SAFWAN
Dermatology & Aesthetic Clinics

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- **Title:** Hormonal rules in anti-aging
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- **Introduction:** There are many signs and symptoms of aging which affect all organs of the body specially the skin. We're trying to delay the aging process through internal and external ways and to emphasis on the hormonal replacement therapy and changes during age.
- **Methods:** skin changes were noted and that was the main reason behind finding ways to delay these signs. Clinical follow-up for patients during our practice shows that patients who manage their disturbance delays the hormonal symptoms and signs more than the patients who don't. Hormones observed through this were growth hormone, melatonin, DHEA, thyroid hormone, male and female sex hormone.
- **Results:** Following up the patient's symptoms in anti-aging (wrinkles, hydration, epidermal and dermal thickness) show obvious improvements. We noticed that decreasing the signs observe other improvements in the body organs (bone density).
- **Conclusion:** Studies show a clear link between hormones disturbance and aging. Hyper and hypo gonadism mineral corticoid disturbance.