

Menopause affects your skin, too. Here's how to fight back



StatePoint

By 2025, there will be over 1 billion women experiencing menopause in the world, which will be 12% of the entire world population. Most women hit menopause by their 50s. However, changes in the body start to appear earlier than you might think, often many years before a woman officially hits menopause. This time in a woman's life can bring bothersome and debilitating symptoms which can significantly affect a woman's health and daily routines.

Women may notice physical changes in their skin as one of the first symptoms as they age. "When you're young, your body produces an abundance of collagen, the main skin-supporting protein that keeps your face supple and hydrated," said nationally renowned natural health physician and author, Dr. Fred Pescatore. "Studies show that women lose about 30% of their skin's collagen during the first five years of menopause due to hormonal shifts."

With collagen loss, skin becomes thinner and prone to wrinkles. It also loses the ability to protect itself, maintain hydration, and produce strong collagen the way it once could. Many women see these changes reflected in increased bags under the eyes, sagging neck skin, and increased hyperpigmentation in the face and hands.

There are several ways for women to minimize and manage skin

> See MENOPAUSE, Page 3



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Au.D.



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Menopause

continued from Page 1

health concerns that appear during this period.

Minimize Sun Exposure

Try to avoid direct sun exposure.

Some women experience increased hyperpigmentation on their face and hands, often referred to as dark spots, leading up to and during menopause. This is caused by a combination of hormonal changes and sun exposure. "You can help minimize your skin's exposure to the sun by wearing SPF, hats and gloves when outdoors," said Dr. Pescatore.

TAKE SHORTER SHOWERS

Keep showers short and not too hot. "Spending too much time in water, especially hot water, strips natural oils from your skin, leaving it dry," said Dr. Pescatore. In the time leading up to and during menopause, your skin is at increased risk for dryness, so try to take

short, lukewarm showers to keep skin optimally hydrated.

ADD A PROVEN SUPPLEMENT

Look for ingredients that can stimulate collagen production and help improve the health of your skin from inside and out. Numerous clinical studies have shown that daily supplementation with the super-antioxidant Pycnogenol (Pic-noj-en-all) French maritime pine bark extract can help minimize various skin concerns middle-aged women experience.

Pycnogenol binds with existing skin proteins, collagen and elastin, stimulates the genesis of new collagen and hyaluronic acid, and protects skin from various harmful enzymes, helping to rebuild elasticity for a smooth, younger look. Additionally, Pycnogenol has been shown to reduce hyperpigmentation for a more even complexion. A recent study, published in 2021, found that those who supplemented with

100mg of Pycnogenol for 12 weeks during dry winter months experienced a 13% improvement in both skin elasticity and skin firmness.

"Pycnogenol is one of the most studied ingredients on the market, with decades of research showing the benefits of this natural extract for a variety of health applications," said Dr. Pescatore. "In fact, the extract has specifically been studied on menopausal women, so the skin benefits complement its additional women's health benefits nicely."

Available in more than 1,000 dietary supplements, topical creams, and health products worldwide, more information about Pycnogenol can be found by visiting pycnogenol.com.

As women enter the middle phase of life, a host of new skin concerns can appear. Evolving one's skin care routine and making natural lifestyle changes can help women meet the challenges of menopause.

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Include skin protection in your wellness routine 365 days a year

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Visible light (VL) is the light we can see, and excessive amounts of exposure can contribute to the production of free radicals, which may have negative, aging effects on the skin. VL comes in many forms, from sunlight to the light emitted from digital screens like cellphones and laptops. That's why experts advise taking steps to protect your skin year round.

“Free radical damage is an invisible stressor that can be produced from sources like pollution, UV rays and even digital devices,” says New York City-based dermatologist, Dr. Rachel Nazarian, MD. “Over time free radical damage can degrade your collagen and cause aging of the skin, and in some cases, it can even lead to skin cancer.”

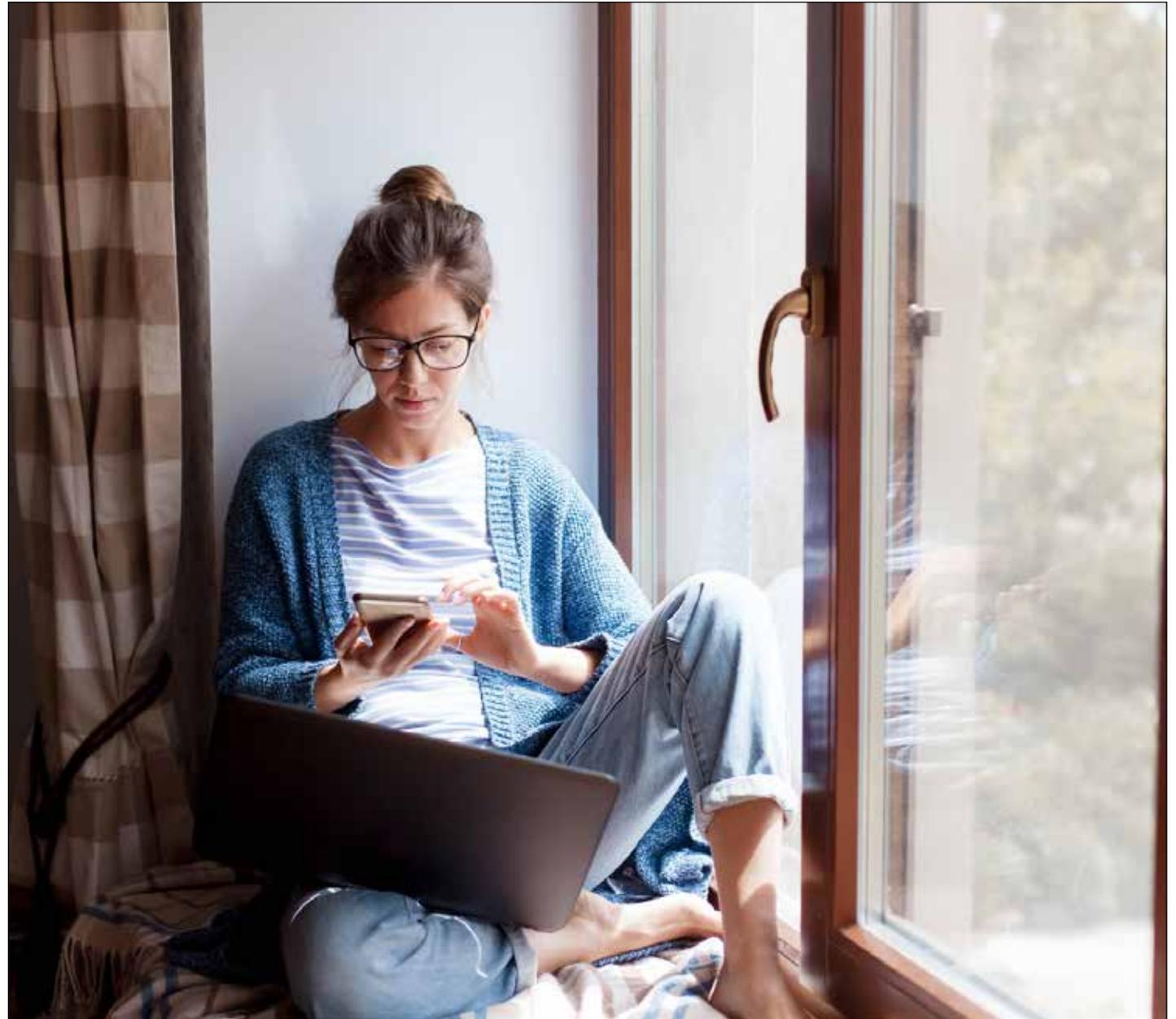
Dr. Nazarian recommends taking the following steps to protect your skin:

- **Wear SPF:** Apply a topical SPF sunscreen every day and remember, incidental sun exposure through windows, open and closed, also counts, so think beyond outdoor skin exposure.

- **Protect your lips and eyes:** A lip balm containing SPF will work double duty, protecting your lips from chapping in the face of winds and cooler temperatures, while also offering protection from UV rays. Be sure to also protect your eyes with UV-blocking sunglasses.

- **Limit screen time:** There are numerous wellness benefits associated with limiting screen time each day, and now, you can add protecting your skin to the list.

- **Double down:** Collaborative research published by the “Journal of Drugs in Dermatology” in



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2019 by doctors at Wayne State University and Beaumont Hospital in Michigan, as well as Srinagarind Hospital in Thailand, suggests that when Polypodium leucotomos extract (PLE) is used as an antioxidant, it provides a secondary line of defense to protect against the effects of VL. Heliocare Daily Use Antioxidant

Formula is a natural dietary supplement that has antioxidant properties due to Fernblock PLE Technology, an antioxidant naturally derived from the extract PLE. Clinically proven and dermatologist recommended, the PLE in Heliocare helps to combat the negative effects of free radicals, including those that arise

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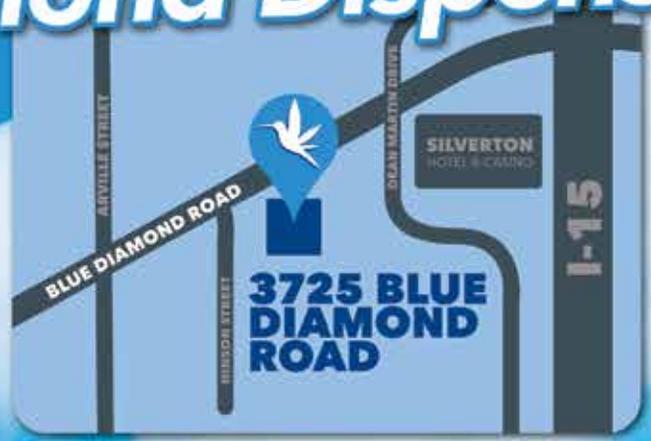
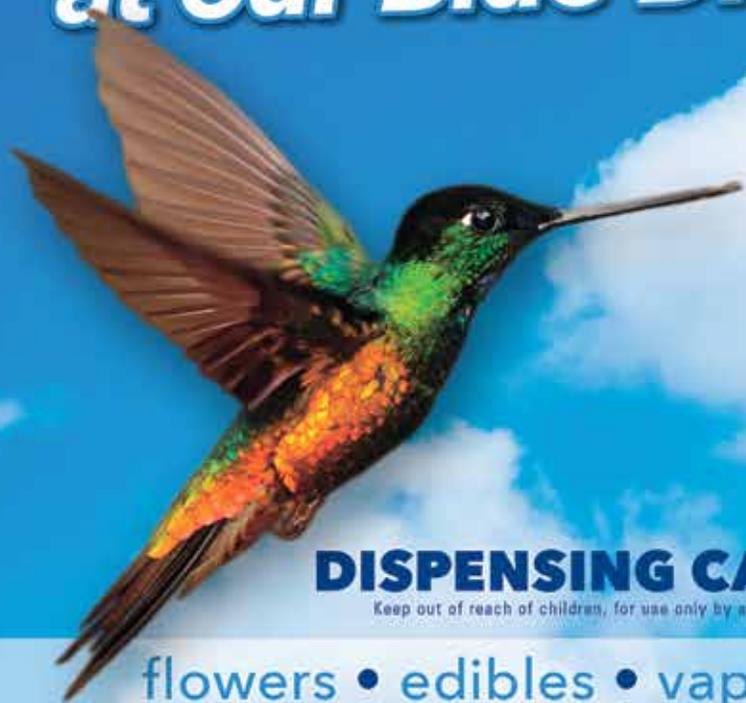
During cooler months often spent inside, many people let their guard down when it comes to skin protection. Be sure your wellness routine includes steps to keep skin protected and healthy-looking from the inside out.

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355 W. Mesquite Blvd, D30-153, Mesquite, NV, 89027 -or- use our secure locked Dropbox located at the UPS store: 550 W. Pioneer Blvd. Voting begins Dec. 1, 2021 through Feb. 2, 2022. Any ballot received after that will be disqualified.

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Ballots WILL NOT be accepted by fax or email. Ballots MAY NOT be photocopied. All ballots must be from the original newspaper. NO EXCEPTIONS. No purchase necessary. All businesses nominated must hold a Mesquite, NV business license and must be written in by their 'proper' name (example: For Best Restaurant - list as Gregory's - not just Eureka or Katherine's - not just CasaBlanca.) Entries/Votes that are not specific will not be counted. This is to ensure that votes are placed properly. One valid entry ballot per person over the age of 13 at the time of contest. Multiple ballots submitted with identical or similar choices or handwriting will be disqualified. To qualify, you must provide your name and contact info and write in your votes on at least 15 categories. Any ballots received with less than 15 categories voted for will be disqualified. Mesquite Monthly reserves the right to contact voters to verify their vote and information if necessary. Any false information given during registration will void that ballot. Mesquite Monthly reserves the right to change the rules at any time. This contest is officially sponsored by Mesquite Monthly.

HEALTHCARE NEWS AND NOTES

COVID-19 SELF-TEST KITS AVAILABLE

The City of Mesquite has received an allotment of BinaxNOW COVID-19 antigen self-test kits from Southern Nevada Health District (SNHD) to be given to the residents of Mesquite.

The Community Emergency Response Team (CERT) volunteers will be handing out these tests to the residents of Mesquite. The BinaxNOW COVID-19 self administered antigen test kit will include instructions for administering the nasal swab and how to read the results that will be displayed in 15 minutes.

CERT volunteers will be handing

kits out via drive-thru in the south parking lot of City Hall. Please use the entrance off Yucca Street.

Picking up COVID-19 self-test kits will be available three days a week while supplies last:

- Monday — 9 a.m. - to 1 p.m.
- Wednesday — 3 p.m. to 7 p.m.
- Friday — 9 a.m. - to 1 p.m.

MOBILE COVID TESTINGS

The City of Mesquite is working with Southern Nevada Health District to host a mobile COVID-19 testing location at The Jimmie Hughes Campus, located at 150 North Yucca, Mesquite Nevada 89027.

The mobile testing site is moni-

tored and administered by Curative, a leader in on-demand public health service programs and infrastructure development. Curative's testing site will be running two days a week (Tuesday and Thursday from 8 a.m. - 2 p.m.). Shallow nasal PCR tests will be available.

"The city will evaluate and if needed will modify those days and hours based on the community needs, working in tandem with Curative," said Blake Lackey, director of operations for Curative. "Curative is proud to support to the Mesquite community and will make accommodations to be successful within the community."

Walk-ups are welcome; appoint-

ments can be made by visiting <https://curative.com/>. The COVID-19 test is FREE of cost, self-collected, and painless, helping you and your families stay healthy.

For more information about this event and other programs please download the app, it's available for iOS or Android devices at <http://tour.mesquitenv.gov/>.

For more information on this and other programs please contact the Department of Athletics & Leisure Services at (702)346-8732. Register for youth and adult programs online at: www.mesquitenv.gov for more information and to stay connected via social media, our Facebook: www.facebook.com/MesquiteNVRecreation.

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What lung cancer patients should know about newer treatment options

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For those with lung cancer, understanding treatment options, including what type of surgery might be best for your situation, is important.

Fortunately, the past decade has brought many advances in lung surgery. For example, Robotic thoracic surgery (RAS), also called robotic-assisted thoracic surgery, is a minimally invasive surgery technique used in thoracic procedures, including some lung cancer cases. This technique can be used to remove diseased lung tissue and surrounding lymph nodes.

To learn more about how robotic technology is typically used during lung surgery, the American Lung Association spoke with Dr. Doug Adams, a cardiovascular and thoracic surgeon at TriHealth in Cincinnati. He laid out the general steps he follows with his patients. However, each institution may operate differently. Talk with your surgeon about what to expect.

BEFORE SURGERY

Before the procedure, you'll get information about how to prepare. When you arrive at the hospital, you may go into a room where your information is confirmed, you meet with the anesthesiologist, and lines are started in your body. Lines are tubes usually inserted into the hands that allow the surgery team to monitor vital signs and deliver pain medication.

Next, you'll be wheeled into the operating room, sedated and placed on your side. You'll be completely asleep during the procedure. While sleeping, the anesthesiologist places a tube into your airway to collapse the lung not being operated on. This gives the surgeon more space to operate. The lung is reinflated before you wake up.

GETTING THE ROBOT READY



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The surgeon finds the right spots on your body for the robot ports, which are like docking stations for the robot. A small incision is made to place each port. The instruments and camera are attached to the robot and docked into the ports, offering real-time control of the robot. Each surgery has basically the same steps, but every body is different. Once the connection is established, the surgeon reviews your anatomy and adjusts the surgical plan accordingly.

REMOVING LUNG TISSUE

Your surgeon sits at the console next to you and controls the robotic instruments. First, the small three-dimensional, high-definition camera

is placed through one of the ports to provide an inside view of the chest cavity. Then, robotic instruments are placed through the other ports between the ribs.

The surgeon removes lung tissue through one incision. The magnified view and wristed instruments allow for precise, controlled movements without having to make larger incisions to open the chest or spread the ribs. Sometimes the anesthesiologist will inject a liquid called ICG into the lung, which helps the surgeon see more clearly.

If you have cancer, your surgeon may also remove lymph nodes. Often lung cancer will spread to surrounding lymph nodes that imaging doesn't

catch. Removed lymph nodes are examined by the pathology department to help the cancer team determine the lung cancer stage, and next steps.

POST-SURGERY

After surgery, a small chest tube is inserted and the ports removed. You're moved to recovery where staff can monitor fluid and air leaks in your chest. When there is no more fluid or air leaks, it usually means you've healed enough to go home, along with post-surgical instructions.

Facing lung surgery? Talk to your doctor about your options, including robotic assisted surgery. Support for this educational initiative is provided by Intuitive.



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Don't be shy about discussing constipation with your doctor

StatePoint

Constipation is something that most people have likely experienced at one time or another. For some people however, symptoms can occur over the long term.

Symptomatic individuals and patients should learn more about two types of long-term constipation: Chronic Idiopathic Constipation (CIC) and Irritable Bowel Syndrome with Constipation (IBS-C). While CIC and IBS-C share many of the same symptoms, there are important differences between the two.

One in seven U.S. adults have CIC and those with this condition may experience:

- Infrequent bowel movements (BMs)
- Hard-to-pass BMs
- Straining
- Discomfort
- Not feeling empty after a BM

In addition to symptoms of CIC, patients with IBS-C also experience abdominal pain related to changes in bowel movements, and one in 20 U.S. adults are living with this chronic condition.

The causes of CIC and IBS-C are not known. That said, for some, the cause could be linked to changes in the connections between the brain and the gut.

If you're experiencing constipation, you should consider speaking to your doctor who may help address your

symptoms.

Your physician can diagnose your condition and offer treatment options that may provide relief. Ask your health care provider the following questions during your next office visit:

- What are my options if lifestyle changes and over-the-counter medications haven't worked?
- How many bowel movements should I be having each week?
- What consistency should they be?

It's also helpful to go to your appointment prepared to share what symptoms you're experiencing and how long you've been trying to manage them. You might also be asked to identify what type of stool you most frequently experience when you are not taking medication using the Bristol Stool Form Scale. The Bristol Stool Form Scale is a visual representation of the seven types of BMs that you can have.

While it might seem awkward to talk about, telling your doctor which type or types of stool you typically have can help you both create a treatment plan that works for you and your body. The good news is that now more than ever, it is possible for a doctor to evaluate your symptoms and diagnose IBS-C and CIC during a virtual visit, so take advantage of telehealth appointments.

To learn more about the difference between IBS-C and CIC and for additional resources, visit ConfrontConstipation.com.

If you are experiencing constipation, you are not alone. Constipation is not only common, it's treatable.

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WHO IS ELIGIBLE FOR LIFELINE ASSISTANCE?

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HOW TO APPLY

Lifeline requires additional documentation to qualify for benefits. If you meet one of the eligibility requirements above, go to LifelineSupport.org or call 800-234-9473. All information and requirements can be found on the Lifeline website. Please notify the Reliance Connects office after you apply and are eligible at 702-346-5211.

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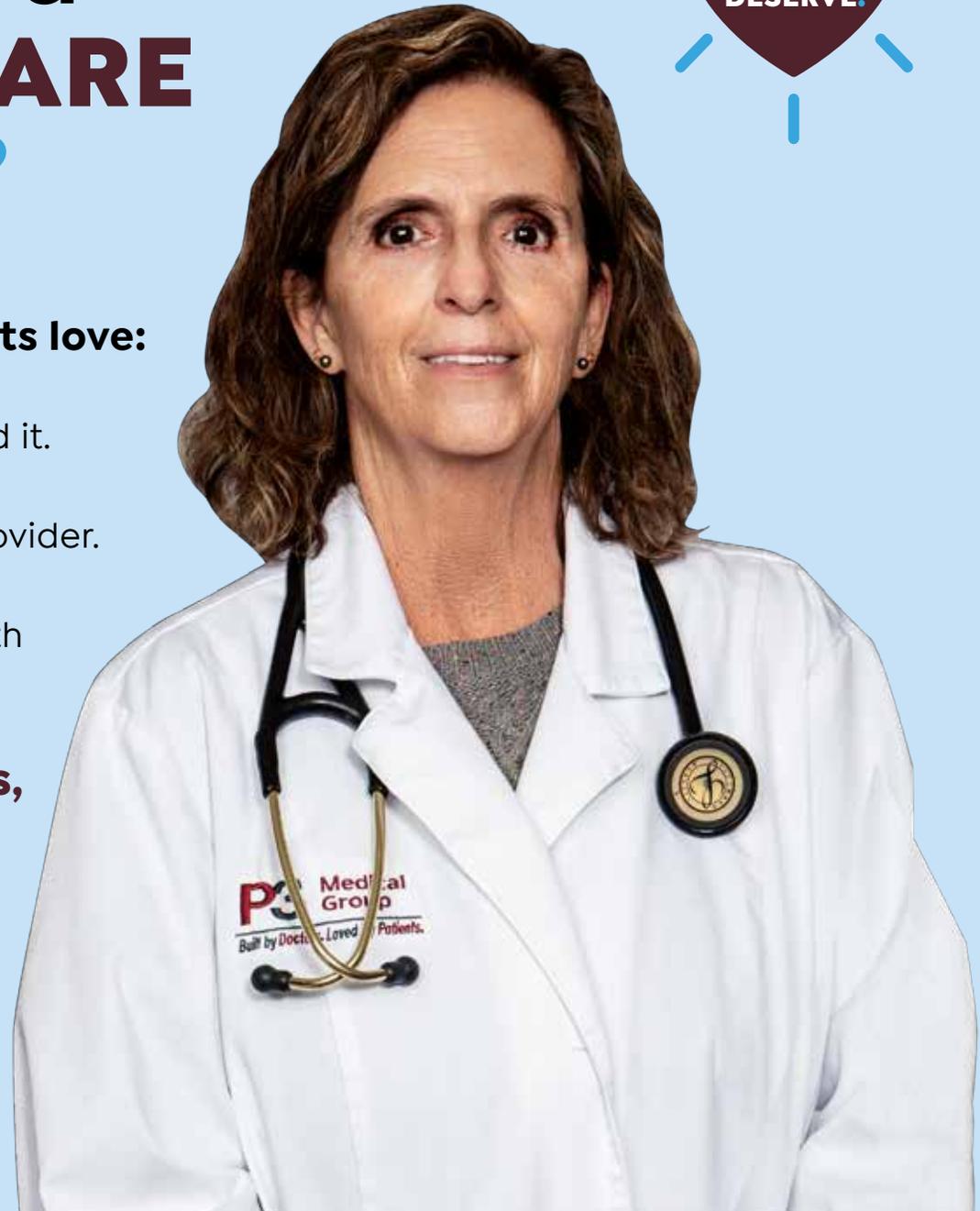
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