

wellness

focus

- Betty Friedan

Ageing is not lost youth but a new stage of opportunity and strength.

Focus on Anti- Ageing



Compared with just a few generations ago, when 50 was considered quite old, today it counts as merely middle aged. The Government Actuary's Department suggest that more than a million people currently in their thirties will live to reach 100, and babies born in just 30 years' time will have an average life expectancy of 150. As a result, the UK's population of centenarians – currently around 10,000 – will soar to 1.2 million by the year 2074.

Due to medical advances, most older people are just as fit and active as when they were younger.

Thankfully, as life expectancy

increases, we tend to look and feel younger, too. Fifty is undoubtedly the new 40, and 100 may become the new 66 within just thirty years.

Women are more likely to reach the age of 100 than men, possibly because they look after themselves better, drink less, smoke less and are less likely to take part in dangerous sports. Another possibility is that the female body is more resistant to the effects of ageing. In contrast, testosterone-fuelled males are more likely to take risks, and are less likely to seek medical attention for chronic illnesses as they age. In general, men who do join the Centenarian Club are generally more physically and mentally robust.

Centenarians and supercentenarians (who live to the elite age of 110) have an unusually lucky combination of genes that mean they stay healthier, for longer, as they age. They are often more resistant to the degenerative changes that contribute to ageing, and are less likely to be significantly overweight, to smoke, or to drink alcohol in excess.



The Ultimate Anti-Ageing Secrets?

- The world's oldest verified person was French woman Jeanne Calment, who died in 1997 aged 122 years and 164 days. She attributed her longevity to a daily glass of port and eating 2lb of chocolate a week, but smoked until the age of 117.
- Leandra Becerra Lumbreras from Mexico, who claims the age of 127, also enjoys eating chocolate and sleeps for three days at a time.
- Sarah Knauss, who lived to 119, attributed her longevity to remaining calm; when told she was now the oldest person in the World, her reply was 'So what?'
- Kamao Hongo, who lived to the age of 116, claimed green tea as his anti-ageing secret.
- Dutchwoman Hendrikje van Andel-Schipper who lived to 115, advised following a diet of pickled herrings.



The Vampire Face-lift

Platelet Rich Plasma (PRP) treatment – also known as the Vampire Facelift – involves injecting plasma taken from your own blood back into multiple areas of your face to treat wrinkles and rejuvenate the face. Its most popular indication at Epsom Skin Clinics is for anti-ageing rejuvenation but it is also used to treat nerve injuries, tendonitis, knee ligament injuries, tennis elbow, frozen shoulder and osteoarthritis.

For a reduction in scar tissue, fine lines, wrinkles and a general brightening of the skin, improvements can be seen after one treatment, but for optimum results a course of three treatments, four weeks apart, is recommended each year.

The science behind the treatment is straight forward. When the body suffers a soft tissue injury, its first response is to deliver platelet cells to the affected area. Platelets are packed with healing and growth factors to initiate repair and attract stem cells. During PRP therapy, a five-fold concentration of platelets is introduced into the treated area by a doctor to intensify the body's healing process. Because your own plasma is used, there is no risk of transmissible infection and almost no risk of allergic reaction.

A local anesthetic cream is applied to the area and, while that takes effect, a blood sample is taken from your arm and spun in a centrifuge for eight minutes to separate the platelet-rich plasma from the red blood cells. Once separated, the PRP is activated with calcium chloride then introduced into the skin using a number of tiny injections. Total treatment time is around 1 hour 15 minutes, including preparation of the PRP.

The Vampire Face-Lift is available from Epsom Skin Clinics. £450 per session; £1195 for 3 sessions, www.epsomskinclinics.com.