

The Aging Skin and the Anti-Aging Toolbox

By Rafik A. Nasr, M.D, FABFP, DABMA



AGING SKIN

The skin is the largest organ of the body. It regulates body temperature and protects us from dehydration and injury. It can be radiant and flawless with even tone, radiant glow, full lips and without wrinkles. Beautiful skin is a valuable commodity and within reach.

There are two basic types of aging. The first type is *chronological laying* within your DNA, so it is a good idea to glance at your parents to see what the future holds for you. The second type is *environmental*, i.e. smoking, pollution, sleep deprivation, poor nutrition and EXPOSURE TO THE SUN.

Signs of aging include: dry skin, wrinkles, large pores, redness and decreased healing capability. In addition there is increased roughness, dark spots, excessive wrinkling and sagging skin.

THE ANTI-AGING TOOLBOX

Begin by analyzing your skin. Often wrinkles are the major factor, but they are not the only factor. Sunken cheeks, dark circles under the eyes, sagging skin and a loss of facial fat, all play a role in the aging of skin.

This is exactly where “lunch time procedures” come into play. “Lunch time procedures” include Botox, collagen injections, microdermabrasion, chemical peels and various types of laser procedures.

An advantage of these procedures is that there is no down time because they are noninvasive remedies. They can be combined for even more impressive results.

BOTOX

Botox is considered to be the greatest advance in cosmetic medicine. Botox has many uses. The most common is to smooth wrinkles resulting from different muscle motions, often found around the eyes, across the forehead, between the brows, around the mouth and in the neck. This procedure takes a few minutes, and effects can last up to four months.

Botox can be used for frown lines, eye-brow lifting, crow’s feet, under eye bags, neck lines and various other types of facial lines and wrinkles.

Whether you’ve never heard of Botox or have been contemplating it for a while, remember that Botox delivers maximum results with the least recuperation possible. You will still look like yourself, only a more refreshed, more energized version.



INJECTABLE FILLERS

Fillers are the most effective way to improve a long list of skin woes. It can soften the appearance of wrinkles and scars, restore a youthful look to the face and give lips fullness.

The most important thing to remember is that all of these procedures are meant to enhance the lips and face with an end result that is appropriate for your face.

The list of filler material available today is long and ever-changing. From bovine to human derived to synthetic.

The most commonly used filler materials are:

Non-animal Hyaluronic Acid—genetically engineered hyaluronic acid. It binds with water to increase volume. This is the ingredient in common fillers such

as RESTYLANE, PERLANE and JUVEDERM and effects can last up to six months.

Synthetic Calcium Hydroxylapatite—Used in RADIESSE, it provides a long lasting effect. RADIESSE can last up to a year and there is some evidence that it can stimulate your own natural collagen production.

While these procedures are typically simple and non-complicated, there is an art to sculpt the face. They require finesse and skill, not just training and knowledge. Do your research on your physician and his reputation prior to any treatment.

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About the Author

Dr. Rafik Nasr is a family practice and anti-aging physician. He has been a Board Certified Primary Care Physician in Calvert County for 20 years. He is also Board Certified in Acupuncture with training in Chinese and French energetic styles of Acupuncture. Currently, Dr. Nasr is pursuing a Masters Degree in Anti-Aging Medicine and Masters Degree in Cosmetic Medicine. He has obtained certification from the International Society of Mesotherapy and the American Society of Aesthetic Mesotherapy. He has attended training and workshops for Aesthetic Laser safety operation, Botox, Restylane, Perlane, Radiesse, Bio-Identical Hormones, Chronic Diseases and Lifestyle Modification. Dr. Nasr envisions blending an approach of health and wellness with traditional and conventional medicine. Five years ago Dr. Nasr opened Heaven & Earth MediSpa, offering a wide variety of services, including cosmetic laser treatments, Botox, filler injections, anti-aging medicine, acupuncture, Chinese medicine, and bio-identical hormone therapy. Dr. Nasr and his knowledgeable staff offer a complete comprehensive approach to health healing.



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