

# THE ANTI-AGING EXPERT ANSWERS YOUR QUESTIONS



*Olay ambassador and anti-aging expert, Dr. Naina, provides answers to some of your commonly-asked questions about maintaining youthful looking skin.*

## Are invasive procedures the only way to achieve younger-looking skin?

Invasive treatments can often have drastic results and you should always be careful about what you choose to do. It is important that even after having invasive treatments you go back to a good skin-care regime. Scientifically and clinically proven skincare ingredients which are suited to your skin type can help prevent the need for invasive treatments. Olay's Regenerist Micro-sculpting Cream has recently been proven to outperform creams worth up to AED 2000. This cream is packed with high levels of amino-peptide complex and hyaluronic acid, plus concentrated moisturizers. These ingredients combine to enhance the skin's natural collagen regeneration

process and reduce the appearance of fine lines and wrinkles.

## How can a woman in her thirties avoid age spots on her hands?

Prevention of wrinkles and other signs of aging begins with good nutrition. It is important to maintain a balanced diet rich in antioxidants, including the following foods whenever possible:

- Olive oil and omega-3 fish oils, which contain good fats
- Fish, chicken, lentils, beans and whey protein, good sources of protein that do not produce inflammation
- Vegetables and fruits that are rich in complex carbohydrates

To prevent skin damage, it is also crucial to use a cream rich in topical antioxidants and good hydrating agents as well as to use sun block with a minimum sun protection factor (SPF) of 30 for prolonged sun exposure.

## How can wrinkles around the eye area be avoided or minimized?

It is very important to use a daily eye cream which is suited to the thin skin around the eyes. However, the cream should be used sparingly to avoid eye irritation. Eye creams should be rich in antioxidants, have a skin lightening agent, contain hydrating agents and include soothing ingredients to prevent puffiness.

## What is the best way to treat or avoid the thinning of the mouth?

The best way to avoid this is by maintaining one's hormonal balance from the inside. Estrogen, progesterone and testosterone levels decline in women as they age so I use bioidentical hormone replacement therapy to achieve hormone balance in my patients. This prevents loss of elasticity, combats sagginess of the skin and maintains the fullness and youthful look of the face.

It is also important to use lip creams that provide plenty of hydration. In addition, smoking and using a drinking straw can also speed up thinning of the mouth, so these activities are best avoided.

## Is it true that the way you age is inherited?

Not always. After years of studying nutrigenomics and pharmacogenomics, fields that look at how drugs and nutrients interact with genes and ultimately how they can change the expression of genes, I have seen findings which suggest that nutraceuticals can change, to a certain extent, the way your genes are expressed. This means that you may be able to achieve a different outcome from your gene inheritance.

## How can food affect our skin and what are the best nutrients to combat anti-aging?

Food is one of the primary things that affect the skin.

Many foods can cause skin inflammation, which accelerates skin aging. There are many good nutrients that combat skin aging: a few of my favourites are green tea, blueberries, acai berries, goji berries, turmeric (spice), bok choy, napa cabbage, golden flax meal, yellow, orange, and red bell peppers, cucumbers, salmon, and almonds (in small quantities).

## What are the best skin regimens?

The best skin-care regimens include both internal nutraceuticals and external topical skin creams which increase skin collagen synthesis, improve skin elasticity, provide powerful hydration to the skin, and most importantly, decrease skin inflammation, ultimately achieving wrinkle reduction. The best skin-care approach fuses science and beauty to achieve youthful looking skin.

