

Serum Vitamin D Level and Degree of Aging Signs Measuring Age Spots and Wrinkles

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Abstract:

Background: Vitamin D has well known antioxidant and anti-inflammatory activities which can prevent the aging signs by fighting against free radicals. Wrinkles and age spots are the prominent aging signs commonly seen in elderly people. Since vitamin D fight against the reactive oxygen species, the aging spots and wrinkles are more likely to be seen in the individuals with lower serum vitamin D level.

Objective: To study the correlation between Vitamin D level and degree of aging signs (age spots and wrinkles) in Thai Bangkokian.

Methods: Total 19 volunteers, aged 40-60 years old male and female who meet all inclusion and exclusion criteria are selected to participate in cross sectional descriptive study. The blood collection was done for detection of the serum vitamin D level (25 OH vitamin D). Then, the degree of aging spots and wrinkles are tested by VISIA system and Glogau Scale respectively.

Result: There is no significant correlation between serum vitamin D level and degree of age spots. However, the serum vitamin D level is significantly negatively correlated with degree of wrinkles measured by Glogau Scale.

Conclusion: In this study, the level of serum vitamin D is correlated with aging parameters including age spots and wrinkles. The results demonstrated that there is no significant correlation between the serum vitamin D levels and the aging parameter for age spots and wrinkles measured by VISIA scan. However, the serum vitamin D levels and degree of facial wrinkles are significantly negatively correlated measured by the Glogau scale.

Keywords:

Vitamin D, Free Radicals, Wrinkles, Age Spots, Reactive Oxygen Species.