



"LIVE YOUR BEST LIFE"

the Jonathan Britto clinic

For current news on Plastic Surgery, Aesthetics and Lifestyle Medicine

November 2021 ~ The Healthy Longevity Issue

Healthy Longevity & Lifestyle Medicine



“Healthy longevity is not just living longer, but living in better health. It is having a healthier lifespan, a longer youth span. It is synonymous not just with good health and a long life, but with happiness, confidence and purpose. It is the key to healthy ageing.” ~ Shyamala.

So ... “How do we achieve this?” ... Lifestyle Medicine, a relatively new branch of medicine, is all about healthy longevity. This evidence-based field recognises that the root cause of poor health, lack of well-being and many twentieth century diseases lies in our lifestyles and the environment.

Lifestyle Medicine targets nutrition, physical activity, stress management and sleep; to optimise the trajectory of ageing, promote health, aid well-being and boost quality of life.

At the Jonathan Britto clinic, our tripartite practice of plastic and aesthetic surgery, skin health and lifestyle medicine, is aimed at healthy ageing - to look good and feel great! This process begins in youth and continues throughout life. Ageing is dynamic - you can grab hold, take control, reverse ageing and turn back the clock.

The four-pronged approach to Healthy Longevity

Dr. Shyamala Moganasundram @thelifestylemedicinephysician is our resident expert in this field. She uses a medical four-pronged approach:

~ EAT ~ MOVE ~ SLEEP ~ REVIVE ~

Her style makes for an easy understanding of how each of us can adjust these four areas of our daily life. This journey leads to a healthy lifespan - and also promotes a healthy planet.



EAT: We are heading for a plant-based diet - and there is much in the natural world to provide interesting (and sustainable) food, to feel better, and to eat well.

Foods must be as fresh as possible (therefore locally sourced) and minimally processed.

Pulses and lentils, and whole grain bread, rice and pasta replace refined sugars and grains. Plant fats like olive oil and flax replace saturated fats.

All the micro-nutrients - vitamins and minerals - which are essential for normal biochemical and genetic functioning of the body - and also the phytochemicals - which include dietary fibre, omega acids, and anti-oxidants will be accounted for!

Your diet will reduce chronic inflammation and oxidative stress, and promote a healthy gut and stable blood sugar for an even energy throughout the day. Timing is key; "slow release" will make you feel better, controlled fasting improves healthy longevity.

MOVE: The Activity Plan - regular physical activity incorporated into daily life plus bespoke sessional exercises.

These three key areas are targeted:

- cardiovascular exercises
- strength training
- balance and flexibility

What is exercise? - merely a little breathlessness and a fast heart rate!

Keep moving during the day and minimise sitting.

Walk! Remind yourself to take a short break outdoors.



You are your own gym! Body weight exercises like squats, lunges and wall sits will build strength. Stretch routines build flexibility and release tension to improve blood flow to the muscles and crucially are psychologically beneficial as well. Make physical balance, (like aesthetic balance!) a part of everyday. Simple rituals like standing on one leg when cleaning one's teeth are very effective if done regularly.

Fitness reduces chronic inflammation and stabilises blood sugar and cortisol levels - it can reverse high blood pressure, heart disease and diabetes. Feeling better from within no doubt improves a sense of confidence and well-being in the outside world.

Avoid the frailty associated with old age. Achieve more energy, better mood and greater performance.



SLEEP: For adequate sleep of good quality
- Ritual and routine is best!

Make every morning an energised one!
Give yourself darkness, controlled temperature, and modify your evening food and drink for a more comfortable night.

Learn to control your awakening.

“Ritual & Routine” is bespoke for each client
- for optimal melatonin secretion, waking cortisol spike and ... well it can get technical!

Deep sleep is essential for repair. This is when the DNA - our genetic material - repairs and remodels. It is also during deep sleep that the hormones like leptin for appetite control and cortisol are secreted, preparing our bodies for the day ahead. While deep sleep ensures a healthy body, good quality light sleep has been shown to be associated with longevity.

REVIVE: is about relaxing and reducing stress. It is about revitalising our lives with mentally stimulating activities and constructive relationships. It is about building a healthy mind and spirit. It is about mindfulness.

Mostly REVIVE is built into the other three components with mealtimes being family-oriented or social; yoga, tai-chi or other meditative exercises built into the flexibility and balance sessions; and pre-sleep rituals involving relaxing candle-lit baths and reading or music - always focussing and enjoying the moment. Jonathan derives as much pleasure from cutting his fruit for breakfast slow release granola as from eating it!



Specific activities to build mental agility and memory or improve mood are recommended. Societies that live in this communal, mindful and “joined-up” way are the happiest, often most productive and are home to the healthiest centenarians.

***Please contact us for more information on ‘EAT ~ MOVE ~ SLEEP ~
REVIVE’***

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Call us: 02037521566

Skin Health: Pollution-Accelerated Ageing



Lifestyle medicine strategies alone cannot control the daily attacks by the environment upon our skins. Traffic pollution has recently been identified as the single most toxic substance to skin, rivalling sun damage. It causes and exacerbates many of the same skin concerns that sun damage does including eczema, dry skin, rashes and allergies.

The pollutants in traffic fumes come from unseen PMs or particulate matter, nitrogen dioxide and other chemicals including PAHs (polycyclic aromatic hydrocarbons) which have an evidence-based link to pollution-accelerated ageing. Many parts of the UK have illegally high levels of pollutants with London regularly breaking its annual limit. City dwellers being exposed to the higher concentrations of petrol and diesel fumes are at higher risk of premature wrinkles and hyper-pigmentation.

What's the Science

There are four main pathways to skin damage from environmental pollutants.

- Free radical damage
- Increased inflammation
- Impaired barrier function
- Altered micro flora of the skin

The invisible particles cause inflammation, free radical damage, and disrupt the turnover of collagen in the skin. The result is premature ageing, increased redness, laxity, adult acne, and a reduction in skin-based immunity.

Corporate investment is focused into research and development on this aspect of skin health. Top of the list of key players in protective skin biology is Niacinamide, - Vitamin B3 - with its super hydrating effects. "Pollution Blockers" are on the way to the prescription market, which build up and repair the lipid barrier of the skin tackling inflammation at the same time.

Our Top Tips to reduce Environmental Ageing



In the meantime, it is all about protection and removal.

- Always remove make-up, dirt and debris at night.
- Always wear sun protection in the day.
- Ensure anti-oxidants are part of your skincare regime.
- Introduce Niacinamide into your skincare regime to increase hydration.

Scroll Down for November's Featured Product.

Come and find out more from our aesthetician, Karen Sargeant at ...

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or

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Skin Cancers



So, environmental pollutants, sun damage, and lack of attention conspire to damage the skin. We equip ourselves with knowledge to combat these things. However, prolonged damage to the epithelium of the skin is a precursor to many types of skin cancer. The three most common which come to Plastic Surgery clinics are basal cell carcinoma, squamous cell carcinoma, and cutaneous malignant melanoma.

What do I watch out for? The main target of skin surveillance is CHANGE.

- **Change in colour:**

Watch out for deepening pigmentation in a long-standing skin mole or freckle, or lightening pigmentation within an established dark patch

- **Change in contour:**

A soft confluent mole within the skin that becomes nodular, or rough, may indicate signs of change towards becoming a cancer. Surface ulceration may present as roughness or tenderness, or bleeding - this demands a trip to the clinic for expert clinical examination.

- **Change in consistency:**

Soft confluent long-standing moles in the skin which catch your attention because they become hard, catch on clothes or furniture, denote change.

- **Change in size:**

Any long-standing skin lesion that suddenly seems larger or grows without any other obvious change should promote a visit to the clinic for an expert opinion.

- **Bleeding:**

Any mole that has been present for a while and then bleeds suggests that the surface has become friable, or the lesion has added rapid growth and become unstable. These are signs of cancerous change.

Mole Check!

If you are worried about your moles, it is worth booking an appointment to have your skin checked. Putting these things off can change a relatively small procedure for reassurance, into a much larger surgical intervention which may have been avoided....

This Month's Featured Product

Vitamin B3 is essential to prevent and reverse visible signs of redness, pigment changes and skin ageing. pHformula has developed a highly concentrated vitamin B3 cream with 24 hour moisturising properties to offer immediate and intense hydration. The light textured Vitamin B3 cream contains Niacinamide at prescription strength, which result in superior skin correction benefits, ideal for daily and year-long application. The 24-hour moisturising complex in the formula comprised of a synergistic blend of natural moisturising factors to assist in pro-longed hydration and protection of the skin.

Other benefits of Niacinamide

- Used in the treatment of acne
- Protect against oxidative stress
- Reduces fine lines and wrinkles
- Reduces pigmentation
- Protect against UV damage
- Regulates oil production
- Minimises the appearance of pores
- Minimises redness and blotchy skin
- Lipid Barrier: Repairs the lipid barrier which in turn improves the hydration of the skin
- Immunity: Improves the immunity of the skin




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