

PHOTOAGING

WHAT IT IS

Photoaging is premature aging of the skin caused by repeated exposure to ultraviolet radiation (UV) primarily from the sun, but also from artificial UV sources. Photoaging is different from chronological aging, as the damaging effects of UV rays from the sun (or artificial tanning sources) alter the normal structures of the skin.

APPEARANCE

Photoaging appears on the most visible parts of the body — face, neck and back of the hand. These areas often receive significant sun exposure. In women, the exposed upper chest is another area where photoaging is seen. The lips can also show signs of excessive sun damage.

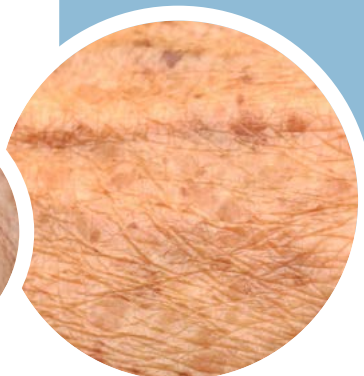
SIGNS OF PHOTOAGING

- **Spider veins** on the nose, cheeks and neck.
- **Freckles** are an early sign of sun damage and also an indicator of sun sensitive skin.
- Pigmented spots that never disappear, often seen on the shoulders, face or hands, are called **solar lentigines** (age or liver spots).
- General **loss of skin tone** in sun-exposed areas.
- **Wrinkles** around the eyes and mouth increase in number and become deep creases; forehead frown lines set in and are visible when not frowning.
- Red, rough scaly spots called **actinic (sun-related) keratoses** may appear; these may be precancerous and require treatment.

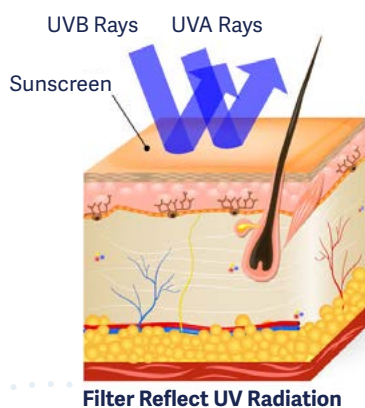
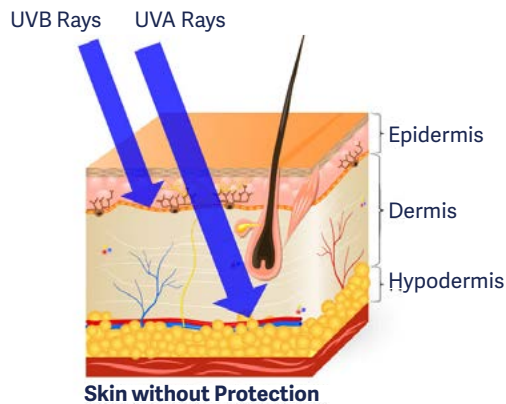


RISK FACTORS

Your skin type and the amount of unprotected UV exposure you get will determine your risk. Fair-skinned people with blond or red hair and skin that usually burns with sun exposure are at greatest risk. Those who spend a lot of time in the sun through outdoor work or recreation also fall into the high-risk group. Darker-skinned people show fewer signs of obvious photoaging, although the skin can become mottled and there may be some wrinkling.



UV Penetration into the layers of the skin



TREATMENT

Prevention is the best treatment for photoaging.

TIPS TO PREVENT PHOTOAGING INCLUDE:

- Protect skin as best as you can while outside, especially between 11am and 3pm when the sun's UV rays are strongest.
- Seek shade whenever possible, including from trees, shade coverings, buildings, etc.
- Wear clothing that covers as much skin as possible, and broad-brimmed (at least five-inch-wide) hats.
- Consult Environment Canada's UV Index daily reports, and take appropriate precautions based on predicted UV levels.
- Avoid outdoor tanning. Do not indoor tan.
- Sunscreen should be worn daily and not just at times of significant sun exposure.
- Wear a broad-spectrum sunscreen (minimum of SPF 30) that protects against UVB and UVA. Reapply after swimming or heavy exertion.
- Use cosmetics and skin products that contain SPF 30. These should be used in addition to a broad-spectrum sunscreen.
- Apply an SPF 30 lip balm.
- Look for the Canadian Dermatology Association's Sun Protection Program logo. Products displaying the logo have gone through testing to ensure that they are skin-friendly and SPF 30 or above.

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TREATMENT OPTIONS TO MINIMIZE VISIBLE SIGNS OF AGING

There are various treatments available for sun-damaged skin, including injections of botulinum toxin, dermal fillers, laser treatment, dermabrasion and chemical peels. There are also some skin preparations that can help restore skin to a more youthful appearance (for example, retinoids - Vitamin A preparations).

A Certified Dermatologist can help you decide which treatment regimen will work best for you.



Additional information on Photoaging is available online.

DERMATOLOGY.CA



All content for this brochure was developed independently by Canadian Certified Dermatologists.