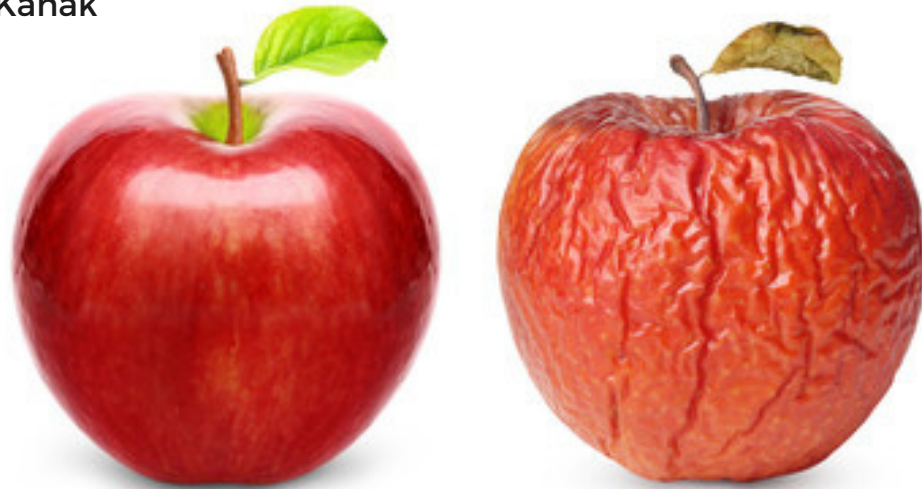


Protection strategies against photoaging

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Aging is a chronological process that occurs over time and leads to progressive deterioration of physiological function in the body, including the skin. Skin is the largest organ of the human body, that serves as a protection layer against environmental elements, pathogens, physical and chemical harms. Ultraviolet (UV) ray from direct sunlight is the most damaging environmental element that could accelerate skin aging. The skin damage due to excess exposure to direct sunlight is known as photoaging [1].

Shared in this article are several protection strategies that could be therapeutic against skin damage that is caused by exposure to UV radiation:

About author:

She lectures in biology and lives with her husband near Kota Kinabalu. They have a cat, Mochi.

Sunscreen

Always apply sunscreen to your exposed skin. Especially on facial skin, arms, and hands whenever you are going out on a bright sunny day. Some many types and brands are available in the markets i.e SPF50, water base, gel, cream, and can be purchased from the drug store.

Hydration is the key!

There are plenty of benefits to drinking plain water. Ensure you stay fresh and hydrated by drinking the much-needed fluid. Sufficient hydration is not just good for your skin, but also good for your overall metabolic function.

A healthy diet and good eating habits

Ensure your daily intake of food includes fresh vegetables and fruits. Green leafy vegetables and berries are rich in polyphenols, and vitamins. Polyphenols, vitamin C, and vitamin E from vegetables and fruits are potent agents to reduce reactive oxygen species (ROS) and work as antioxidants to lower oxidative stress to the skin [1].

Get enough sleep at night

Sleep is important for humans to obtain optimal immune function and overall cognitive health. Poor sleep quality could increase the risk of oxidative stress and lower antioxidant defense [2].

References:

- [1] Sharma, R.R., Deep, A., & Abdullah, S.T. (2021) Herbal products as skincare therapeutic agents against ultraviolet radiation-induced skin disorders. *Journal of Ayurveda and Integrative Medicine*.
- [2] Teixeira, K.R.C., dos Santos, C.P., de Medeiros, L.A. et al. Night workers have lower levels of antioxidant defenses and higher levels of oxidative stress damage when compared to day workers. *Sci. Rep.*