by thickening the dermis with collagen and elastin. The product does not radically differ from the carotene vitamin A. By accelerating the rate at which dead skin exfoliates, tretinoin can reverse sun damage and revive a youthful glow.

Hydroquinone: Creams containing hydroquinone reduce the production of melanin, helping lighten brown spot or aging spots to create a more uniform complexion.

Glycolic acid: Glycolic peels exfoliate outer layers of skin, while stimulating deeper layers of the dermis to surface.

These treatments yield the most favorable results when used in conjunction, says Dr. Kreegel. He reminds ladies, vitamin C can be taken orally, from juice or berries, just as it can be applied topically. Don't forget to wear sunscreen, even on cloudy days to minimize sun damage. And his other big tip to prevent aging prematurely, "Don't smoke."

To learn more about treatments and procedures available to enhance your skin's appearance, call Kreegel Aesthetic Surgery and Medispa at 239-343-9777.



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