



# The Easiest Anti-Aging Routine

By Dr. Robyn Siperstein



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**People often ask me my top anti-aging recommendation, and the answer is always sunblock.** If you don't believe me on the importance of sun-protection as an anti-aging regimen, just take a look at the pictures above of people who experienced one sided sun damage and I am sure you will be convinced as well.

Not all sun exposure is at the beach or having fun outside, you may be getting most of your sun damage when you don't even realize it – when you are in your car.

In cars, windshields are laminated and filter out UVA but side windows are not, therefore, patients in the US have more sun damage on their left side due to UVA radiation penetrating through the driver-side car window. In countries where the driver side is on the right, people develop more sun damage, skin precancers, and skin cancers on the right. The UV exposure is cumulative and skin exposed to light through a window either in a car or at home or in the office leads to significant damage.

The photograph on the top is a

picture of a 69-year-old retired delivery truck driver with severe damage on the left side of his face from ultraviolet rays that came through the window of his truck that he had driven for 28 years. The photograph on the bottom is from a woman who worked next to a window on her left side for 15 years. Even though she worked inside, Ultraviolet A (UVA) rays transmit through window glass, penetrating the upper layers of the skin. Most people do not realize they can get damage through the glass windows since UVB rays which cause a sunburn can not penetrate through window glass, however UVA rays can, and UVA Rays not only cause wrinkles, but also skin cancers. Lumar, FormulaOne, and 3M are just a few companies that make clear or tinted UV blocking films for car or house windows. You can simply ask your car dealership to add this film on your next service.

The biggest debate about sun exposure is that most people are testing low for vitamin D. However, our bodies can only manufacture a certain amount of vitamin D from the sun. After reaching its limit within minutes,

further UV exposure has the reverse effect, breaking down vitamin D into inactive compounds. More than 5-8 minutes of tanning actually lowers vitamin d levels. Therefore, it is very important, especially in Florida, to wear sun-protective clothing (wide-brim hat, sunglasses, swim shirt) and sunblock. Make sure your sunblock has at least a spf of 30, and that you re-apply every few hours. {stb}

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