

Effective Skin Care Management in Postmenopausal Women

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ABSTRACT

Menopause-induced hormonal changes can lead to skin problems. The decline in estradiol levels can adversely affect various physiological functions, including skin changes like atrophy, wrinkles, poor wound healing, and a decline in perceived facial attractiveness due to reduced hydration. Effective skincare that can be done to prevent the above problems is by drinking 8 glasses of water a day, consuming vitamins, one of which is vitamin C, consuming antioxidants, using sunscreen, using facial moisturizer, and cleaning your face properly and appropriately. Vitamin C has antioxidant properties and plays an important role in collagen formation. Vitamin C is often found as a constituent of the dermis and epidermis layers in normal skin. However, due to the aging process, the vitamin C content in the dermis and epidermis layers could decrease. Vitamin C has been shown to stabilize collagen mRNA, thereby increasing collagen synthesis to improve skin aging. By implementing these strategies, postmenopausal women can effectively manage skincare and maintain healthy, beauty, vibrant, and glowing skin that looks and feels great.

Menopause, Estradiol, Skin Changes, Skincare

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INTRODUCTION

Menopause occurs when a woman has not had a menstrual period and is caused by low levels of estrogen, not a medical condition [1]. As per medical terminology, menopause is defined as the absence of menstruation for at least one year after a woman's last menstrual cycle [2]. Menopause-induced hormonal changes can lead to skin problems [3]. The onset of menopause can give rise to a range of skin concerns that, if not managed effectively, can potentially result in skin ailments and compromise the well-being of menopausal females [3].

A beautiful appearance may involve maintaining a youthful look despite aging, with smooth skin and no wrinkles or sagging [4]. While some tend to associate "healthy skin" solely with appearance, one must recognize that healthy skin is a manifestation of overall beauty. Nevertheless, there are limited studies on this topic.

Menopause can cause changes to the skin

After menopause, the decline in estradiol levels can adversely affect various physiological functions, including skin changes like atrophy, wrinkles, poor wound healing, and decline in perceived facial attractiveness due to reduced hydration [5]. A lack of estrogen can greatly affect the health of your skin. This can result in negative effects on cell and homeostatic mechanisms, as well as other important biological functions. Some of the changes that occur include a decrease in collagen, elastin, fibroblast function, vascularity, and increased enzymatic activity from matrix metalloproteinases [5]. These changes can lead to

cellular and extracellular degradation, resulting in dryness, wrinkles, atrophy, impaired wound healing/barrier function, and decreased antioxidant capacity[5].

During menopause, changes in hormone levels can impact the health of the skin in several ways [6]. One of the most common effects is dryness, which is caused by a decrease in moisture and sebum production on the face and scalp [6]. This can also lead to impaired wound healing, reduced antioxidant function, and thinning and wrinkling of the skin and genital mucosa [6]. In addition, the extracellular matrix may have lower levels of glycosaminoglycans like hyaluronic acid, which can result in less skin turgescence and hydration [6]. Menopausal women may also experience hot flashes due to increased blood flow to the skin, which can cause paleness and reduced vascularity [6].

In menopause when sebum production is markedly reduced, the skin becomes increasingly dry and itchy, followed by sagging and atrophy [6]. Skin atrophy due to collagen loss is more pronounced in menopausal women [6]

Management of skin symptoms

Managing skin care in postmenopausal women can be effectively achieved through a few key strategies. Managing skincare in women after menopause can be a challenge [3,4]. However, there are certain tips that can help you maintain healthy and glowing skin. Skin care that can be done to prevent the above problems is by drinking 8 glasses of water a day. It is important to keep your skin hydrated by drinking plenty of water.[3,4]

Pruritus, it could be caused by xerosis, which is a common issue that leads to pruritus. For women who have gone through menopause, this can be a primary concern. It's worth considering whether transepidermal water loss related to menopause is contributing to the problem. To manage pruritus in menopausal women, it's recommended to use low-pH moisturizers every day, ideally after bathing. Avoid using harsh products that can strip your skin of its natural oils and cause irritation [3].

Postmenopausal women are recommended to use a regular and consistent skin care routine, using products that are specifically designed to address the unique needs of postmenopausal skin, and protect the skin from the damaging effects of the sun. It is crucial to protect our skin from the sun to prevent premature aging. This involves wearing a broad-spectrum sunscreen with an SPF of at least 30 every day, regardless of cloudy weather [3,4,6].

Menopausal women should emphasize nutrition assessment to decrease the negative effects of estrogen deficiency [7]. A balanced diet that includes fruits, vegetables, and healthy fats can provide the necessary nutrients for healthy skin and fighting off the damaging effects of free radicals [4].

Vitamin C as a secondary antioxidant is obtained from fruit and vegetables. Foods that contain lots of vitamin C are citrus fruits (such as oranges), strawberries, broccoli and spinach. Vitamin C has antioxidant properties and plays an important role in collagen formation. Vitamin C is often found as a constituent of the dermis and epidermis layers in normal skin. However, due to the aging process, the vitamin C content in the dermis and epidermis layers can decrease. Therefore, vitamin C can play a role in slowing down the skin aging process. Apart from aging, the vitamin C content in the skin can also decrease due to exposure to ultraviolet rays and pollutants on the skin. Vitamin C is a compound needed to form collagen, which is needed to prevent wrinkles. Vitamin C has been shown to stabilize collagen mRNA, thereby increasing collagen synthesis to repair skin damage [8].

CONCLUSION

Effective skincare that can be done to prevent the above problems is by drinking 8 glasses of water a day, consuming vitamins, one of which is vitamin C, consuming antioxidants, using sunscreen, using facial moisturizer, and cleaning your face properly and appropriately

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