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Skin Aging


Your skin changes as you age. You might notice wrinkles, age spots and dryness. Your skin also becomes thinner and loses fat, making it less plump and smooth. It might take longer to heal, too.

Sunlight [<https://medlineplus.gov/sunexposure.html>] is a major cause of skin aging. You can protect yourself by staying out of the sun when it is strongest, using sunscreen with an SPF of 15 or higher, wearing protective clothing, and avoiding sunlamps and tanning beds. Cigarette smoking also contributes to wrinkles. The wrinkling increases with the amount of cigarettes and number of years a person has smoked.

Many products claim to revitalize aging skin or reduce wrinkles, but the Food and Drug Administration has approved only a few for sun-damaged or aging skin. Various treatments soothe dry skin and reduce the appearance of age spots.

NIH: National Institute on Aging

Start Here

- Skin Care and Aging [<https://www.nia.nih.gov/health/skin-care/skin-care-and-aging>]  (National Institute on Aging)
Also in Spanish [<https://www.nia.nih.gov/espanol/piel/cuidado-piel-envejecimiento>]

Treatments and Therapies

- Blepharoplasty [<https://www.asds.net/skin-experts/skin-treatments/blepharoplasty>] (American Society for Dermatologic Surgery)
- Blepharoplasty - series [https://medlineplus.gov/ency/presentations/100183_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100183_1.htm]
- Botulinum Toxin (Botox) for Facial Wrinkles [<https://www.aao.org/eye-health/treatments/what-is-botox-facial-wrinkles>]
(American Academy of Ophthalmology)
- Botulinum Toxin Therapy: Overview [<https://www.aad.org/public/cosmetic/wrinkles/botulinum-toxin-overview?NoAds>]
(American Academy of Dermatology)
- Chemical Peels [<https://www.asds.net/skin-experts/skin-treatments/chemical-peels>] (American Society for Dermatologic Surgery)
- Chemical Peels: Overview [<https://www.aad.org/public/cosmetic/younger-looking/chemical-peels-overview?NoAds>]
(American Academy of Dermatology)
- Dermal Filler Do's and Don'ts for Wrinkles, Lips, and More [<https://www.fda.gov/consumers/consumer-updates/dermal-filler-dos-and-donts-wrinkles-lips-and-more>] (Food and Drug Administration)
- Dermal Fillers (Soft Tissue Fillers) [<https://www.fda.gov/medical-devices/aesthetic-cosmetic-devices/dermal-fillers-soft-tissue-fillers>] (Food and Drug Administration)
Also in Spanish [<https://www.fda.gov/medical-devices/aesthetic-cosmetic-devices/rellenos-dermicos-rellenos-de-tejidos-blandos>]
- Facelift - series [https://medlineplus.gov/ency/presentations/100186_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100186_1.htm]
- Forehead lift - series [https://medlineplus.gov/ency/presentations/100020_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100020_1.htm]

Laser Skin Renewal [<https://skinsight.com/skin-conditions/laser-skin-renewal/?lmiw9cApl=1>] (VisualDX)

- Neuromodulators for Aging Skin [<https://www.asds.net/skin-experts/skin-treatments/neuromodulators/neuromodulators-for-aging-skin>] (American Society for Dermatologic Surgery)
- Wrinkle Treatments and Other Anti-aging Products [<https://www.fda.gov/cosmetics/cosmetic-products/wrinkle-treatments-and-other-anti-aging-products>] (Food and Drug Administration)

Living With

- How to Select Anti-Aging Skin Care Products [<https://www.aad.org/public/everyday-care/skin-care-secrets/anti-aging/selecting-anti-aging-products?NoAds>] (American Academy of Dermatology)
- Wrinkle Creams: Your Guide to Younger Looking Skin [<https://www.mayoclinic.org/diseases-conditions/wrinkles/in-depth/wrinkle-creams/ART-20047463?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/wrinkles/in-depth/wrinkle-creams/art-20047463?p=1>]


Related Issues

- Eldercare at Home: Skin Problems [<https://www.healthinaging.org/tools-and-tips/caregiver-guide-skin-problems>] (AGS Health in Aging Foundation)

Specifics

- Bags under Eyes [<https://www.mayoclinic.org/diseases-conditions/bags-under-eyes/symptoms-causes/syc-20369927?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/bags-under-eyes/symptoms-causes/syc-20369927?p=1>]
- Sagging Skin [<https://www.asds.net/skin-experts/skin-conditions/sagging-skin>] (American Society for Dermatologic Surgery)

Clinical Trials


- ClinicalTrials.gov: Skin Aging [<https://clinicaltrials.gov/search?cond=%22Skin+Aging%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles


References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Protective effects of avocado peel and seed extracts against UVB-damaged fibroblasts... [<https://www.ncbi.nlm.nih.gov/pubmed/40745200>]
- Article: Correlation Between External and Internal Skin Aging Markers by Skin Depth. [<https://www.ncbi.nlm.nih.gov/pubmed/40741724>]
- Article: Oligomeric hyaluronic acid-modified liposomes effectively improved skin permeability and anti-ageing activity... [<https://www.ncbi.nlm.nih.gov/pubmed/40715158>]
- Skin Aging -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Skin+Aging%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- American Academy of Dermatology [<https://www.aad.org/?NoAds>]
- American Society for Dermatologic Surgery [<https://www.asds.net/>]
- Find a Dermatologic Surgeon [<https://www.asds.net/find-a-dermatologic-surgeon/advanced/true>] (American Society for Dermatologic Surgery)
- Find a Dermatologist [<https://find-a-derm.aad.org/>] (American Academy of Dermatology)
- National Institute of Arthritis and Musculoskeletal and Skin Diseases [<https://www.niams.nih.gov/>] 

Also in Spanish [<https://www.niams.nih.gov/es/portal-en-espanol>]

- National Institute on Aging [<https://www.nia.nih.gov/>] 

Also in Spanish [<https://www.nia.nih.gov/espanol>]

Patient Handouts

- Aging changes in skin [<https://medlineplus.gov/ency/article/004014.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/004014.htm>]
- Eyelid lift [<https://medlineplus.gov/ency/article/002977.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002977.htm>]
- Facelift [<https://medlineplus.gov/ency/article/002989.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002989.htm>]
- Liver spots [<https://medlineplus.gov/ency/article/001141.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001141.htm>]
- Wrinkles [<https://medlineplus.gov/ency/article/003252.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003252.htm>]



MEDICAL ENCYCLOPEDIA

Aging changes in skin [<https://medlineplus.gov/ency/article/004014.htm>]

Blepharoplasty - series [https://medlineplus.gov/ency/presentations/100183_1.htm]

Eyelid lift [<https://medlineplus.gov/ency/article/002977.htm>]

Facelift [<https://medlineplus.gov/ency/article/002989.htm>]

Facelift - series [https://medlineplus.gov/ency/presentations/100186_1.htm]

Forehead lift [<https://medlineplus.gov/ency/article/002990.htm>]

Forehead lift - series [https://medlineplus.gov/ency/presentations/100020_1.htm]

Liver spots [<https://medlineplus.gov/ency/article/001141.htm>]

Wrinkles [<https://medlineplus.gov/ency/article/003252.htm>]

Related Health Topics

Botox [<https://medlineplus.gov/botox.html>]

Sun Exposure [<https://medlineplus.gov/sunexposure.html>]

The primary NIH organization for research on *Skin Aging* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>]

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