



Stress – hidden factor, which caused skin disorders and ageing

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Abstract:

Stress - it's a hidden factor which can cause skin disorders and premature ageing. These days organic food, healthy lifestyles, fitness, aesthetic procedures and skincare products are all the rage.

There's a wealth of information available from more sources than ever before, with the magazines of previous decades dwarfed by the amount of content on social media. Despite this, the number of people with skin disorders hasn't gone down. Why?

Many factors can impact the condition of our skin: Age, Genes, Hormones, Food intolerances, Climate, Lifestyle and diet, Skincare regime, Drugs (inc alcohol, cigarettes, narcotics). In the last five of my twenty years working in skin care, I've focused more on patients with rosacea and premature ageing problems. These clients generally lead healthy lifestyles, with strong skincare routines and organic diets complemented by supplements. When I ask them how they would rate their stress levels from one to ten, most say about nine. If we're under stress for a long period, it affects our health. We produce too much cortisol (a stress hormone), which prompts skin to produce excess sebum, leading to acne.

Emotional stress is the most common trigger for rosacea flare-ups. Signs and symptoms of flare-ups can exacerbate stress, as the redness on the face can be very difficult to hide. Stress has more than its obvious mental affect, and takes its toll physically too. Cortisol breaks down collagen, and the more stress we are under the more we produce. This, combined with the tensing up that subconsciously occurs when we are stressed, means that skin cells become unable to rebuild collagen and elastin.



Biography:

Joanna Magerramow completed her master's degree in teaching in 2001. In 2005 she completed a bachelor's degree in cosmetology and health promotion. Since 2000 she has worked as a skin specialist with elite dermocosmetic businesses such as Vichy, La Roche-Posay, Avene and Galenic. In 2002 she took part in a nationwide competition about skin knowledge, taking third place.

Publication of speakers:

1. Joanna et.al, Journal of Clinical & Experimental Dermatology Research ISSN: 2155-9554 | Volume: 11, 2020

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