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Enhancing skin Anti-Aging through healthy lifestyle factors

Abstract:

Lifestyle health has been recognized as an evidence-based innovation that defines how everyday behaviors and routines influence the avoidance and therapy of age-related or chronic illness/conditions (e.g., cardiovascular, obesity/weight control, diabetes, stress/anxiety/depression, dementia/cognition, and certain cancers) and provides an important adjunctive component to overall health. Specifically, an approach with small changes over time can have a dramatic impact on the health and well-being of individuals not only, in general, but also can be applied to skin health. However, lifestyle health factors to improve skin well-being have not been discussed extensively and/or well promulgated. The narrative for this overview focuses on providing a summary for topic background information, but more importantly, presents four lifestyle factors that can improve dermal health [i.e., factor 1: nutrition - diet; factor 2: rest (sleep) and managing stressor; factor 3: movement/physical exercise, and factor 4: social and community associations]. The main conclusions encourage the concept that lifestyle health factors such as nutrition/diet, rest/sleep, movement/physical exercise, and community/social interactions support enhanced skin health and well-being with aging. Plus, social media interventions that aim to promote dietary, sleep and physical activity changes might be an application to improve skin health in the future.

Biography

Edwin Lephart completed his PhD from The University of Texas Southwestern Medical Center (Dallas, Texas) and continued his research there in the department of Psychiatry. From 1994 he was a professor at Brigham Young University and the founding director of the Neuroscience Center. He has published more than 110 journal articles, 8 book chapters, presented at international scientific meetings, and currently serves on the editorial boards of *Dermatology & Therapy* and *International Journal of Molecular Sciences* while consulting for cosmetic and nutritional wellness companies. His research covers natural products (polyphenols & phytoestrogens) and holds patents worldwide on human health applications.