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Aging in Asian skin

Aging is relentless process that affects all cells, tissues, organs and organisms, diminishing homeostasis and increasing organism vulnerability. Aging at molecular levels results from increasing entropy that exceeds repair and turnover capacity - a process called “Molecular Fidelity”. Aging is a dynamic, biological process of tissue involution and evaluation. Aging results from both extrinsic and intrinsic factors and may related to ethnic, variation given innate difference in skin composition due to racial and ethnic background. We reviewed publications through PubMed search and textbook chapters. Aging is a multidimensional process including volumetric change, migration of fat pads, absorption of bone, changes in SMAS and extrinsic reflections of environmental factors on skin. For any type of skin, signs of aging maybe dark spots, loss of elasticity, loss of volume and rhytides. Skin of color has many characteristics that make its aging process unique. Aging consists of changes of facial rheology e.g., Volume deflation, jowl that appears with aging, has been thought in past to represent descent of that part of the jaw line, in reality entire jawline recedes superiorly to expose the jowl, its volumetric deflation rather than a descent. Asian skins manifest differently in aging than Caucasians. Increased concentration of melanin in skin makes them more prone to depigmentation – on a positive note, more compact dermis makes facial lines and wrinkle less visible. We need to be aware of differences of biology of Asian skin and clinical approach to aesthetic management of Asian skin. Recognizing the unique characteristics of Asian skin allows physicians to optimize cosmetic results and ultimately to a successful rejuvenation of Asian skin. Aesthetic doctors and Lasers practitioners must be aware of photo damage in Asians and understand the risk of post- inflammatory hyperpigmentation associated with various therapeutic modalities.

Biography

Zeenat Meraj completed MBBS from the most premier medical school of Bangladesh in 1983 Dhaka medical college (DMCH). She was awarded JICA scholarship and completed her Diploma from Institute of Dermatology, Bangkok in 1997. She then successfully passed her membership (MCPS) from Bangladesh College of Physicians & Surgeons (BCPS) and went on to get her Fellowship (FCPS) from the same institution. She has 15 publications in national and international journals. At present she is holding following positions: Senior Consultant of Centre for Specialized Care and Research, Chittagong, Bangladesh. Examiner of Dermatology at BCPS. Member of EADV and American Academy of Dermatology. Fellow Royal College of Physicians of Glasgow. The country Co-coordinator of SAARC Association of aesthetic Dermatology. President of Aesthetic Dermatology Society of Bangladesh (ADSB). Gearing up for first international conference of ABSB “Aesthetic Bangladesh: Breaking Boundaries” on 22nd November with 16 International faculty.

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