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## **Anti-Aging Starts with Protecting Collagen and It Is Never Too Early to Start**

TAMPA, Fla. – Dec. 1, 2017 – It is hard to go 24 hours these days without seeing some sort of advertisement for anti-aging. From fancy face creams to BOTOX® treatments, everyone is chasing the fountain of youth. However, one of Tampa's top facial plastic and reconstructive surgeons says keeping a youthful appearance all goes back to a set of proteins that provide strength and elasticity to our skin, collagen

“Skin aging is a fact of life. Everyone is going to face it at some point or another. However, to understand how it works it's important to understand the basics of the skin. Collagen is what makes your complexion firm, plump, and more youthful. The protein makes up about 80 percent of the dermis,” says Janet I. Lee, M.D., F.A.C.S., a Facial Plastic & Reconstructive Surgeon with Florida E.N.T. & Allergy.

When skin is healthy, it automatically repairs on its own and creates new collagen. That in turn keeps your skin looking smooth and young. However, things like UV rays, smoking, pollution, and even stress can wreak havoc on those collagen fibers, causing skin to thin. That's where fine lines and wrinkles come in.

“The enzymes that make collagen get worn down as you age because of excess sun exposure and damage. Wrinkles and sagging are produced when collagen is weak. Make an expression, and it creates a crease. When collagen is strong your skin bounces right back. But when it is weak, repeated movements cause permanent creases,” said Dr. Lee.

So, what can you do to combat this effect? Here are the top three tips:

- 1) **Wear Sunscreen.** If you protect collagen from sun damage and shore up that skin layer while you are young, you will have less of a battle down the road. Wearing sunscreen every day is your number one collagen protector. It takes only two short exposures to UVA rays (that's two hours of strong sun over the course of two days) to start to degrade collagen. Use a broad-spectrum SPF 30 or higher.
- 2) **Get regular exercise and keep a healthy diet.** Anything that increases oxygen and blood flow, such as exercise, will supply collagen and make your skin healthier. Antioxidant-rich fruits and veggies also protect collagen.

- 3) Try a serum. The best serums incorporate vitamins, antioxidants, growth factors and peptides. There are the building blocks to boost your skin's natural regenerative properties.

For more information about Florida E.N.T. & Allergy call (813) 879-8045.

**About Florida E.N.T. & Allergy:**

The physicians of Florida E.N.T. & Allergy have served the Tampa Bay community for over 40 years. From pediatric allergies to fitting hearing aids, our caring and experienced physicians specialize in ear, nose and throat care for the entire family using comprehensive, cutting-edge technologies.

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