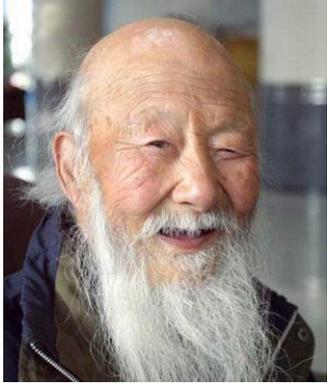




Demand on you CARE: Common Skin Disorders in Older Adults

Chapter 1 Ageing skin



- How would you describe this person?
- To me
 - A cheerful, respectful senior who appears full of wisdom and enjoying life
- Why do you think he is a senior?
 - Characteristic facial feature with
 - Wrinkles
 - Thin skin
 - Loss of cheek fat
 - White hair / beard
 - Hair loss

What cause these characteristic features?

- Intrinsic factors (normal age-related changes)
 - Reduce collagen production
 - Reduce elasticity of elastin
 - Reduce skin cell turnover
- Extrinsic factors
 - Sunlight exposure *
 - Smoking
 - Repetitive action (e.g. frowning)

(* Excessive sunlight exposure may induce freckles, age spots, spider veins on the face, actinic keratosis and skin cancer)

Chronic sun exposure

- 1. Freckles
- 2. Solar Lentigo
- 3. Wrinkles

Tips and Secrets in skin care

- Single most important issue is to remove / reduce extrinsic elements:
- Excessive sunlight (UVB)
- Use Sunscreens !

Chemical Sunscreens

- Absorb UVR
- Energy is converted and dissipated through different ways

Physical Sunscreens

- Physical blockage
- Reflect and scatter UVR

Physical Sunscreens

- Facial cream
 - Titanium Dioxide, Zinc Oxide
 - Often produces unpleasant 'White-Face'
 - Suitable for people with sensitive skin
- Physical barriers

Chemical Sunscreens

- Choose one that protects from UVB
 - Sun Protection Factor (SPF) value
 - Indicates the level of protection against sunburn (erythema)
- Higher SPF NOT the better SPF 30 or above
 - Apply $\frac{1}{2}$ teaspoonful on whole face evenly
 - Apply 30 minutes daily before going out, do not rub it in

Use of sunscreen has been shown to reduce the incidence of skin cancer.
For more details on skin cancer, please refer to **Chapter 2: Common skin disorders in older adults.**

Can we modify intrinsic factors (normal ageing process)?

Reduce Accelerated ageing to normal ageing

- Appropriate cleansing to remove dirt
- Consider anti-oxidants (radical theory of ageing)
 - Anti-oxidants food
 - Vitamin C and Vitamin E cream
- Moisturizers to restores skin elasticity

Reflection

- Does it matter to appear senior like him?
- Is it a matter of mind or appearance?