

**Q:** I've noticed fine lines around my eyes and on my forehead which I never used to have until a couple of weeks ago. I don't like wearing sunscreen because I like to get a tan. How can I help erase these wrinkles?

**A:** Protection from the sun is vital! Exposure to ultraviolet light, UVA or UVB, from sunlight accounts for 90% of the symptoms of premature skin aging including wrinkles. There is no compromise. The most important skin-care product available to prevent wrinkles is sunscreen, but most people do not use sunscreen correctly. Important factors to consider with sunscreen use are the spectrum of UV radiation absorbed, the amount of sunscreen applied, and the frequency of application.

The sun gives off ultraviolet (UV) radiation that we divide into categories based on the wavelength. UVC radiation is absorbed by the atmosphere and does not cause skin damage. UVB radiation affects the outer layer of skin, the epidermis, and is the primary agent responsible for sunburns. UVA radiation penetrates deeper into the skin and works more efficiently

A tan is a sign that there is irreparable damage being done to your skin. In spite of the evidence that tans are damaging to the epidermis, the media continues to portray glowing good health as an unnatural brown tan. The Ultraviolet light that we are exposed to every time we go into the sun exposed us to damaging rays. Sun exposure caused the skin to wrinkle in the following ways:

*Breakdown of collagen:* Collagen is the skin's supporting structure.

*Breakdown of elastin:* Elastin gives the skin resilience and bounce.

*Loss of hyaluronic acid:* This substance holds water, which give the skin its volume.

*DNA Damage.* DNA Damage causes the skin cells to go awry, which causes cancer.

*The disintegration of the enzymes;* necessary for the production of the components of skin cells.

*Creation of free radicals*

### *Inhibition of the natural repair mechanisms of the skin*

Tanning is the skin's defence against UV Rays. When ultraviolet light hits the skin it increases the production of pigment. In addition to tanning the skin, the UV Rays worsen melasma and causes sun spots.

My sunscreen of choice is the Danne transdermal sun block which contains UV reflectors and absorbers and remains the primary agent in defence against the destructive power of UV rays. It stays on the skin after swimming and is suitable for all skin conditions.

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