What is Photoaging?

Did you know that many of the common signs of aging can be avoided? Over time, our skin loses its elasticity and wrinkles, fine lines and age spots can appear making us show our age. Some of these are unavoidable, but many of the signs of aging are directly related to sun exposure and, if you properly protect your skin from the sun, can be reduced. The process of aging due to sun exposure is known as photoaging.

The skin is composed of three different layers: the epidermis, or outermost layer, the dermis, or middle layer, and the subcutis, or bottom layer. The middle layer contains collagen, elastin, and other fibers that support the skin’s structure. It is these elements that give skin its smooth and youthful appearance—and that are damaged by UV radiation (UVR). Chronic and repeated sun exposure can cause damage to the skin such as age spots that are small bit of pigmentation that doesn’t go away. They typically appear on the hands, arms, face and back. The best way to prevent signs of photoaging is to be diligent in protecting your skin from the sun. This means wearing sunscreen 365 days a year and covering up to avoid the potential for sun burn.

Source: