



ANTI AGEING ASPECTS AND ITS SEEKING BEHAVIOUR IN URBAN GERIATRIC POPULATION

Dermatology

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The golden quote on aging -“Ageing has an wonderful beauty and we should have respect for it by Eartha Kitt” has lost its significance as the actual reflection of old age has changed to “*I'm not old , I'm just young for a long time*” The demographic profile worldwide has shown greater proportion by geriatric population . The elderly people contribution to the society in terms of economy as well research purpose is growing broad due to better health care offered to improve the life expectancy as well as decreasing the morbidity.^[1-2] Ageing is an ineluctable , continuous process which can be masked or delayed at cutaneous level by numerous aspects both invasive and non –invasive. The major changes attributed by general population as signs of ageing are wrinkling, diffuse hair loss and unwanted fat accumulation.

These conditions have brought the following techniques to upfront in aesthetic medicine like the body contouring techniques that has a wide range of starting from procedures for fat reduction techniques including cool sculpting, liposuction to chemical fillers and injectable botox for filling the deflated facial zones .Derma fillers has become patient's preference for rejuvenation process. With the new fillers being introduced in cosmetic market every year, this field of fillers has become the most promising evolving field in aesthetic world. The type of fillers, the level of penetration and its longevity depends on the patient preference, doctors expertise and cost preference by the patient. The other aesthetic fields of interest by geriatric population is combating wrinkling with newer techniques like fractional radiofrequency resurfacing systems which uses laser infused fibres along with tightening of skin with non ablative radiofrequency systems has been promising since the downtime is minimal for the patients. The major contributor of beauty being hair , which once lost has documented to have a serious psychological impact on the patients which creates an alarm of ageing within them driving the geriatric population to seek help. Hair transplantation of allograft usage from donor area has satisfied the thirst of patients with diffuse hair loss.

The free radical theory has been considered as an important contributor of cellular ageing which has brought the topical and systemic intake of antioxidants into spotlight Apart from the less invasive cosmetic procedures , regular intake of anti-oxidants rich in glutathione and vitamin E supplements with adequate awareness about the hydration status along with regular use of moisturizing elements rich in ceramides to combat xerosis and use of sunscreens to decrease the onset of photo ageing has been reported in studies to be better followed by geriatric patients , who have the urge to maintain an youthful skin yet have restrictions to seek definitive invasive anti ageing techniques.^[4-5]

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