

Health & Beauty

With all this doom and gloom going on it's important to remember that your health is more important than anything else. Beauty is in the eye of the beholder goes the old saying but the important thing is how it makes you feel. Feeling good about yourself can help avoid some of the health problems linked to depression and anxiety. Here, local experts give invaluable advice on health and beauty matters.

Deborah Crafts and Julian Kessler own Lincoln Laser Skincare and are both registered Nurse practitioners. Here they discuss skin damage caused by the sun, how to prevent it and how to treat it.

A little Ray of sunshine...

.....can do us the world of good, but did you know that just a few minutes of sun exposure every day over the years can cause noticeable changes to the skin. Freckles and age spots, thread-veins, rough leathery skin, wrinkles, a blotchy complexion, and skin cancer can all be traced to sun exposure. Over time the skin loses the ability to repair itself and the damage accumulates. Scientific studies have shown that repeated UV exposure breaks down collagen and impairs the synthesis of new collagen as well as attacking our elastin. These are the two most important structural components in our skin and keep it looking young and healthy.

The sun's rays consist of UVA, UVB and UVC. UVA light has a longer wavelength than UVB and can therefore penetrate deeper into the skin, making it the prime cause of skin ageing, tissue damage, and some skin cancers. UVB exposure is responsible for sunburn and again, skin cancers. UVC is filtered out in the ozone layer so at present we don't need to worry about it.

A quality broad-spectrum sunscreen needs to be able to block both UVA and UVB rays. Both of these are present even on cloudy days, so you need to protect your skin every day in order to prevent accumulative UV damage and ultimately, premature skin ageing. Healthcare professionals prefer mineral sunscreens, such as titanium dioxide and zinc oxide as they are non-irritant and can effectively block out both UVA and UVB rays. An SPF15 is suitable for the autumn/winter months and an SPF30 for the spring/summer months. An oil and fragrance free sunblock such as the professional ranges by 'Vitage' or 'Skinceuticals' are suitable for all skin types and make-up can be worn easily over the top.

For many people accumulated sun exposure has already permanently damaged their skin cells, causing them to overproduce pigment that shows up as unsightly dark splotches and uneven skin tone. Facial thread veins can also be a sign of excess sun exposure.

In order to treat the effects of sun-damage there are a number of options available to skincare professionals. Mild chemical peels and/or micro-dermabrasion used in conjunction with specialist

topical creams can help to improve skin health and appearance. Laser treatments are regarded as the gold standard in removing unsightly brown pigmentation and red vascular areas. These treatments can effectively even out the skin tone and remove



Pigmentation from sun damage.



After three Laser treatments.

tell-tale signs of sun damage.

More people are choosing to have minimally-invasive treatments to alleviate sun damage.

As healthcare professionals, it is alarming to note the rise in the number of younger patients attending our clinic to seek advice and treatment for sun damaged skin.

Previously the majority of patients dealing with the ravages of the sun were in their 50s and 60s, but now

we are seeing just as many people in their 30s and 40s. Of course, our main aim is to educate and instil into the public the importance of skin protection.

It has been recently reported in the news that skin cancer rates continue to rise. If you take the right steps now you will dramatically reduce the chances of your skin ageing prematurely and significantly cut the risk of developing skin cancer. So before you step out of the door this summer, make sure you choose a sunscreen that offers the protection you need and apply liberally, at least then you are able to enjoy the sunshine to the full.



Thread vein damage from UV exposure.



After three treatments.

If you would like more advice or the opportunity to discuss any treatment options please don't hesitate to call Lincoln Laser Skincare on 01522 575756 where our Nurse Practitioners can help.