

Recent Study Shows Topical Estrogens Help Reverse Skin Aging and Are Safer than Oral Estrogens

SKIN-The Journal of Cutaneous Medicine® Article: Beneficial Effects of Estrogen on the Skin - A Comprehensive Review of the Literature and Look to the Future

NEW YORK, NY, USA, September 11, 2018 /EINPresswire.com/ -- Aging is a fact of life, but the



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signs of aging don't have to be. Aging skin has certain characteristic traits; it's thin, dry, uneven in color, and often wrinkled. Research has shown that decreased levels of circulating estrogens play a role in aging of the skin. Estrogen can promote the proliferation of the cells that make collagen, which is necessary for skin's youthful appearance.

Therefore it seems that estrogen replacement would be a logical way to treat aging skin. However despite these positive effects on skin, estrogens can affect many

different systems in the human body. In an article published in [SKIN: The Journal of Cutaneous Medicine](#), authors Ryan Svoboda MD, MS, et al. state "Research into alternative substances such as soft estrogens...suggests that estrogenic-like benefits on aging skin could be harnessed safely, while avoiding the potential pitfalls associated with estrogen use."

The extensive review goes on to describe the potential negative effects of systemic estrogens and how soft drug design can overcome these unwanted side effects. The guiding principle of soft drug design is developing therapeutic drugs in a way that predictably alters metabolism and restricts the effects to the designated targets.

The authors conclude that "aging of the skin is a complex, multi-faceted process that has not only cosmetic but also medical and quality of life implications." They note that there are currently no commercially available topical estrogens that work exclusively in the skin and stress that continued research leading to the development of such products is paramount.

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