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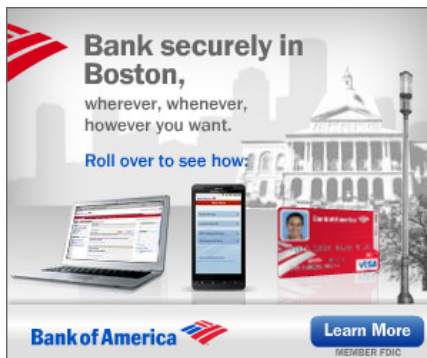
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REDUCE WRINKLES IN JUST 4 WEEKS!



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More wrinkles, more bone loss?

June 07, 2011 | By Deborah Kotz, Globe Staff

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By Deborah Kotz, Globe Staff

Could the amount of wrinkles women have predict whether they have more brittle bones? Quite possible, according to a new finding presented yesterday by Yale researchers at the Endocrine Society's Annual Meeting in Boston.

"The loss of estrogen that occurs during menopause is when we start to see rapid deterioration in a woman's bones and skin," explains study leader Dr. Lubna Pal who is a reproductive endocrinologist at Yale School of Medicine. The connection between the two, she adds, may be due to a loss in collagen, which is a type of protein that provides the supportive matrix structure for bones and skin.

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In the study of 114 women who had recently gone through menopause -- and were participating in a larger clinical trial of menopausal women called KEEPS -- Pal and her colleagues measured wrinkles and skin rigidity (another sign of aging) in several areas on the face and neck and assigned women scores based on those two factors. Women with the highest wrinkle and rigidity scores, on average, had the lowest bone masses, measured on bone density scans.

"These are just baseline data at one point in time," says Pal. "We don't know whether women with wrinkles lose bone at a faster rate" or just have that initial bone loss that occurs during menopause a little earlier.

The KEEPS trial is assessing to see whether those randomly assigned to take hormone therapy for menopausal symptoms will maintain their bone mass and delay wrinkles compared to those assigned to take a placebo -- but those results aren't expected until late next year.

And, clearly, hormone therapy -- which has been associated with increased risks of breast cancer and heart disease in postmenopausal women -- will never be given for wrinkle prevention.

So what's the solution? A good skin cream with collagen?

"I don't see any studies proving they work for wrinkles," says Pal. And the collagen in them won't help with bone maintenance since the body breaks it down before it gets to the bones.

Some lifestyle factors, though, may help. "Weight lifting improves collagen quality to help keep bones strong," says Pal -- though that might not do much to prevent facial wrinkles. Avoiding smoking and an excess intake of alcohol can help maintain collagen. And, yes, use that sunscreen religiously since too much sun exposure can hasten collagen loss.

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