

Dermatology and Cosmetology

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Stress and aging**Emma Coleman**

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37% of Brits feel stressed for one full day weekly and up to nine days each month with women 17% more likely to experience these feelings than men. There is much evidence to suggest that both acute and chronic stress directly impacts skin's ageing processes, caused by hypothalamic-pituitary-adrenal axis disruption, leading to neurogenic and inflammatory response triggers at skin level. Additionally, skin actively participates in the body's stress response. In this article I will define and discuss the different types of stress and ageing, provide evidence to support how physiological stress responses cause telomere shortening and disrupt mitochondrial, mast cell and fibroblast function, and how these changes accelerate specific ageing processes. I will also discuss common signs of stress I see amongst my clients, why and how it is important to spot these, plus considerations for clinic treatment plans. The main, clinical symptoms of skin ageing are wrinkle formation, hyperpigmentation and loss of elasticity and causes can be classified into two categories: Intrinsic- ageing from natural, physiological changes over time, usually genetically pre-determined. Extrinsic – influenced by UVA and UVB, chemical and pollution exposure, repetitive muscle movements, diet, sleep and overall health. The modern view of emotional stress encompasses both internal and external factors. I found a couple of useful definitions for the benefit of this article: "Stress is our body's response to pressures from a situation or life event, if our stress response is activated repeatedly or it persists over time, the effects can result in wear and tear

on the body." Also stress is a particular relationship between the person and the environment, appraised by the person as taxing or exceeding his or her resources, endangering his or her wellbeing. The three most commonly reported UK stress triggers are financial concern, work and health worries. Stress varies largely based on an individual's perception of what is stressful and their perceived abilities to cope, but when stress exceeds the body's ability to respond, system damage can result. The classification of stress is two-fold: External Stress – caused by situations arising around us, often beyond our control such as employment or family changes and trauma. Internal Stress – where inner thoughts and feelings crowd the mind, leading to feelings of sadness and anxiety, unrealistic expectations, uncertainties and esteem issues.

Speaker Biography

Emma Coleman qualified in General Nursing in 1996 and went onto study Dermatology at the University of South Wales, gaining a Distinction at Diploma level before specialising in cosmetic procedures and non-surgical facial rejuvenation in London. She also holds qualifications in complementary therapies, incorporated into her facial treatment menus, emphasising her passion for bridging the gap between medical and holistic approaches. With this in mind, she believes that aesthetic treatments such as wrinkle smoothers, dermal fillers and facials are more effective when the skin is nourished through diet and skincare, and has developed her own line of natural products.

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