

Los Angeles Dermatologist Dr. Umar: Tips to Promote and Maintain Healthy Skin

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Feb. 4, 2010 - [PRLog](#) -- Good skin care and healthy lifestyle choices can help delay the natural aging process and prevent many potential skin problems. In addition, proper skin care after and between cosmetic surgery treatments is vital for achieving your desired results and maintaining a healthy, beautiful skin.

The most important way to take care of your skin is to protect it from the sun. Too much sun exposure to your skin can cause wrinkles, freckles, age spots and rough, dry skin. Sun exposure can also cause serious problems, such as skin cancer. You should also avoid smoking because it will make your skin look older, age faster, and contribute to wrinkles. This happens when you smoke because smoking narrows the tiny blood vessels in the outermost layers of skin, which decreases blood flow. This depletes the skin of oxygen and nutrients, such as vitamin A, that are important to skin health. Smoking also damages collagen and elastin, which are the fibers that give your skin its strength and elasticity. In addition, the repetitive facial expressions that are made when smoking, such as pursing your lips when inhaling and squinting your eyes to keep out smoke, may also contribute to wrinkles. The most basic skin care regimen is cleansing and moisturizing your face; however, too much cleansing and shaving can take a toll on your skin because it can also strip the skin of natural oils that are important to keeping it healthy.

A healthy diet can also help you look and feel your best. Eat plenty of fruits, vegetables, whole grains and lean proteins, and drink plenty of water. The association between diet and acne isn't clear, but research suggests that a diet rich in vitamin C and low in fats and carbohydrates may promote younger looking skin. Try to decrease the amount of stress in your life. Uncontrolled stress can make your skin more sensitive and trigger acne breakouts and other skin problems. Your immune system is weakened by stress and you become prone to disease. To encourage healthy skin, and a healthy state of mind, take steps to manage your stress. Getting enough sleep and frequent exercise can relieve stress, and it should already be an activity that you should include in your daily or weekly routine. For more information and tips from board certified Los Angeles dermatologist Dr. Umar, please contact FineTouch Dermatology in Los Angeles at (310)318-1500, or visit <http://www.finetouchdermatology.com>

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At FineTouch Dermatology, our mantra is to reveal to the world the best you can be physically, using only the most minimally invasive state of the art techniques. The result you get is very significant but yet subtle without the usual “surgical look” that attends older techniques. To achieve these goals, Dr. Sanusi Umar draws from his extensive skill and the use of the technology and science some of which he pioneered.

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