

Menopause - changes in skin

Human skin is the primary organ system connects us with the surrounding environment. Constitutes a major barrier that protects internal environment from the adverse external influences.

The skin prevents water loss and is necessary to maintain proper homeostasis of the internal environment of the organism . Both the epidermis, dermis, subcutaneous tissue and skin appendages or hair, nails and sebaceous glands and sweat glands are actively involved in the protection against cold, heat, mechanical injuries, as well as physical and chemical agents such as UV radiation. Unfortunately, with age the skin, there is a lot of changes that significantly affect the functioning of the skin barrier. One of the reasons are hormonal changes that arise during menopause, which cause changes in the whole body not excluding the skin. According to the World Health Organization, menopause is the definitive cessation of menstruation due to loss of ovarian follicular activity. These changes are preceded by a much earlier decrease in the concentration of the most biologically active hormone, estradiol or vesicular. At this time there is also lower progesterone levels. The resultant hormonal changes cause the emergence of various symptoms such as irregular bleeding disorders heart, osteoporosis and more visible signs of aging the skin. Menopause usually occurs in women around 50 years of age. Currently, the life expectancy of women extended to 80 years, or approximately 30 years for the period after the cessation of menstruation. This significant lack of sex hormones increases physiological age-related, symptoms of skin aging, such as atrophy, loss of elasticity, dryness and pallor. Adverse effects associated with menopause refer to both the skin surface or epidermis and reaching the deeper layers of the dermis.