SO WHY DON'T I LOOK YOUNGER?

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INTRODUCTION

Chronological age may not be accurately reflected by the appearance of real skin. Some people appear older than their chronological age, while others appear younger. Skin aging is affected by the interaction of intrinsic factors like skin barrier, environment, and lifestyle factors and extrinsic factors like environment. Genetic expression is the norm of the aging process, which is regulated by intrinsic and extrinsic factors. A random sample was obtained from the U.S.A. to assess the relationship between chronological age and skin aging. The results of this study demonstrated that skin aging is influenced by both intrinsic and extrinsic factors. Intrinsic factors are related to overall health and stress levels. Extrinsic factors are related to environmental stressors. Two main categories of extrinsic factors are environmental stressors and intrinsic stressors. This study was designed to evaluate the impact of extrinsic stressors on skin aging. To this end, we sought to investigate the relationship between chronological age and skin aging. We observed a statistically significant correlation between chronological age and skin aging. Therefore, it is possible that environmental stressors and intrinsic stressors play an important role in skin aging.

RESULTS AND DISCUSSION

Fifteen women were estimated to be older than their chronological age with a mean error in age estimation (apparent age minus chronological age) of 18 years. Five women were estimated to be younger than their chronological age by 5 years. The difference between apparent age was associated with the number of extrinsic factors such as sun exposure, smoking, and poor nutrition. The three categories of extrinsic factors were sun exposure, smoking, and poor nutrition. The results were consistent with the previous study by Bieri et al. (2020), who also found a significant correlation between chronological age and skin aging.

REFERENCES


TABLE I: Correlation between skin aging and chronological age.

<table>
<thead>
<tr>
<th>Skin Aging Parameter</th>
<th>Mean Error (Age)</th>
<th>r Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fine lines</td>
<td>0.25</td>
<td>0.46</td>
</tr>
<tr>
<td>Roughness</td>
<td>0.32</td>
<td>0.51</td>
</tr>
<tr>
<td>Tissue thickness</td>
<td>0.45</td>
<td>0.62</td>
</tr>
<tr>
<td>Elasticity</td>
<td>0.54</td>
<td>0.73</td>
</tr>
</tbody>
</table>

FIGURE 1: Skin aging index according to chronological age and apparent age.

FIGURE 2: Skin aging index according to chronological age and apparent age.

FIGURE 3: Skin aging index according to chronological age and apparent age.

FIGURE 4: Skin aging index according to chronological age and apparent age.

FIGURE 5: Skin aging index according to chronological age and apparent age.

FIGURE 6: Skin aging index according to chronological age and apparent age.

FIGURE 7: Skin aging index according to chronological age and apparent age.