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Marie Claire...If You Are A Smoker

Health

## ...If you are a smoker

What will happen to your face?



Anna now



Anna in ten years

### Deep wrinkles

‘Smoking makes all facial lines worse because it damages the collagen and elastin in the skin that give it its plumpness,’ says anti-ageing physician Dr Lynette Yong. **DAMAGE CONTROL** ‘Vitamin C helps the reformation of collagen,’ says Dr Yong. ‘All my patients who smoke are ordered to apply SkinCeuticals C-Ferulic, €149, morning and night. And hyaluronic-acid fillers will work on the visible wrinkles. They also help with the regrowth of natural collagen.’

### Sagging brow, eyelids and cheeks

‘With age, the muscles, fat and bones under the skin shrink and this can lead to sagging,’ says Dr Yong. ‘Smoking deoxygenates the blood so you get fewer nutrients going to the skin, dramatically accelerating sagging.’ **DAMAGE CONTROL** Dermal roller micro-needling uses tiny pinpricks to help bring blood and nutrients to the skin, explains Dr Yong. ‘In theory, it might help, but if you keep smoking after 40 the sagging will be severe and surgery may be the only option.’

### Faint necklace lines

‘These lines go horizontally across the neck and occur at points where the skin attaches to underlying tissue to hold the skin up,’ says Dr Yong. ‘They are hereditary, but drinking, smoking, sun exposure and a sugary diet can make them worse.’ **DAMAGE CONTROL** ‘If you have poor neck posture and chronically slump your chin forward, then, over time, the tissues sag and make these lines more prominent. The older you get the more you have to attend to your posture,’ says Dr Yong. The Alexander Technique can retrain bad postural muscles to enhance your physiology and natural posture, while Pilates-based exercise helps tone the body’s postural muscles. *(overleaf)*



**‘If you keep smoking after 40, sagging will be severe’**

### Tooth damage

‘Smoking, as well as the consumption of red wine and orange sugary drinks, stains teeth,’ says Harley Street dental surgeon Dr Simon Darfoor. ‘Smoking also leads to gum disease and tooth loss, with 42 per cent of smokers aged over 60 having none of their own teeth.’ **DAMAGE CONTROL** ‘Colgate Total Whitening, €1.55, is more gentle than the older versions of an abrasive smoker’s toothpaste, but it still removes stains,’ says Dr Darfoor. ‘Up-to-date cleaning systems can remove a good proportion of tooth staining, too,’ he explains. ‘The new Airflow tooth polishing, from €85, uses bicarbonate of soda and a power-jet instrument that cleans deeper than manual scaling!’

### Dark circles

‘Reduced circulation makes skin appear lifeless, and dark circles become more prominent,’ says Dr Yong. **DAMAGE CONTROL** Exercising improves complexion by increasing microcirculation to the skin’s surface,

### Beat smoking

**READ** Love Not Smoking: Do Something Different (€8.99, Hay House) is a six-week programme from behavioural modification experts Professors Karen J Pine and Ben Fletcher, accompanied by an app from iTunes.

**SPRAY** Nicorette Quickmist Mouthspray, €17.99, doubles your chances of quitting smoking compared to using willpower alone.

**MOVE** Take a ten-minute walk or jog at times when you want to smoke. Recent research at Exeter University found ten minutes of physical activity could help reduce cravings for a cigarette.

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