

Our Skin

Our skin is the body's largest organ and protects us from germs, helps regulate our temperature, and provides us with the sensations of touch, heat, and cold. As we age, caring for it properly is an important part of keeping healthy. **Here are a few reasons why:**

- **As we age, our skin becomes more fragile:** The outermost layer of the skin loses its elasticity. The layers beneath also begin to thin out due to a decrease in collagen and a loss of fat tissue. This leads to the skin becoming weaker, thinner, and even more transparent.
- **Bruises can occur more easily:** Blood vessels become weaker and fat tissue lessens, which can lead to bruising from even the slightest bump or injury.
- **Skin heals slower with age:** The natural slowing of the body's processes over time means that skin cells are replaced at a slower rate. This causes injuries and bruises to heal more slowly.
- **Skin begins to sag and wrinkle:** Exposure to the sun's damaging ultraviolet rays over time leads to skin sagging easier. On top of this, the natural effect of gravity's pull can slowly affect our skin's firmness.
- **Dryness becomes more common:** Our skin is kept lubricated and soft through the natural oils our bodies produce. With age, these oil glands start to decrease in number and strength, leading to dry, itchy skin.
- **Ulcers and skin breakdown are more of a risk:** Sitting for too long without moving can lead to the development of ulcers (bedsores). For older people with reduced mobility, being bed or chair-ridden means moving often is difficult. This greatly increases the risk of skin breaking down and ulcers developing.



OUR MISSION:

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

OUR VISION:

At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a "voice and a choice" with dignity, respect and empathy.

Park Place Seniors Living | 1656 West 75 Ave, Vancouver
parkplaceseniorsliving.com

The Importance of Good Skin Care



What Things can Prevent Us from Having Healthy Skin?

SMOKING

Along with numerous other health problems, smoking cigarettes can lead to skin aging faster. The damaging effects of tobacco deplete the skin of its nutrients from the inside, causing saggier skin, more visible wrinkles (especially around the mouth), and age spots.

EXCESSIVE SUNLIGHT

The sun's rays can greatly affect skin health, causing more visible wrinkles, decreasing elasticity of the skin, and increasing the risk of developing skin cancer. Seniors should avoid exposure to direct sunlight and wear sunscreen, clothing that covers the arms and legs, and a hat that provides shade to the face and neck.

What Things can Prevent Us from Having Healthy Skin?

EXCESSIVE WASHING

While regular bathing is important to maintain proper hygiene, showering or bathing too often can breakdown the skin's natural protective oils. Seniors should bathe and shower only in warm water – steam and water that is too hot can dry out the skin, causing redness and itchiness.

STAYING IN BED

Remaining in the same position for too long can lead to ulcers (bedsores) caused by pressure to the skin. If a senior is bedridden and cannot change positions on their own, they should be moved every few hours.



Keeping our Skin Healthy

What are some things that can prevent us from having healthy skin?

1 PROPER NUTRITION

A diet rich in vitamins, minerals, protein, and antioxidants can help the skin stay healthy leading to a better complexion and faster healing of wounds and bruises.

2 MOISTURE

A gentle skin moisturizer should be applied daily to the face, arms, neck, and legs. This helps the skin keep its softness and stay moist, which is especially important for seniors.

3 HYDRATION

Possibly the most important item on this list, is hydration. 64% of skin is made up of water, so even a slight loss of hydration can effect skin health. Dryness is often caused by dehydration, so it's important to make sure the skin stays hydrated throughout the day. Drinking water also helps flush out toxins from the body.

Reviewed by a group of Park Place Family Representatives in November 2022