

# Hands as a Marker of Youth Make Them Glow!

■ Now that you have begun to take care of the skin on your face, upper chest, shoulders, back and even your legs, the question arises of what to do about those aged-looking hands?

With their veins protruding and spots about, your hands can be a window to your true age, even if your face belies it. Every time you go out to a party with friends, an important dinner, or a date with your significant other, your hands are often one of the areas of your body that is most visible besides your face. Why not make them shine like the rest of you does? Fortunately, we have come a long way in the cosmetic treatment of the aging hand. Here, I'll tell you what you can do about it. These suggestions go for the men who may be reading this too!

## Remove Spots

One of the first things you may want to do is rid your hands of unsightly age or sun spots. The best way to do this is with Intense Pulsed Light treatments. Using a light-based device or a laser, the spots can be safely and quickly eliminated, sometimes with only one treatment. In other cases, a series of two to four treatments may be needed to remove resistant spots. In either event, the skin of the hands will be smoother with improved texture and tone. Go to [www.dermandlaser.com/proc\\_rejuvelux.php](http://www.dermandlaser.com/proc_rejuvelux.php) to view an example of how the hands can look after Intense Pulsed Light Treatments.

## Hide Veins

Another obvious giveaway to the age of a pair of hands is the presence of visible veins. As the skin ages, it becomes thinner with less fat present below the skin, especially on the hands. Thinning results in prominent veins that make the hands look old as well as skin that takes on a darker color that does not match other parts of the body. The best way to treat this is to use Radiesse, a calcium-based filler we know has proven benefits when treating the folds between the nose and mouth and below the mouth.

When used in the hands, Radiesse results in an almost immediate improvement in the appearance. The veins become much less noticeable and the skin looks thicker. Also improved is the color match to the surrounding skin. Today, Radiesse has revolutionized how we treat the hands. The treatments are fast, easy to tolerate and safe (when performed by an experienced injector). The photos in this article tell the tale. Depicted is a person

with one hand treated, but before treating the second hand to demonstrate the improvement that can be achieved. It is always important to remember that fillers are not a commodity. While many may offer fillers at reduced prices, you may wish to find the most experienced physician injector to perform your treatment. While no treatment is without potential side effects, experience and technique count with fillers. There are many nuances that must be considered to provide you with the best possible result.



## Smooth and Maintain Skin

Once you have had your hands rejuvenated with light or laser treatments and fillers, it is time to take care of them so they can continue to look their best. Of course, I would be remiss without saying that it is important to protect your new hands from the sun and wear and SPF30 sunscreen daily. Re-apply it frequently. Additionally, you may want to consider the use of some selected cosmeceutical topical products. The best ones to use are vitamin C-based products, growth factor-based products and vitamin A-based products. Used in combination, these have proven benefits to the skin in repairing damage to the building blocks of

the cells or DNA. DNA damage promotes skin cancer and aged skin. Additionally, these products cause the production of new collagen and also improve the process of cell turnover. Your physician or provider of service in your physician's office can help you select the best products for your needs.

Finally, it cannot be emphasized enough that State Medical Board guidelines call for a licensed physician to be immediately available in the office during treatments that alter the skin. This includes lasers, fillers, Intense Pulsed Light treatments and many other cosmetic dermatology services that may be offered. You may wish to look for a place for your treatments that meets these guidelines.

You are now on your way to more youthful looking hands. Give your hands the treatment they deserve! ■



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