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› Dr. Lehavit Akerman is expanding and becoming a network. (PR)

# SKINCARE AT ANY AGE

• By DR. LEHAVIT AKERMAN

**A**s one grows older, the skin undergoes changes. One aspect is aging due to internal factors such as hormonal influence. As years go by, the skin loses more collagen, and the fat in the skin decreases. Thus the skin becomes drier, thinner and less firm.

Collagen is important for the health and appearance of the skin. Over time, the body's collagen production slows down, and signs of aging begin to appear.

At the same time, the skin ages due to external factors such as accumulated sun damage, smoking and environmental pollution. This negatively affects the body's ability to redress the damage to the skin.

The amount of collagen can be increased with the use of products that help the skin increase its ability to produce more collagen. One of the most effective are peptides. They help collagen firm up, in addition to giving the skin flexibility, elasticity and tone.

Collagen loss of 1% per year is the minimum rate, which occurs regardless of environmental factors. However, factors such as exposure to UV radiation, free radicals, smoke and environmental pollution accelerate the rate of decomposition.

It's not only the quantity but also the quality of the collagen that deteriorates over the years so that the fibers provide less support and stability to the skin, and it becomes looser and less flexible.

How can one encourage the skin to produce more collagen? On the one hand, it is necessary to reduce its rate of decomposition. On the other hand, the skin must be provided with building blocks that will form a reservoir to facilitate the skin's ability to produce more collagen. •

*The writer is a doctor specializing in dermatology.*



› Dr. Lehavit Akerman, specialist in dermatology (Photo by Alon Shafransky)

## Tips

1. Regular cleansing. It will make it easier for the skin to renew itself.
2. A grooming regimen that contains building blocks for collagen such as Vichy's LiftActiv Collagen Specialist. Its formula contains peptides and a derivative of vitamin C.
3. An ongoing process. There is no magic formula. Maintenance over the years will render firmer skin.
4. Protection from the sun. The rays of the sun are a major accelerator of aging skin.
5. Continual nourishment. The skin must be nourished on a regular basis with products that contain fats and vitamins C and E, which will eliminate free radicals and help improve blemishes. In addition, a gentle exfoliant will help regenerate the skin.