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The Mistakes and Myths That Can Age Your Skin

Good Skincare: Do You Know it or Blow It?



By Rebecca Baxt, MD

As a board-certified Manhattan and New Jersey dermatologist, I empathize with my female patients who feel they are doing everything right and are still not satisfied with the appearance of their skin. That's why I want to set the record straight on what sabotages the skin and also dispel the most common myths about skincare:

Skincare Mistakes

Not reapplying sunscreen: The big mistake women make is trusting the sunscreen label that reads "all day protection". The truth is that no sunscreen lasts more than four hours. You're kidding yourself if you think you can put it on once and forget about it. Regular sunscreen use is even more important if you are treating your face with Retin-A or alpha- or beta-hydroxy acids, or getting peels or microdermabrasion -- all of which can leave skin more sensitive to the sun's ultraviolet rays.

Not alternating alcoholic drinks with water: Drinking alcohol causes dehydration and dilated blood vessels, both of which make skin look tired and unhealthy. Try to drink one glass of water per alcoholic drink consumed. This will help skin stay hydrated.

Not relieving stress: Stress causes your body to go into survival mode by pumping adrenaline to heighten the senses. While this is healthy if you are in danger, prolonged periods of stress can take a toll on your skin. When the body is in survival mode, the most vital organs such as the heart, lungs, and brain work overtime. The skin, a less vital organ, becomes deprived of nutrients and that eventually has a negative effect in its appearance. Combat stress by incorporating relaxation techniques into your routine including yoga, meditation, and deep breathing.