Lecture: Skin Aging by J. Krutmann, IUF, D'dorf

Bullet points:

(i) Skin aging is due to intrinsic and extrinsic (environmental) factors.

(ii) Intrinsic and extrinsic skin aging can be distinguished by the bold eye.

(iii) In contrast to intrinsic skin aging, extrinsic skin aging can be effectively prevented.

(iv) Extrinsic skin aging is caused by chronic exposure to Ultraviolet (UV) B, UVA, and Infrared radiation and therefore often called photoaging.

(v) Traffic related air pollution additionally contributes to extrinsic skin aging.

(vi) All three compartments of the skin are affected by skin aging: the epidermis, the dermis and the subcutis. Among these, alterations in the dermis are most important and can drive epidermal and subdermal aging.

(vii) Skin aging differs between different ethnic groups. There also subgroups within one ethnic group which differ in their susceptibility to skin aging. These differences are due to genetic predispositions, e.g. carriers of gene variants of functional relevance for skin aging.

(viii) Skin aging can serve as an indicator of lung aging.

(ix) Skin aging can be effectively prevented and partially reversed.