



VIP MedSpa Clinic News

VIP MedSpa Clinic

VIPMedSpaClinic.com

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Medical News

Worsening Depressive Symptoms Linked to Dementia

Researchers assessed depressive symptoms over a 10-year period to determine how depression affects dementia risk in older adults.

Yoga Linked to Benefits in Patients With Asthma

A recent study examined the effects of yoga on quality of life in patients with asthma.

Fatty Liver Disease Linked to CAD risk

A recent study examined the relationship between non-alcoholic fatty liver disease and the risk of developing coronary artery disease.

Low Thyroid Function May Influence Diabetes Progression

A recent study investigated the association between thyroid function and the risk of progression from pre diabetes to diabetes.



VIP MedSpa Clinic

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Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

Give MOM what she deserves....

Perfect Skin at Every Age

Please join us for **Mommy Makeover Specials**, for the entire month of May. For more information, please visit www.vipmedspaclinic.com

Rosacea Linked to Increased Alzheimer Risk

A recent study examined the possibility of a link between rosacea and an increased risk of developing Alzheimer disease.

“Redhead” Gene Raises Melanoma Risk Independent of UV Exposure

A new study explains how the carriers of the gene that confers red hair, freckles, and pale skin are at an increased risk of developing melanoma, regardless of UV exposure.

Psoriasis Severity Linked to Risk of Abdominal Aortic Aneurysm

The association between psoriasis and increased risk of abdominal aortic aneurysm was assessed in a recent study.

Women with Diabetes Live with More Disabilities

A new study explored how diabetes affects life expectancy and risk of disability in men and women.

Different beauty issues arise at various ages. But, just because you're faced with a skin problem doesn't mean you have to live with it. Tackling the issue can put your skin on the path to healthy aging in years to come.

Plan a proactive approach

Healthy skin that's true to its youthful nature, normally requires some work on your part. Take preventative measures, like protecting your skin from sun, getting enough sleep, eating a healthy diet, and using Retin-A and good moisturizing skin-care products to fight the first signs of aging. In your 30s, early signs of photo aging become apparent, which manifest as fine lines, wrinkles and irregular pigment. In addition to preventative techniques, simple in-office procedures like Botox, to decrease fine lines on your forehead and chemical peels, which reduce red and brown patches caused by the sun, can make a difference too.

Pore-Shrinking Solutions

It's not uncommon for your pores to become enlarged in your mid-to-late 30s. Once pores become stretched out, your skin, as a whole, tends to look older. This is because there's damage to the collagen and elastin that give structural support to your pores. Sun damage, smoking and pollution also result in enlarged pores. While large pores can be

Study: Patients with Type 2 Diabetes at Greater Liver Disease Risk

A recent study examined the association between type 2 diabetes and the risk of developing serious liver disease.

Lifestyle Intervention Effective for Glycemic Control in Elderly

Recent research explored the safety and effectiveness of intensive lifestyle interventions in obese elderly patients with type 2 diabetes.

Study Linked Processed Carb Intake to 88% Higher Prostate Cancer Risk

Recent research examined the connection between the consumption of highly processed carbohydrates and the risk developing prostate cancer.

Exercise Can Counteract Effects of Sitting at Work

New research examined the association of physical activity and sedentary time on risk of diabetes and heart disease.

genetic and are more frequently seen in those with oily skin, they can affect all skin types. To protect against them, use SPF 30 daily, wash with a mild exfoliator, and use retinol, which increases cell turnover, unclogs pores and stimulates collagen production for good structural support. Lasers and chemical peels further exfoliate skin to improve pore size.

The Miracle of Moisture

The trick to looking at least a decade younger in your 50s is moisture—it's essential at every age, but even more so for mature skin because it gives it a plump, healthy look.

Dry skin makes us look older because it increases the appearance of lines, wrinkles and sunspots. With age, skin produces less moisture, especially if it is sun-damaged or has been exposed to harsh chemicals. That's why it's important to add moisture to your skin daily. To keep your skin well hydrated, use moisturizers with sunscreen every morning. Hydrating from the inside out is important too, by drinking plenty of water each day and eating water-rich foods.