

Special Section
**SUMMERTIME
DESTINATIONS**

**LandPlan
Development**

*Shaping the Land,
Developing a Community*

FUN HOUSE

by Alicia Stepp

LOST HIGHWAY

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Reclaim Your Youthful Glow at Any Age

by FIONA WRIGHT, MD

Sun damage can occur quite easily and as we age, our skin thins and these changes become more noticeable. Even more disconcerting is waking up in the morning, taking a glance in the mirror, and seeing what looks like “instant aging” - lines and wrinkles that seem to appear overnight! How well you care for your skin from a young age, and how much you limit sun exposure can make a difference in wrinkle formation. The good news is that now with the many advances in cosmetic medicine many men and woman can follow a time line of skincare that can help you safely get started on your journey to the fountain of youth.



FACING YOUR 20'S— Generally in our 20's our skin is looking great, but that does not mean we have to accept the inevitable aging that follows. Sun exposure will cause a breakdown of collagen creating loose, dull and rough skin. Now is the time to stop sun-damage from getting worse by applying a UVA/UVB sun block with SPF 30 or higher on a daily basis. For those with sensitive skin or who suffer with acne, rosacea or eczema it is important to use a sunscreen that is high in zinc oxide, like my formulated **Matte Finish SPF 30** and my certified organic **Sun Shield SPF 30**—and avoid chemical based ingredients.

The second problem encountered is facing leftover or ongoing teenage acne which can create long-lasting scars. There are many treatments that are simple and cost effective. Chemical peels and facials can help with mild superficial pigmentation and control acne. These treatments help stimulate peeling of the top layer of the skin, allowing healthy, newer skin to show.

AS YOU REACH YOUR 30'S— Although you retain much of your youthful look, you may begin to notice that your complexion looks “tired” and less radiant. And your skin begins

to show the effects of sun damage. Now is the time when exfoliation becomes important. At-home options include scrubs, light glycolics (10-15%) and microdermabrasion polishes. In-office procedures will provide more dramatic benefits and I commonly begin **Medical-strength Microdermabrasions** for my patients which can get rid of small imperfections and keep that “youthful glow” a few years longer. If brown spots continue to be a problem, don't waste your time with bleaching agents—remove it quickly with **Intense Pulse Light (IPL) treatments**, which also are called PhotoFacials. The light used in this treatment is absorbed by the pigmented areas and helps bring the pigment to the surface of the skin so it can flake off over a few days. Similarly the light can shrink blood vessels, thus reducing redness. Additionally IPL treatments done regularly help stimulate collagen, which helps your skin with fine lines and wrinkles.

ENTERING YOUR 40'S— The most annoying problem at this age is wrinkles due to movement and volume loss. You will begin to really notice the crow's feet around your eyes, the dreaded “11's” or frown lines and the lines around your mouth. Your home skincare should include potent



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antioxidants. Antioxidants disable free radicals, the molecules generated by sun, pollution and other sources, which damage the DNA of healthy skin cells, leading to wrinkles, discoloration and possibly cancer. Studies have shown that topical **Coenzyme Q10**, **Vitamin A, C and E**, and **Green Tea** offer great anti-aging benefits and a “mix of antioxidants” creates the best result! As well, advanced products with **Argireline** for wrinkles and **Peptide Technology** to rebuild collagen should be a mainstay. In-office procedures with **Botox** and Facial Fillers like **Restylane** and **Juvéderm** can work miracles, taking years off your appearance.

GETTING INTO YOUR 50'S— The loss of hormones causes a decline in collagen, elastin and hydration. Your home skincare should now include rich moisturizers and if you haven't



20's *Spotlight* on
Sun Protection



30's
Invest in
Exfoliation



40's

Antiaging
Anti-Oxidants



50's Intensive
Moisture



60+'s

Regenerative
Skin care

already started, this is the decade to use a night cream. Topical **Hyaluronic Acid** is an extremely effective humectant for rehydrating, smoothing and firming the skin. The catch is that the product must contain a minimum of

60% Hyaluronic Acid for the benefit of reversing aging topically. In office procedures should begin to address the textural changes of aging and laxity. My favorite non-surgical device for **Laser Resurfacing Rejuvenation** is

the **ResurFX Laser** where our patients experience significant improvement in tightness and texture and can be used on the face and neck. ResurFX is the only true fractional non-ablative technology- and one pass is all it takes! An improvement to Fraxel, which requires multiple passes, ResurFX offers advanced protection against overheating the skin, and provides significant patient comfort during treatment.

IN YOUR 60'S AND BEYOND—The laxity and sagging becomes more apparent. At this age, the one-two punch that I reach for is my **Thermi-RF**, radiofrequency tightening device, and **Voluma** facial lifting filler. **Thermi-RF** is a tiny needle that goes underneath the skin to melt fat and tighten the skin for extreme sagging of the neck or jowls. With the facial filler **Voluma**, I like to inject it under the muscle to create a lifting effect along the cheekbone and jawline. It gives you a refreshing and natural looking lift, helping to restore contour and a more youthful profile, for up to 2 years!

At this time Regenerative skin care is also a must! **Growth Factors** and **Stem Cell Technology** are products that have biologically active ingredients that have many positive effects on your skin, including stimulating new collagen, softening fine lines and wrinkles, and they will help leave your skin more taut and youthful.

Effective antiaging treatments are now available and while aging remains inevitable, you don't have to sit down and accept it. You can now undo the beach days of your 20's, prevent tomorrow's wrinkles, and have a beautiful future!

Fiona Wright, MD is the founder of Skin MD and Beyond. She has lived and practiced in Collin County for 18 years and has earned a reputation as one of the premier physicians in Cosmetic Dermatology in the Dallas-Fort Worth area. Dr. Wright has been featured in several NBC News Health Reports and is well known for her expertise and honest opinions.

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