



INFLAMMATION AND SKIN AGING



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Dr. Charlene DeHaven is board-certified in Internal Medicine. Over the past 19 years, her professional activities have focused on improvements in skin aging and development of scientifically based skincare products. Dr. DeHaven has extensive media experience and has published and lectured worldwide on wellness, skin health and age management.

Inflammation is usually considered to be part of a skin disease, such as rosacea or acne – and it certainly is. However, ongoing inflammation affects every decline in skin health and is an important driver of skin aging. If inflammatory processes could be decreased – and they can! – then aging could be slowed, skin health would improve and beauty would increase.

Not only is inflammation present when it is obviously seen as redness, warmth, discomfort and swelling but it is also present, whether visible or not, during aging. Furthermore, stress from any cause is quite inflammatory. Inflammation accelerates aging and so much so that a new word was coined by scientists and doctors to describe this close connection – “inflammaging”. Inflammation and aging are so closely tied together that they can be spoken of as a single word.

Older persons have more inflammatory markers in their blood stream compared to younger persons. This is known to be true because these levels have been measured in large numbers of people. For those of the same age, persons with healthier skin and a healthier body have lower levels of inflammation compared to those with a less healthy skin or body. Even in groups of people of the same age and with the same medical problem – such as diabetes, for example – diabetics under good control have fewer circulating inflammatory molecules than diabetics whose disease is under poor control. These levels also predict how rapidly health will decline unless interventions are taken.

Every individual can do a great deal to decrease their personal level of inflammation. Some oral supplements decrease inflammation in the body –

curcumin, for example. Some actions decrease the body’s molecules that communicate stress and encourage inflammation in the skin and other tissues – like meditation, yoga, mindfulness training and exercise. Topical skin care products of excellent quality reduce the skin’s inflammation and improve skin aging. Many life style modifiers working through epigenetics also positively impact the inflammatory process; some of these include diet, exercise, smoking cessation, stress reduction, social connection, spirituality and a positive outlook on life.

Many ingredients in skin care products reduce Inflammaging. Some of these include [ADVANCE+](#)® Vitamin C, olive leaf extract/oleuropein, Vitamin E, Vitamin A, antioxidants and Centella asiatica. All botanicals in [iS CLINICAL](#)® products have antioxidant ability and double as anti-inflammatories. Using sunscreen lessens inflammation and decreases the risk of skin aging and skin cancer. An [iS CLINICAL](#) product that is a hero in reducing inflammation is [PRO-HEAL SERUM ADVANCE+](#)®. Other skin care products in the [iS CLINICAL](#) line with excellent anti-inflammatory activity include [SUPER SERUM ADVANCE+](#)®, [EXTREME PROTECT](#)® SPF 30, [ECLIPSE SPF 50+](#), [GENEXC SERUM](#), [WHITE LIGHTENING](#)® COMPLEX and [REPARATIVE MOISTURE EMULSION](#).

Every individual has much more control over their own inflammatory processes than they may realize. All can positively impact skin aging, skin health and beauty.