

Medical Minute

AGING SKIN



Yep, we are all getting older, and our skin has apparently decided to keep minutes of every meeting. Before I had to be on blood thinners, you could look at me too enthusiastically and I'd bruise. Now it's a thousand times worse! Let's just say I'm going to be a very "colorful" person from now on—and I don't just mean my language. So, what can we do to help our skin behave itself?

First, it's important to know that 90% of skin aging is the result of sun damage. Of course, we live in sunny Florida, where even walking to the mailbox can feel like a solar-powered science experiment. We do have to venture outside occasionally, so we've learned to cover up and wear at least a 30+ SPF sunscreen on ALL exposed skin. We also know to drink plenty of water and moisturize, moisturize, moisturize—unless your lifelong dream has been to resemble a wrinkly old piece of leather luggage.

We can also try conditioning our skin from the inside out by eating the right vitamins—which sounds very responsible, so I'm already suspicious.

Vitamin A is vital for the growth and repair of cells, tissues, and skin. You can find it in eggs, milk, sweet potatoes, fruits, and vegetables. Most of this is actually doable for me—well, not the vegetable part. Let's not get carried away.

B Vitamins help retain skin moisture, speed cell turnover, and reduce overall stress. They're found in whole grains, spinach, fish, eggs, and dairy products. At least eggs and ice cream are in the neighborhood of that category, so I'm calling that a win.

Vitamin C helps keep skin firm by supporting collagen and elastin production. You'll find it in citrus fruits, broccoli, and dark green leafy vegetables. So out of all that, I get oranges? Fine. I can work with oranges.

I might try eating some of this, if only because I'm tired of putting more makeup on my arms than my face just to cover up all the bruises. Isn't life grand? At this point, my skincare routine needs a budget, a calendar, and possibly its own support group.