



"LIVE YOUR BEST LIFE"

The Jonathan Britto Clinic Newsletter

For the current status on Surgery, Aesthetics and Lifestyle Medicine

September 2021 ~ The Skin Issue



With the Summer rapidly disappearing we are looking towards Autumn with the nights drawing in, leaves on the trees turning beautiful rich shades of reds and golds, and comfy jumpers and boots back on! The changing of the season prompts us to prepare and hunker down for the

Autumnal conditions and our skin is no different. The Autumn is a good time to mop up any pigmentation that has been picked up over the Summer and to prepare for treatments such as chemical peels and laser therapy which are safer to do in the winter months.

Here at the Jonathan Britto Clinic, we are transitioning our patients from their Summer skincare programmes to their Winter programmes. Our bespoke skin health programmes are holistic - in addition to repairing and nourishing the skin externally, we seek to achieve the same from within. Our Lifestyle Medicine based nutritional, activity, and rejuvenation plans are designed to give you a youthful complexion and sprightly wellbeing at any age.

Scroll down for the Winter Skin Programme

and

September's Featured Product

"A word of warning, just because the sun has gone away, your sun protection does not! We need to think of it as 'light protection' and with UVA rays causing up to 80 % of skin ageing, we must not let our routine slip. UVA is as concentrated in the winter as it is in the summer and can penetrate glass and windows, so it gets you even when you're indoors! So please keep up with you UV protection everyday." ~ Karen

Vitamin A & the Retinoids

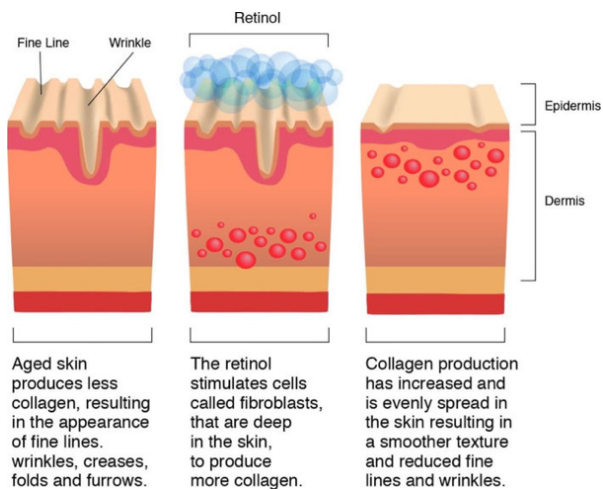


Retinoic acid which is derived from the powerful anti-oxidant ,Vitamin A, is a key ingredient for skin health and plays a vital role in preparing our patients for their Winter skin programmes. Collectively known as retinoids, Vitamin A and its natural derivatives are hailed as the elixir of youth due to their remarkable anti-ageing properties. The family of retinoids form part of our 'Essential three' core skincare 'must haves': the retinoids, vitamin C and sun protection.

Now the secret is well and truly out, there is a lot of misleading information with hundreds of brands promising eternal youth! At the Jonathan Britto Clinic, we want our patients to be one step ahead and have the correct knowledge that allows them to make better choices for their skin health.

So, let's break it down.

How Vitamin A Works and its Benefits



Anti Ageing

Vitamin A is a powerful anti-oxidant that is used to protect against free radical damage thus reversing the signs of ageing.

Topical Vitamin A provides our skin cells with **retinoic acid**, an essential nutrient for healthy cell growth. When we apply topical retinoids to the skin, the retinoic acid binds with receptors in the skin cells and not only stimulates new collagen formation but it also slows down the degradation of existing collagen, making the skin younger and stronger. As we age we make less collagen and break down the collagen we have more rapidly than our younger skin. Retinoids balance this ratio making it so important for skin health.

Vitamin A Benefits All Ages

- Protects against UV damage which causes a significant part of skin ageing.
- Important nutrient for new cell production and growth.
- Stimulates fibroblasts, the cells responsible for collagen and elastin production
- Protects against infection by strengthening the barrier function of the skin.
- Increases the turnover of skin cells in ageing skin improving its quality and texture.
- Smooths out lines and wrinkles.
- Evens out skin tone and pigmentation, and suppresses new pigment abnormalities.
- Reduces outbreaks as well as reducing the appearance of pore size, making the skin look visibly clear and radiant.

"But here's the important bit: How much and how the retinoic acid is delivered to the skin is crucial to the effectivity of the product!!"

Come and find out more.



The Retinoids

So, we know that Vitamin A is important as it provides retinoic acid which is essential for the healthy function of our skin cells and to stimulate the production of new collagen. But here is where the confusion starts. There are many different retinoids and each one comes in varying strengths and formulations. They also vary in quality, effectiveness, delivery mechanism and tolerability and so it is often difficult to separate the fact from the marketing! The key is to understand the different types of retinoids and select the best one for your skin type, age, skin concerns, lifestyle and budget! At the Jonathan Britto Clinic we will help you do just this!!

So which retinoid is best for you?

Confused? You don't have to be. Here at the Jonathan Britto Clinic we select, adapt and modify the best retinoid for you. Choosing the correct retinoid for your skin is really important when it comes to giving you the results and also not wasting your money.

Getting retinoic acid to the skin cells is the key and some retinoids deliver the acid directly, which we see with the prescription topical medication tretinoin, while others have to be converted in the skin and these include retinol and retinyl palmitates. There is a big difference in the efficacy of products you buy over-the-counter (OTC) and those you have prescribed and directed by a medical aesthetic practitioner.

Cosmeceutical (OTC) and pharmaceutical (prescribed) skincare is where we can clearly draw a line in efficacy and visible results. Pharmaceutical retinoids deliver retinoic acid directly and deeper into the skin where it matters. This makes them more effective and deliver all the anti-ageing benefits described.

But a word of warning! The powerful anti-ageing properties of retinoids can have initial side effects, including redness, dry peeling skin. This is normal and expected and we guide you through the early stages so you get to enjoy the benefits of healthy skin.

Winter Protocol

As retinoids can cause photosensitivity in the skin, we try and use lower strengths and doses in the Summer months (or when away on hot winter holidays). The Winter months provide us an opportunity to increase the strength and dose and accelerate the anti-ageing benefits. We can also use this strategy to reverse any damage picked up over the Summer, such as pigmentation and textural changes caused by sun exposure. Many of our patients will take this time to take a break from their retinol and move onto the more potent retinoids. This also gives us the opportunity to prepare safely for chemical peels. Typically we need 4-6 weeks of continuous (every evening) use of the retinoid before we are able to peel the skin. This preparation makes the peel safer and importantly boosts the effectiveness of the peel.

Winter Skin Rejuvenation Programme

The aim of our winter **lifestyle medicine** programme is to enhance the anti-ageing and skin health boosting effects of our recommended topical treatments. The nutritional changes will reduce inflammation, reset the gut microbiome and replenish the body with skin-boosting vitamins and omegas. In addition, keeping the body moving at a time when we prefer to stay in and warm will improve skin circulation. The rest and relaxation is a vital part of allowing the healing of the skin to take place so do not stint on that.



EAT

Start the day with this Vit C and anti-inflammatory packed juice:

- 1 inch fresh ginger
- 1 inch fresh turmeric
- 1 orange
- 1 medium carrot

Remove toxic pro-inflammatories from your diet:

- Added sugars
- Refined starches
- Alcohol - no more than 2 units twice a week.

Add to your diet daily at least:

- 1 cup of beans or pulses
- 1 Apple
- 1 Orange or 2 Satsumas
- 1 cup of berries - frozen at this time of the year.
- 1 tbsp chia seeds
- 1 tbsp flaxseeds
- 1 pot of zero-fat greek yoghurt
- 1 cup leafy greens
- 1/2 cup cruciferous vegetables like broccoli and cauliflower

Keep hydrated:

- Drink berry or herb infused water and tisanes throughout the day.

Reduce:

- Meat and Dairy
- Add fish twice a week if you are craving animal protein

MOVE

Start each day with:

- A brisk walk for 30 minutes OR a short jog for 20 minutes
- Preferably outdoors in a planted area.
- Do not use headphones.
- Stretch your calves, hamstrings and quadriceps after each session.

Add stretching or yoga sessions:

- 3 times a week preferable in the evenings after work.

Keep moving:

- If you sit most of the day, set an alarm and stand up and move for 1 minute every hour.

REST & RELAX

Start each day with:

- A period of mindfulness while you sip your juice and when you are on your walk OR run.
- Focus on the present.
- Taste and smell your juice.
- Look at the trees and sky.
- Listen to the wind.

SLEEP

Sleep Targets:

- Aim for 7 to 8 hours sleep each night.
- Aim to wind down an hour before.
- Aim to be in bed by 11pm at the latest.
- Avoid caffeine and carbohydrates after lunch.

This Month's Featured Product

Retinol is not just for the face.

Retinoids have huge benefits for anti ageing and skin health on the face but they also treat a host of skin problems on the body which include:

- Aged photodamaged skin
- Pigmentation, sun damage
- Keratosis pilaris
- Dry skin

Using a retinol body cream leave the skin feeling super soft and smooth with the added benefit of reducing pigmentation and boosting collagen. One of our favourites is the

ZO Body Emulsion

which:

- Restores hydration and strengthens the skin's protective barrier.
- Exclusive 12-hour time-release antioxidant complex to protect the skin.
- Reduces the appearance of brown spots and helps even skin tone.
- Exfoliates dead skin cells to soften and smooth skin texture.



***To find out more OR book a consultation please contact us on
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