



## Cosmetic Services Turn Back the Clock

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The appearance of our skin changes as we become older. Many of the changes are due to sun exposure, however, our skin also undergoes natural biological changes as we age. Our skin becomes less flexible and develops wrinkles. Exposure to the sun causes uneven pigmentation, which can lend to an unsightly complexion. In addition, we lose “volume” in our face making for a more hollow appearance.

Over the years, a host of effective and convenient treatments have been introduced that work to cosmetically reverse the signs of aging.

*Retinoid.* This Vitamin A derivative diminishes fine lines and wrinkles, blends discoloration, and gives the skin a more youthful glow. There are several retinoids that are highly effective for those who choose medication over lasers, injections or peels.

*Botox.* This is the most popular cosmetic treatment in the United States for management of facial wrinkles. This simple and effective procedure involves injecting a chemical that weakens the muscles attached to the skin that cause wrinkles. Botox gives a smoother appearance to the skin for about 3 to 4 months.

*Dermal fillers.* There are a variety of fillers on the market. These are injected under the skin to give more volume to certain areas of the face and to minimize deep furrows or wrinkles. The results are immediate and, depending on what type of filler injected, can last anywhere from 3 months to over a year. There are even a few fillers that are permanent.

*Chemical peels.* This may be an option for those with blemishes and areas of uneven pigmentation caused by exposure to the sun. Peels can also help smooth fine lines and wrinkles. There are a variety of agents that can be used. Generally, the stronger the peeling agent used, the more dramatic results but with a longer healing time. It often takes a series of chemical peels to obtain adequate results.

*Lasers.* Currently, there are numerous lasers available to treat a variety of different skin conditions. They are very popular at this time. Depending on the laser, you can treat multiple different skin problems such as uneven pigmentation, vascular lesions, blood vessels, wrinkles, and acne scarring.

These are just a few of the available treatments used to combat the effects of aging skin. My best recommendation, however, is to simply protect your skin from the sun’s harmful

ultraviolet (UV) radiation. In addition to causing freckles, sunspots, fine wrinkles, leathery texture to the skin and a blotchy complexion, UV radiation also increases your risk of developing skin cancer. Please limit your exposure to the sun. A great way to prevent UV radiation damage is to use daily moisturizer with an SPF of 15 or higher with both UVA and UVB protection.

Whether the signs of aging are caused by the natural process of aging or destructive external factors such as the sun, my dermatology practice offers a number of treatments that will turn back the clock and help to restore your sense of self-confidence.

*Dr. Rick Moore is a board-certified dermatologist practicing at the new Watson Clinic office in Zephyrhills at 6901 Medical View Lane. Immediate appointments are available by calling 813-788-7867.*