

# What Causes Wrinkles?

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### Smoking

Smoking accelerates the ageing of skin. It reduces blood supply to the skin



### Light Skin = Sun Damage?

People with light skin are prone to sun damage, which accelerates wrinkle development.

### Genetics



Wrinkle development is hereditary. If parents developed their wrinkles earlier in life, then their children will have them earlier too.

### Clothing

Wearing hats and long sleeves, which cover a person's skin, will have wrinkles later in their life compared to others.



### Hair Styles

Some hairstyles provide more shade for the face than others.



### Jobs and Leisure Activities

People whose jobs are exposed to sunlight develop more wrinkles than others.

#### EXAMPLES



Fisherman



Sailors



Golfers

### Facial Expressions

Expressive people who tend to smile, frown, and squint more will often develop fine lines and wrinkles earlier. Older people who do these facial expressions develop wrinkles because the surface of the skin loses its flexibility to spring it back.



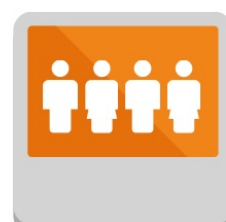
### Poor Nutrition

Nutritional deficiencies are believed to contribute to skin aging.



### Gender

Women tend to develop more wrinkles around their mouths than men do because women have fewer sweat glands and glands that secrete an oily matter known as sebum (sebaceous glands) to lubricate the skin and fewer blood vessels in this area.



### Sleeping Positions

Sleep position-induced wrinkles are a result of repetitive pressure on the face.



### Too Much Sugar

The more sugar a person eats, the more AGEs they develop. The harmful new molecules called advanced glycation end products or AGEs damages the protein fiber that keep skin firm and elastic leading to wrinkles and sagging.

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#### Source:

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