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Reversal of aging process with pillars of anti-aging medicine

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The growing of aging population with several aging problems challenge people to age gracefully. Aging is inevitable and unstoppable progress started since one's born. Aging itself is intermittently linked with a decreased capability of epithelial barriers of the skin, gastrointestinal tract, musculoskeletal system, immune systems or other systems. It can be seen from few age-associated changes, such as dry and slow healing skin, osteoporosis, stiff-joints, and higher vulnerability of elderly people to disease (infectious disease, autoimmune disease, and cancer). An immune lacking state, referred to as immunosenescence, is likely to contribute to morbidity and mortality in this population. As we know, human as a living creature has epithelial tissue and immune system as a body protector which its functions may not work as well as they age. Furthermore, alteration of certain hormone levels may also contribute in another age-related changes. Hormone is a chemical substances that has an important role to regulate several basic of living processes, such as metabolism, growth and maturation. This reflects on how human start to lose their bone mass as they age, specifically in post menopause woman. Besides osteoporosis, deterioration in the musculoskeletal system reflect the aging progress by its consequences of declined physical activity among aging people. The shift of aging population should lead us to focus on health optimization rather than curing problems and diseases. Reversing aging medical care involves incorporation of multiple elements of scientifically based age-reversal methods, such as adequate physical activity, hormone replacement/optimization, proper diet and supplementation as well as relaxation therapy without eliminating the role of environmental factors within daily life.

Biography

Novita Widyawaty Djohan has completed her undergraduate studies at the age of 23 years from Medicine Faculty of Atma Jaya Catholic University of Indonesia and postgraduate studies (MSc Medical Aesthetics, Healthy Aging and Regenerative Medicine) from UCSI University at the age of 28 years with the completion of research focused on Nutrigenomics. She is the active member of Indonesian Medical Association and The Association of Indonesian Doctor on Anti-Aging, Wellness, Esthetic and Regenerative (PERDAWERI). With the high interest in hospital management, she is also currently working as Medical Coordinator in one established private hospital in South Jakarta.

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