

Anti Aging Skin Care Guide

Looking as young as you feel

Elderly Skin Care

"Taking Care Of Mature Skin"



Elderly skin care is important and we mustn't neglect it. To make the most of the skin is necessary to take care of it through the different stages in our lives. Many elderly people don't give their skin the attention and care it deserves, wrongly thinking that is not worth it.

A great percentage of senior people develop dermatologic problems such as

- itching
- infections
- eczema
- allergic reactions ...

These skin conditions occur because elderly skin has less defences , making it more vulnerable to external aggressions such as cold, wind, sunlight... Their

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Clear Skin Recipes

skin is thinner, collagen, see [collagen information](#) and elastin production diminish, the skin becomes dryer and wrinkles are more pronounced.

Skin care for the elderly is not to be taken for granted, especially if you belong to this age group and suffer any kind of dermatologic problem. If you have any concerns about your skin go to the dermatologist.

Agents that influence elderly skin are:

- soap
- water
- cold
- excessive heat
- dry air
- wind
- friction

Elderly Skin Care Tips

- Use a mild soap with a neuter ph. Normal soaps and shower gels will strip the skin of its natural oils.
- Wash with warm water
- If you are having a bath, make it short and add bath oils.
- Dry every part of the body very well.
- Use an humidifier in the bedroom specially in winter because of the heat from radiators.
- Avoid clothes with fabrics that can irritate the skin such as wool and polyester.
- Use moisturizing products every day, specially after the shower. Don't forget the neck, hands and feet. Applying a moisturizer will help to smooth over the skin and to reduce itching.
- Use anti aging skin care products to take care of aged skin. . This anti aging skin care product [B. Kamins Nutrient Replacement Cream 1.7oz](#) is specially designed for mature skin. It contains nutrients to feed,

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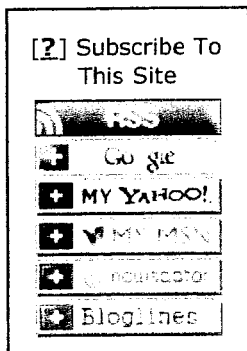
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Skin Care Products

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Skin problems in the elderly

The older you get, the more important it is to take care of your skin. Your skin changes as you age. It becomes thinner and begins to sag, causing wrinkles. It injures more easily and heals more slowly. The skin also loses its ability to moisturize itself.

Dry, itchy skin is a common problem in aging adults. To avoid dry skin, try the following:

- take only 2 to 3 short baths or showers a week; use warm water (not hot)
- always shower or bathe immediately after getting out of a pool or spa that has chlorine in it
- use soaps made for dry skin, such as glycerin soap with cleansing cream
- rinse well after using soaps
- apply lotion immediately after drying skin, while it is still slightly moist; this helps lock in moisture (Be sure the skin is not too wet or you can get a fungal infection.)
- apply lotion all over your body at bedtime; put gloves and socks on after applying lotion to retain moisture
- drink more liquids
- use a humidifier during the winter and in dry climates
- avoid alcohol, spicy food, and caffeine and *
- avoid dry places, such as saunas and the desert

Stasis Dermatitis is a skin condition that causes redness, swelling, tenderness, and dry scaly skin. It is found more often in women over the age of 50. It is caused by water pooling in the lower leg due to poor blood flow in the veins. Scratching the dry skin causes bruises, ulcers, and more damage to the leg. Treatments include raising the leg, wrapping the leg with an elastic bandage (be sure it is not tight enough to cut off the circulation), and medication.

Exfoliative dermatitis is excessive peeling or shedding of the skin. It is more common in men over the age of 40. The skin may feel tight or hair may be lost in that area. It may be caused by drug reactions, leukemia, malignancies, and other immune deficiencies. Treatments include bed rest, lukewarm soaks or baths, creams and lotions, prescription medications (such as antihistamines or steroids), and rubbing the skin gently when it itches, instead of scratching. Scratching may open the skin and lead to infection.

Long-term cigarette smoking adds to the aging of the skin because of the chemical changes it causes. Further damage can be avoided by stopping smoking.

Problems in skin appearance, such as roughness, wrinkles, "age" or "liver" spots, and dilated blood vessels, and skin cancers, are caused by sun damage. Even if you already have sun damage, you are never too old to prevent further damage. Be sure to avoid being in the sun between 10 AM and 4 PM. Wear a hat with a wide brim and dark colored, tightly woven clothes that cover your arms and legs. Avoid tanning salons and sun lamps.

Always use a sunscreen if you are going to be in the sun for more than 20 minutes. One ounce, enough to fill a shot glass, is the amount needed to completely cover the body. Be sure it has a Sun Protection Factor (SPF) of 15 or higher with UVA and UVB protection. Apply sunscreen well to the face, ears, hands and arms 15 to 20 minutes before going outdoors. Re-apply every 2 hours or immediately after swimming or strenuous activity. Some cancers are more common in aging skin.

Some are caused by years of excessive sun exposure. Others may be because cancer runs in your family or you inherited a type of skin that increases the risk of skin cancer.

Because skin cancer is the most common form of cancer in the United States, it is important to examine your skin routinely for new spots or changes. Look for:

- a single, flat or slightly indented, hard lesion; it may be yellow or white with irregular edges
- a red, scaly area that slowly enlarges
- a change in the color, shape or size of a mole; or if a mole begins to bleed
- an open area that does not heal and
- any new skin growth

The most serious type of skin cancer is Melanoma that usually starts in a mole. Most melanomas can be identified using the following A-B-C-D criteria.


1. A = Asymmetry (the left side of the lesion is not the same as the right side)
2. B = Border Irregularity (the edges are irregular, ragged, or poorly defined)
3. C = Color (the color is not the same all over; there may be patches of tan, brown, black, pink, white or blue)
4. D = Diameter (the area is larger than a pencil eraser or is growing)

It is not always possible to detect skin cancer yourself. Be sure to have any suspicious skin area examined by a healthcare provider. Also be sure to talk with your provider if a skin problem does not get better with home care.

Last Reviewed 2005

Disclaimer: This content is reviewed periodically and is subject to change as new health information becomes available. The information provided is intended to be informative and educational and is not a replacement for professional medical evaluation, advice, diagnosis or treatment by a healthcare professional.

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