



# HIS AND HER AGING CONCERNS

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## THE TRUTH BEHIND MANOPAUSE AND MENOPAUSE

by Tina Zillmann

For both men and women, aging is inevitable. Both genders suffer from hormonal changes that affect their mind, body and skin as they age. So how can skin care providers educate their clients about normal changes in the body and help slow the course of aging?

### THE AGING PROCESS

Aging is a progressive process that doesn't happen overnight. Changes in estrogen and androgens play an integral role in skin aging, and also contribute to structural changes of muscle fibers and bone density over time. Men and women both experience hyperpigmentation, laxity, lines, and wrinkles that may be improved with a combination of noninvasive or minimally invasive esthetic procedures. For skin care professionals, optimal client care is achieved with a balance of both medical and esthetic intervention.

# ♂ HIS AGING CONCERNS

When it comes to aging and weight gain, many women grumble that men have it easy. However men are indeed affected—it simply takes longer for them to experience the changes. A man's transition time from virility into andropause (also known as "manopause") can start as early as his 40s, and he may experience significant changes over a period as long as 30 years! During the gradual decline in male hormones, the onset of andropause is characterized by mood changes, erectile dysfunction, reduction of muscle mass and increase of visceral fat, decrease in bone density, and less body hair.



A man's transition time from virility into andropause can start as early as his 40s.



Not all men may experience the same combination of symptoms. As he begins undergoing mental, emotional, and physical changes, the look of his skin changes. Androgens affect the sebaceous glands, hair growth, wound healing, and overall epidermal barrier health and function.

## SUN DAMAGE

Chronic sun exposure is a leading cause of age spots and mottled skin tone, and men are two times more likely than women to develop certain types of skin cancer<sup>1</sup>. Whether or not the increased skin cancer formation is a result of a lifetime of inadequate sun exposure or a gender trait has yet to be determined.

However, men and women both experience a 10 to 20 percent reduction of melanocytes per decade as they mature<sup>2</sup>, resulting in mottled/splotchy tanning and a combination of hyper and hypopigmentation. IPL photofacials improve skin tone and reduce the red and brown pigmentation associated with sun damage. Routine peeling services and/or microdermabrasion facial treatments help maintain

the results achieved from IPL and prevent further damage when followed by a protective skin care regimen at home.

## LINES AND WRINKLES

Changes in sebum production, decreased collagen density, and photodamage can all correspond to lines and wrinkles. Emphasis needs to be placed on preventing further photodamage, and rebuilding the collagen and elastin network to help reduce the appearance of lines, wrinkles and folds. This is achieved with a beneficial combination of cosmeceutical skin care (including ingredients such as vitamin C, retinol, and amino peptides), annual laser resurfacing and routine esthetic treatments.

## DRYNESS OR FLAKES

Dry and flaking skin may not necessarily be the same concern. A professional skin analysis can help pinpoint and resolve the problem. As one ages, sebum production decreases, resulting in dry skin and poor desquamation. A regimen that balances moisture, hydration and exfoliation may help

improve dry skin and barrier function. This is especially important for men who shave regularly, as any skin damage from shaving takes longer to repair. Use a healing moisturizer with hemp, green tea, vitamin C or retinyl palmitate in your treatments and recommended home care regimen for clients with dry skin.

Inversely, men with oily skin may also experience dry, flaky skin on the face. This is most likely seborrheic dermatitis, or "facial dandruff," and not simply dry skin. It normally appears along creases of the face and/or facial hair regions. Managing the oil production with a salicylic acid based regimen may help with very mild symptoms. Topical corticosteroids, tar, or zinc can also be beneficial for moderate cases. Severe cases should be referred to a dermatologist for medical intervention. In some instances, IPL photofacials are beneficial for this condition.



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## SENSITIVITY OR ROSACEA

Skin sensitivities can develop at any age and may not be related to hormonal changes. Adhering to a simplistic regimen and avoiding any known triggers of sensitivity is important in maintaining healthy skin. Sensitivity paired with redness, acne, and/or thickening skin may be indicators of rosacea. Although women are more likely than men to develop rosacea, the side effects are usually more severe when the condition occurs in men. Management with prescription care and a beneficial skin care regimen can help keep the condition calm.

## ACNE

Men may suffer from an occasional breakout, but do not generally experience hormonal acne skin concerns like teens and women. However, certain prescriptions for mental health, tuberculosis, immunosuppressant drugs, and steroids have been known to cause acne in both men and women. In some cases, a full acne management system is necessary. Inversely, some may only need spot treatment. For acne, it is essential to perform a thorough skin analysis and consultation to help determine the best home regimen and treatment plan for each client.

# ♀ HER AGING CONCERNS



A woman typically experiences menopause symptoms in her 40s or 50s, and she most likely endures mental, emotional, and physical symptoms simultaneously. Estrogen and progesterone are the primary hormones that affect a woman before, during, and after menopause. As her body changes, so does her skin. It begins to lose its radiance and shows signs of aging. Collagen and elastin synthesis slows, sebum changes result in dry skin and acne, and extrinsic causes of aging become more prevalent. Both esthetic and medical intervention may be necessary to help manage her symptoms.

## DRY, AGING SKIN

After menopause, women experience a dramatic reduction of collagen and elastin synthesis and epidermal thickness. This contributes to dry skin, laxity, lines, wrinkles and folds.



As her body changes, so does her skin. It begins to lose its radiance and shows signs of aging.



Hormone replacement therapy for menopausal symptoms is available, but does not guarantee an improvement in the skin. Skin care professionals can create a treatment plan and home regimen to help facilitate collagen synthesis, promote an even tone, hydrate, and smooth skin texture. Lasers and IPL technology improve skin tone, texture, and encourage collagen and elastin synthesis to help restore thickness to the dermal matrix, improve laxity, and reduce wrinkles.

Menopausal women have the opportunity to take years off the look of their face with these combined tools. However, it's important to remember that an aging face is also determined by bone and muscle integrity. Medical esthetic injections help replenish lost volume and smooth muscles, or reduce the severity of expression lines.

## ACNE

You probably have a few aging female clients who take care of their skin and abide by a sound regimen, yet they suddenly develop acne.



Lasers and IPL technology improve skin tone, texture, and encourage collagen and elastin synthesis.



There is an increasing prevalence of this condition in women more than 40 years old, and it can be a challenge to treat. Acne is an internal condition, primarily influenced by androgens, excess oil, and infection. Treating a menopausal woman with dry skin and acne with an acne regimen is a mistake. She does not have oily skin. Maintain a balancing regimen to help keep her skin hydrated and protected, and add an acne spot treatment. Using products formulated for acne can increase sensitivity, and overuse may sensitize her normal to dry skin.

## ROSACEA

A woman is more likely to develop rosacea and may suffer from redness, inflammation, and broken capillaries (telangiectasia) for the rest of her life.

Maintaining a gentle skin care regimen, avoiding inflammatory triggers, and prescription care are the best means to managing rosacea. Routine light peeling and/or ultrasonic facials promote healthy skin functions while IPL treatments, performed every three months, can provide beneficial results for rosacea sufferers. IPL phototherapy is also beneficial for reducing brown and red pigmented lesions.

➤ Men and women have very similar concerns with their aging skin. Although a man's skin is thicker, oilier, and may seem more resilient, he is not immune to hormonal aging concerns—it just takes longer. After menopause, on the other hand, a woman may feel as though she's aged overnight. Hormonal changes and the aging process may not currently be stopped or reverted to their youthful vigor, but, as skin care professionals, we can help every man and woman achieve their best look and improve the health of their skin. ■

1. Cancer Treatment Centers of America, "Skin Cancer Risk Factors." <http://www.cancercenter.com/skin-cancer/risk-factors/>

2. R.A. Norman, E.M. Young, Jr (2014). "Atlas of Geriatric Dermatology," Springer-Verlag, London: 3. DOI 10.1007/978-1-4579-0\_1



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