

Aging

As we grow older our skin starts showing signs of aging. Skin changes are among the most visible signs of aging. Skin changes are related to environmental factors, genetic makeup, nutrition and other factors. The biggest single factor is sun exposure.

Epidermis changes: With aging, the outer skin layer (epidermis) thins, and the number of pigment-containing cells (melanocytes) decreases. Aging skin thus appears thinner, dull and paler. Age spots (pigmented spots) may appear in sun exposed area.

Connective tissue changes: Strength and elasticity of skin reduces which leads to sagging of skin.

As you age, the sebaceous glands produce less oil which makes the skin dry and itchy

Growths such as skin tags, warts and other blemishes become more common as we get older.



Aging changes in hair:

Hair color- This is one of the earliest and clearest signs of aging. Melanin is the pigment which gives color to the hair. It is produced by hair follicles. With aging, the follicle makes less melanin which leads to graying.

Scalp hair often starts graying in the 30s and usually starts at the temples and extends slowly to the top of the scalp. Hair color becomes lighter, eventually turning white.

Hair thickness- As we age, hair strands become thinner. So the thick, coarse hair of young adult eventually becomes thin, fine, light-colored hair.

Nail Changes:

As we age, there are changes in our nails also. Their growth becomes slow and they may become dull, brittle, yellowish and opaque. Toenails may become hard and thick and tips of fingernails may fragment. Lengthwise ridges also develop in the fingernails and toenails.



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