

L V B X

M A G A Z I N E

(<http://lvbxmag.com/>)

JANUARY 23, 2017

ON KEEPING SKIN
YOUNG AND
HEALTHY
LOOKING



Dr. Supriya Tomar of **Supriya Dermatology**(<http://supriyamd.com>) on keeping skin young and healthy looking as we age.

What is the one thing we can be doing daily to tackle the first signs of aging? We should all be wearing sunscreen every day. Every single day with no exceptions! There are several skincare products that you can also implement in your daily routine to tackle the signs of aging. I suggest retinoids and adding antioxidants negate the effects of any UV radiation.

Is there a particular routine treatment or product you recommend to your clients? While it depends on each individual patient, I always recommend that we start by looking at what preventative measures can be implemented, then we address any corrective treatments that can be performed. Generally speaking, as a preventative measure, a patient in their 20s could consider beginning Botox treatments, keeping fine lines and wrinkles at bay to prevent them from forming and becoming etched into the face. The Fraxel resurfacing laser is also a treatment that I recommend once a year for preventative care and more than once a year for corrective benefits. Once a patient is in their 30s, they will begin to notice more lines and wrinkles because after the age of 25, our bodies naturally produce 1% less collagen each year. The Fraxel laser stimulates your bodies own natural healing process to produce higher levels of collagen and results in a more even tone and healthy glow.

Is there a reoccurring skin-related concern you see among your patients? We are based in South Florida, so naturally, issues caused by sun damage are the most common. We often discover skin cancer, age spots and sunspots in patients as early as their 30s.

How does our approach to skincare change in our 20s versus our 50s? I think it's important to understand how your skin changes as you age, so you know what to expect and you are educated on how to treat it. In your 20s you can begin to incorporate Retina-A, a vitamin A derivative that speeds cell turnover, clears acne, evens out skin tone, and minimizes fine lines and wrinkles. As you get older, it is best to gradually add additional moisturizers because as you age, your body produces less oil and therefore, less moisture.

Aging is inevitable and we naturally tend to take a closer look at our skincare regimen when we are older and observe these changes happening to our bodies. The most effective solutions to our aging concerns is prevention and we can all start paying more attention right now.

What are some of the non-surgical treatments you utilize to rejuvenate skin and reverse aging, and why do you prefer these methods? The field of dermatology is constantly innovating, and there is a new procedure that I'm particularly excited

about— it's called a Profound® Non-Surgical Facelift. The procedure uses thermally regulated and fractionated radiofrequency-controlled needles, which are inserted into the patient's problem areas to induce lifting and tightening of the skin. This methodical yet precise process adds volume and tone to the skin via the production of hyaluronic acid and elastin and collagen fibers. Thus far, there has been a 100% response rate and incredibly high satisfaction rates.

What are the best ways to protect against skin cancer? Are there any particular signs to look for to indicate the potential for skin cancer? Try to avoid the sun from the hours of 10 – 2 and if you cannot avoid it, be sure to reapply your sunblock every 2 hours. A broad spectrum sunblock that protects against UVA and UVB rays is ideal and if you want physical protection, opt for zinc and titanium oxide. Also be sure to check for new or changing moles at home and should you find one, call your dermatologist and make an appointment. And of course, regular yearly visits are the best way to prevent problems down the road.

Is there any new technology within the field you're especially excited about, and why: I am excited about all of the new technology in general – it seems that every year brings noteworthy advances! Dermatology is really changing the way that people are taking control of their aging process. There are many non-surgical treatments that can easily fit into any lifestyle. Less patients are seeking drastic changes and in this day and age, patients are looking for instantaneous results. These procedures and treatments offer minimal risk, less recovery time and natural-looking results, especially compared to many other invasive surgeries. One day, facelifts may even be a thing of the past!



(<http://i1.wp.com/supriyamd.lvbxbmag.com/wp->

[content/uploads/sites/326/2016/12/DrTomar1.jpg](http://i1.wp.com/supriyamd.lvbxbmag.com/wp-content/uploads/sites/326/2016/12/DrTomar1.jpg)) *Supriya Tomar, MD, is a board certified and fellowship trained dermatologist. Dr. Tomar is a fellow of American Academy of Dermatology, American College of Mohs Surgery, American Society of Dermatologic*

Surgery and American Society of Laser Medicine and Surgery. She is among the busiest injectors and is recipient of the platinum award from Allergan, Medicis and Reliant technologies.

Comments

0 comments

0 Comments

Sort by Oldest



Add a comment...

Facebook Comments Plugin

Share this:



Share 7

Email (<http://lvbxmag.com/2017/01/23/on-keeping-skin-young-and-healthy-looking/?share=email&nb=1>)

Tweet

Related

[Feminine Health from the Inside Out](http://lvbxmag.com/2016/12/05/feminine-health-from-the-inside-out/) [LVBX Magazine](http://lvbxmag.com/2016/12/05/feminine-health-from-the-inside-out/d_pby5tlzs-sokoloff-lingerie-2/) (http://lvbxmag.com/2016/12/05/feminine-health-from-the-inside-out/d_pby5tlzs-sokoloff-lingerie-2/)

Similar post



[Better Looking Skin as We Age](http://lvbxmag.com/2016/08/24/better-looking-skin-as-we-age/) (<http://lvbxmag.com/2016/08/24/better-looking-skin-as-we-age/>)

[Better Looking Skin as We Age](http://lvbxmag.com/2016/08/24/better-looking-skin-as-we-age/)

<http://lvbxmag.com/2016/08/24/better-looking-skin-as-we-age/>

[In "Beauty"](http://lvbxmag.com/2016/08/24/better-looking-skin-as-we-age/)



[The Truth About Adult Acne](http://lvbxmag.com/2016/09/29/the-truth-about-adult-acne/) (<http://lvbxmag.com/2016/09/29/the-truth-about-adult-acne/>)

[The Truth About Adult Acne](http://lvbxmag.com/2016/09/29/the-truth-about-adult-acne/)

<http://lvbxmag.com/2016/09/29/the-truth-about-adult-acne/>

[In "Beauty"](http://lvbxmag.com/2016/09/29/the-truth-about-adult-acne/)