

Wrinkles: A Visual Sign of Being Old

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ABSTRACT

Ageing can be defined as becoming old. The term ageing is a broad concept being old may includes psychological, social, biological ageing. In the current study author focused on the psychological ageing. It is known that the skin is the biggest and visible organ of the body. There are many factors responsible for the skin ageing such as sun, cold and moisture and many more are responsible for skin ageing. The skin ageing results in wrinkles, age spots, irregular pigmentation, discoloration, etc. Among this wrinkles are more notable signs of ageing. Nowadays the pathophysiological study of wrinkles becomes very important because it becomes a key target for cosmetic industries used for the improvement of the skin appearance.

Keywords: Ageing; Skin; Wrinkles; Cosmetic industries

INTRODUCTION

Wrinkles

It is a natural part of ageing which becomes prominent upon the exposure to the sun [1-4]. These are the creases lines formed on the surface of skin especially around the eyes, neck, and mouth. Due to hormonal differences the characteristics of facial wrinkles are different in both male and female regarding its depth and lactation [1]. In this study a research focused on the causes, prevention, and treatment used for stopping formation of wrinkles.

Causes of wrinkles

Age: Being an old may cause a skin less elastic and fragile with reduced production of natural oil, which further leads to make a skin dry with more wrinkles [4].

Frequent facial expressions: The repeated facial expression also include in the one of the cause of wrinkles. The facial expression such as frowning, smiling or squinting may leads to fine lines and wrinkles. Due to ageing as the skin loses its flexibility so it is difficult to come back on its original place which further results in formation of grooves. These grooves become permanent on the skin [4].

Allergy: Due to rubbing and inflammation caused by allergies can make the skin dry and which causes fine lines and wrinkles on the skin [5].

Ultraviolet (UV) light: Exposure to UV light can speed the process of natural ageing. Continuous exposure to UV light can break the connective tissue of skin, Hence it causes an early wrinkling [4,5].

Diet with high sugar: As the sugar rich product contain less antioxidant which creates more chances of getting wrinkles and lines on the skin especially around eyes [5].

Smoking: Smoking has major effect on collagen due to that it accelerates the ageing process [4].

Personal habits: The formation of crinkling area around the eyes caused due to sleeping on the stomach helps to develop wrinkles [5].

Prevention tips for wrinkles

One can prevent the wrinkles formation by using below preventive majors.

Protect skin from the sun: one can protect their skin from wrinkles by spending less time in the sun and also by wearing protective cloths like hat, dress with full sleeves, etc. [4].

Avoid smoking: By quitting smoking one can improve their skin tone.

Healthy diet: The diet with rich of vitamins and antioxidant such as vegetables and fruits may help to nourish the skin and prevent from formation of wrinkles [4].

Drink a plenty of water: This is a universal solution for any kind of problem associated with human health. Drinking a proper amount of water helps to hydrate the skin cells hence it prevents formation of lines on skin [5].

Reduction of stress: The excessive stress may leads to increase the level of stress hormones such as cortisol which has ability to affect the connective tissue of the skin results in premature wrinkling [5].

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Moisturization: The proper moisturization of the skin leads to remove the dead cells.

Treatments for wrinkles

Finding of treatment on wrinkles became a challenge for cosmetic industries. There are few treatment methods which help to ride from the wrinkles:

Chemical peels: This treatment reduces the lines and wrinkles but it can't completely remove it. It is used for removing the dead dried skin which helps to increase the formation of new cells [6].

Botulinum toxin therapy: Nowadays this is very popular method used for fading wrinkles and fine lines on skin which is achieved by relaxing skin and muscle cells [7].

Exercise: The facial exercise called facial yoga can increase the chances of reducing wrinkle formation.

Dermal fillers: In this method the fillers are temporarily introduced in the skin helps to reduce wrinkles and give younger appearances to skin.

Laser treatments: In this treatment the laser makes small holes in the skin which promotes and increases the production of collagen and elastin which causes reduction in wrinkles and lines on the skin.

Micro-needling: This method is same as that of laser treatment but

here a very small needle is used to make holes on skin and which is followed by application of serum [7].

CONCLUSION

In the current research the author tried to explain the cause, prevention and treatment methods used for the wrinkles and also tried to convey the importance of how the finding of a permanent solution on wrinkles becoming a challenge in front of eminent researches through the globe.

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