



# VIP MedSpa Clinic News

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[VIPMedSpaClinic.com](http://VIPMedSpaClinic.com)

858-451-6500

11665 Avena Place, Suite 104 San Diego, CA 92128

## Aesthetic News

### Keep Your Hands Looking Young:

Considering the work they do, it's no wonder our hands seem to age faster than the rest of our bodies. But there are several things you can do (and a few you shouldn't do) to keep your hands looking young.

Most of us have a skincare regimen for our faces, but we often forget about our hands.

As we age, our skin thins and the fat in the back of our hands diminishes. The reduced volume and decreased elasticity produces translucent skin that wrinkles and develops age spots. We expose our hands to the sun and other noxious elements more than any other part of the body and because they do more, hands get washed more throughout the day. Frequent washing in hot water removes the natural oils that lubricate our skin and protect against dry and cracked surfaces.



## Message from Medical Director of VIP MedSpa Clinic

*Maryam Hekmat, M.D, FACP*

**Why it's harder to lose weight after 40?**

**How to stay fit and maintain a trim weight after age 40**

You have exercised all your life, and this is how you have always stayed trim. But now that you're past age 40, you find the weight doesn't stay off as easily as it used to — even though you're still exercising as much as ever.

## How to make hands look younger

So what should you do if you've noticed that your hands are looking older than you'd like?

### 1. Treat the surface.

- **Protect:** Use sunscreen (SPF50) and reapply frequently. Wear gloves for prolonged outdoor exposure or when cleaning.
- **Moisturize:** Keeping hands hydrated is the key to counteracting crepey skin. Apply lotions or creams frequently throughout the day. This will help your skin retain its elasticity.
- **Exfoliate:** Dry skin is dead skin. Try to exfoliate and tone your skin.
- **Correct:** You can treat age spots with topical brightening cream.

**2. Consider Fat or Synthetic injections.** No, it's not for everyone, but if you really want to make the skin on your hands look fuller and more youthful, fat injection or Hyaluronic acid injection like Juvederm is one of the best ways.

Most of us have heard that our metabolism slows down after 40, but is there any truth to it? And what can you do about it?

## Why it's harder to lose weight

It is true that your body's metabolism changes as you age, but there is a good reason why this happens. After age 40, your metabolism actually does begin dropping a little bit, but it's not for the reason that you think. It's because we are losing the muscle mass in our body— from 3% to 5% every decade after you're 30 years old.

The loss of muscle mass affects your body's ability to burn calories. This is why after age 40, some people begin to see some weight gain even though they're exercising the same as when they were in their 20s and 30s, but don't get the same results.

## Staying ahead of the curve

The good news is that it's possible to beat the metabolism drop-off.

You can stay ahead of the metabolism curve as you get older by adding weights and some resistance training with an exercise band to your workout routine.

If you weren't very active in your 20s or 30s, start with a moderate exercise such as brisk walking or stair climbing. Keeping the blood flowing goes a long way toward preventing cardiovascular disease and other conditions.

## What not to do

**1. Don't smoke.** Smoking is not only bad for your insides, it ages you on the outside as well. Smoking leads to cigarette skin which is dull, gray, pale and crinkly.

**2. Don't use Botox.** In terms of treatments, Neurotoxins like Botox are of no value because they inhibit muscle movement but have no effect on volume loss

**3. Don't have skin removal surgery.** Surgery to remove excess skin on the back of the hands carries more risks than benefits. It's not advisable because of scarring and the risk of poor healing.

Ultimately, the right mix of treatments depends on your needs and goals. But everyone can benefit from taking care of their hard-working hands.

In your 40s, it is critical to pick up a couple of weights just so that you can create the muscle mass and keep restoring it because you are losing it every decade naturally.

## A balanced diet

Nutrition also plays a key role in staying fit after age 40. Eating a balanced diet that includes proteins, healthy fats, a little bit of carbs and vitamins and minerals from fruits and veggies.

When you're exerting energy, you want to make sure that you restore those calories and restore those components of the nutrition in a way that benefits your body best.

## Dehydrated? These 7 Foods Will Satisfy Your Thirst and Hunger

The following foods are heavy on the water content. In several cases, they are also full of nutrients that will help you fight disease. So eat up, and beat the heat with your fork.

### 1. Cucumbers

Hydrate and replenish with fresh cucumbers. In addition to containing 95% water, cucumbers are rich in anti-inflammatory compounds that help remove waste from body and reduce skin irritation. Preliminary research also suggests cucumbers promote anti-wrinkling and anti-aging activity. Find them in your farmers market.

## **2. Celery**

Celery will satisfy your craving for crunch. It's also tied with cucumbers and iceberg lettuce at 95 percent water by weight. You can feel good about eating celery because of its low calorie count and high value in vitamin K, folate and potassium.

## **3. Iceberg Lettuce**

Since this type of lettuce contains 95 percent water, this makes it a good hydrating base of your summer salad. However, if you prefer the heart-healthy benefits of leafy greens instead, spinach is a good alternative at 91 percent water by weight.

## **4. Zucchini**

Like its relative in the cucumber and melon families, this popular summer squash has a high water content— almost 95 percent. Better yet, zucchini packs in antioxidants such as beta-carotene, lutein and zeaxanthin. Those last two are especially important for eye health.

## **5. Watermelon**

No surprise here — Water is in the name, after all. Watermelon contains 91 percent water. This summer treat also contains abundant lycopene, which can help protect cells from sun damage and improve your complexion.

## **6. Strawberries**

They're sweet enough you can eat them for dessert. But the benefits of strawberries go beyond flavor and 91 percent water content. They provide a rich source of flavonoids, compounds associated with improved cognitive function.

## **7. Cauliflower**

Surprised? Well, cauliflower is actually 92 percent water by weight. It's rich in vitamin C, vitamin K and other key essentials. Cauliflower and other cruciferous vegetables contain nutrients that may help lower cholesterol and lower cancer risk. Try it mashed as a substitute for mashed potatoes.