

Global Summit on **GERIATRICS & AGING**

April 18-19, 2023 | Webinar

Gerontological skin changes**Mezentsev Yury***Belgorod Research University, Russia*

Gerontological skin changes are an inevitable process that can be slowed down by cosmetic procedures, but not completely stopped. However, there are several key reasons for such changes. First of all, age-related changes in the skin are associated with irreversible genetic processes that are programmed in the DNA code. This process is called natural aging or chronoaging. The essence of the changes lies in the fact that the stratum corneum of the skin becomes thicker, while the rest of the words become much thinner.

Another reason for gerontological changes in the skin is that the body wears out due to various diseases, stress, and other negative health effects. Changes can be both internal and external; internal causes include. Internal aging of the skin leads to histological changes in each layer, including flattening of the border located between the epidermis and dermis, the papillary dermis layer disappears, the number of Langerhans cells and melanocytes decreases, atrophy of the dermis gradually increases and the number of fibroblasts decreases, elastic fibers in the dermis atrophy. Bad habits also negatively affect the condition of the skin, especially such exogenous factors as: UV radiation, sun, frost, wind. When exposed to them, the skin becomes rough and thinner, scientists believe that gerontological aging of the skin is influenced not so much by aging as by exposure to ultraviolet rays. Aging with external exposure to the skin is characterized by such histological changes as: elastosis, hyperproduction of abnormal elastic fibers, an increase in the number of mast cells, histiocytes and fibroblasts.

Today, the importance of further study of the substrate of age-related changes in the skin - its structure is obvious. However, information on age-related changes in the skin still remains fragmentary and limited in relation to specific quantitative characteristics.

Biography

Yuri Mezentsev, dermatologist, cosmetologist, graduated from the Belgorod Research Institute in 2006, graduate student of the National Research University, founder of the thread lifting school Mezentsev School, chief physician of the cosmetology center "Body Revolution", Moscow. A practicing cosmetologist, study human aging in the context of skin aging manifestations.