

The Evolution of Ageing: what we'll be doing in 2032

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Overview

- Trends
- How to achieve 100% skincare
- The role of functional medicine
- The importance of oral supplements
- Science of supplements
- How to make 100% skincare available to all
- Where we'll be in 2032

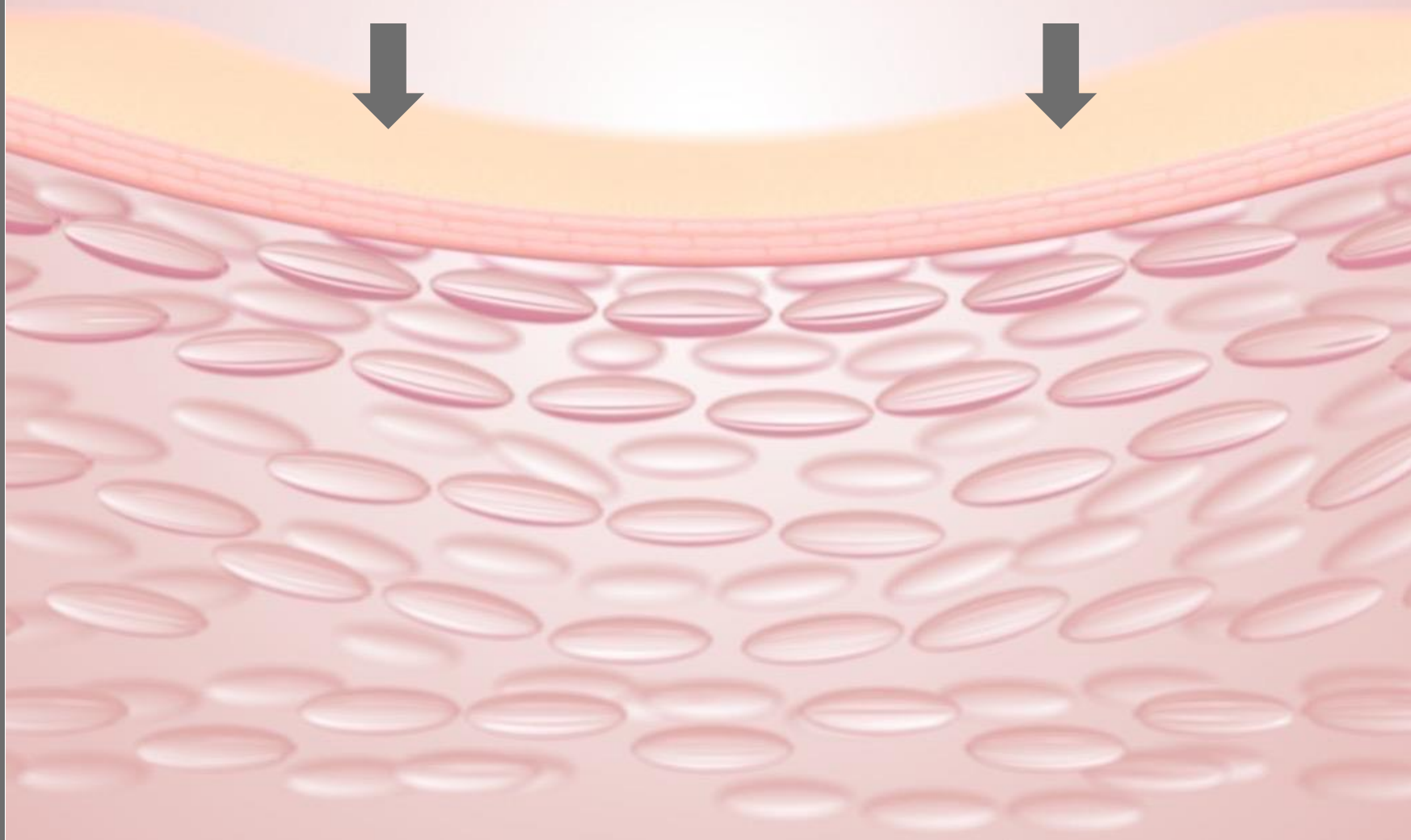


- Skin health = systemic health
- Science-based products
- Personalisation
- Sustainability
- Supplements

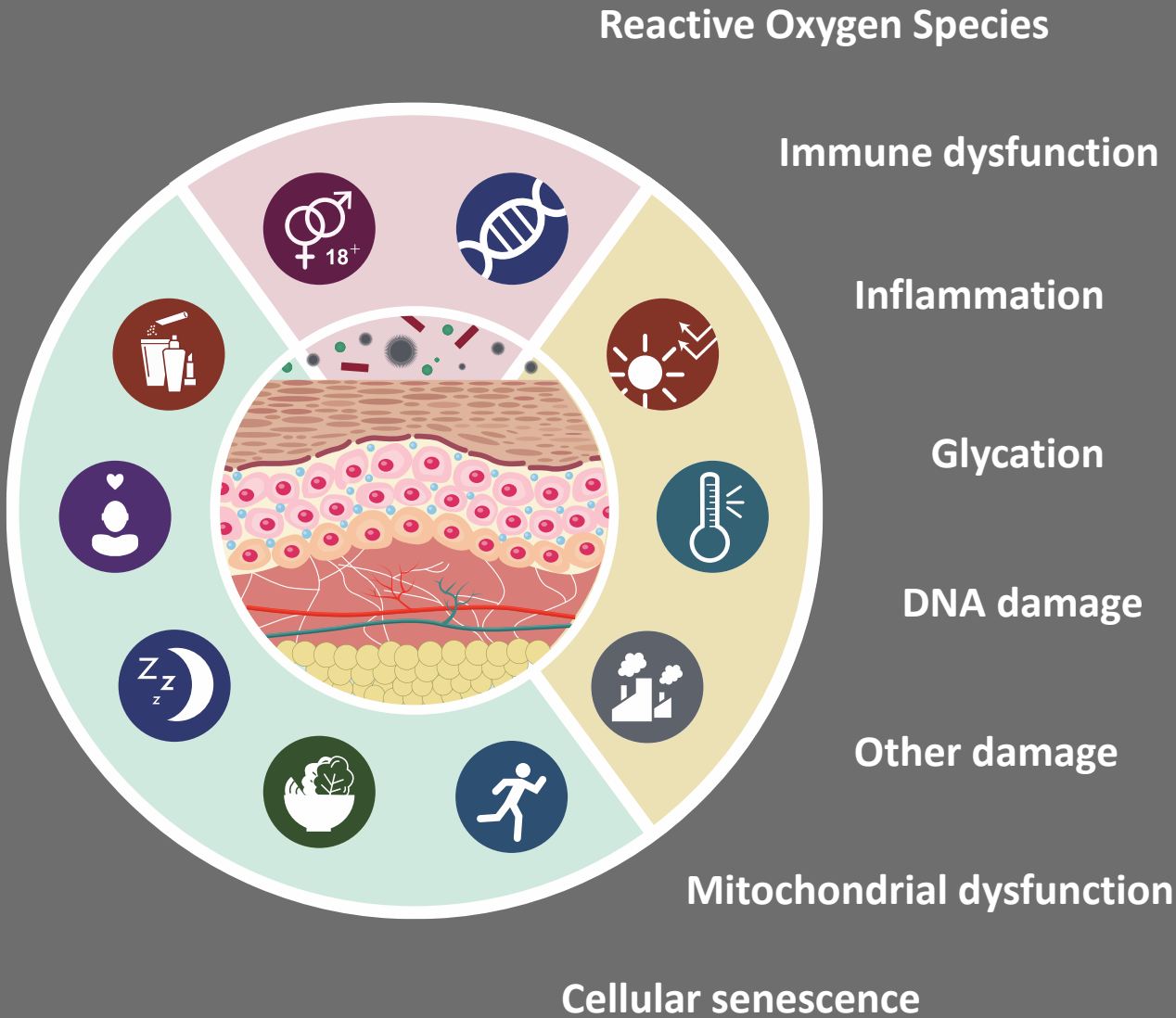
Treatments

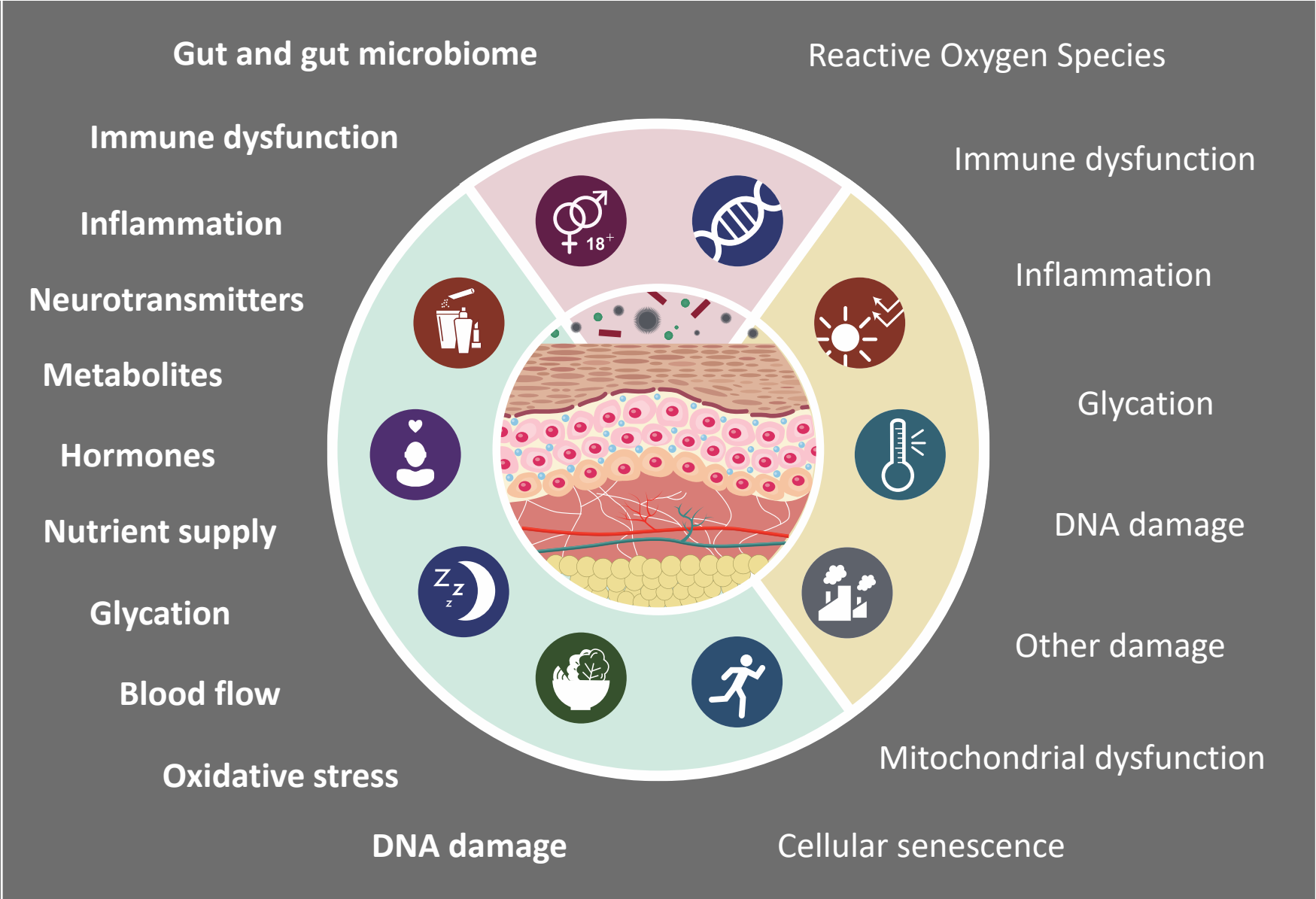


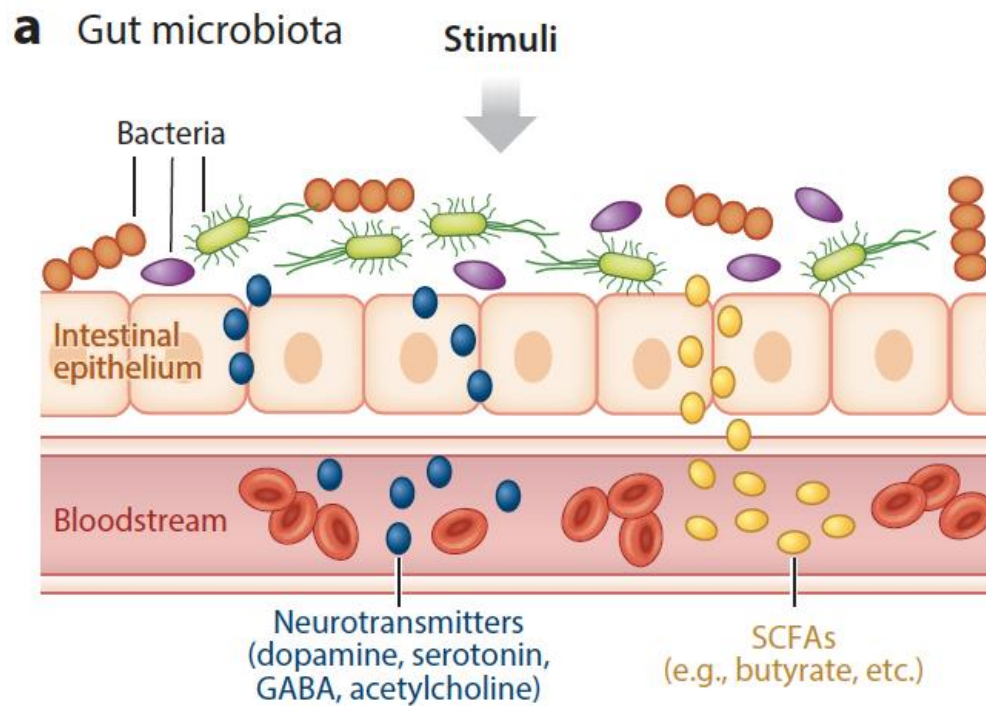
Products



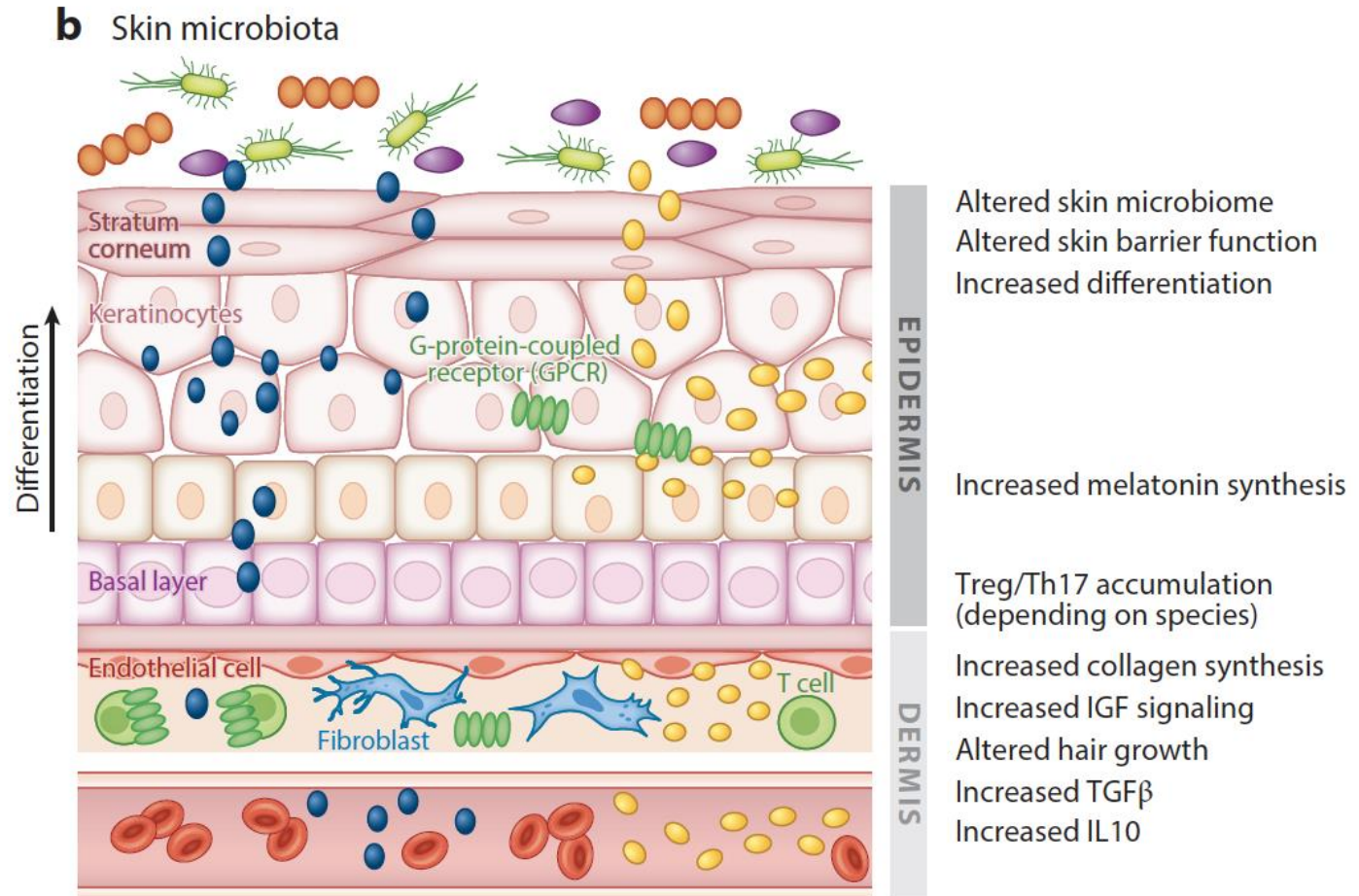








Woodby et al. 2020



Woodby et al. 2020

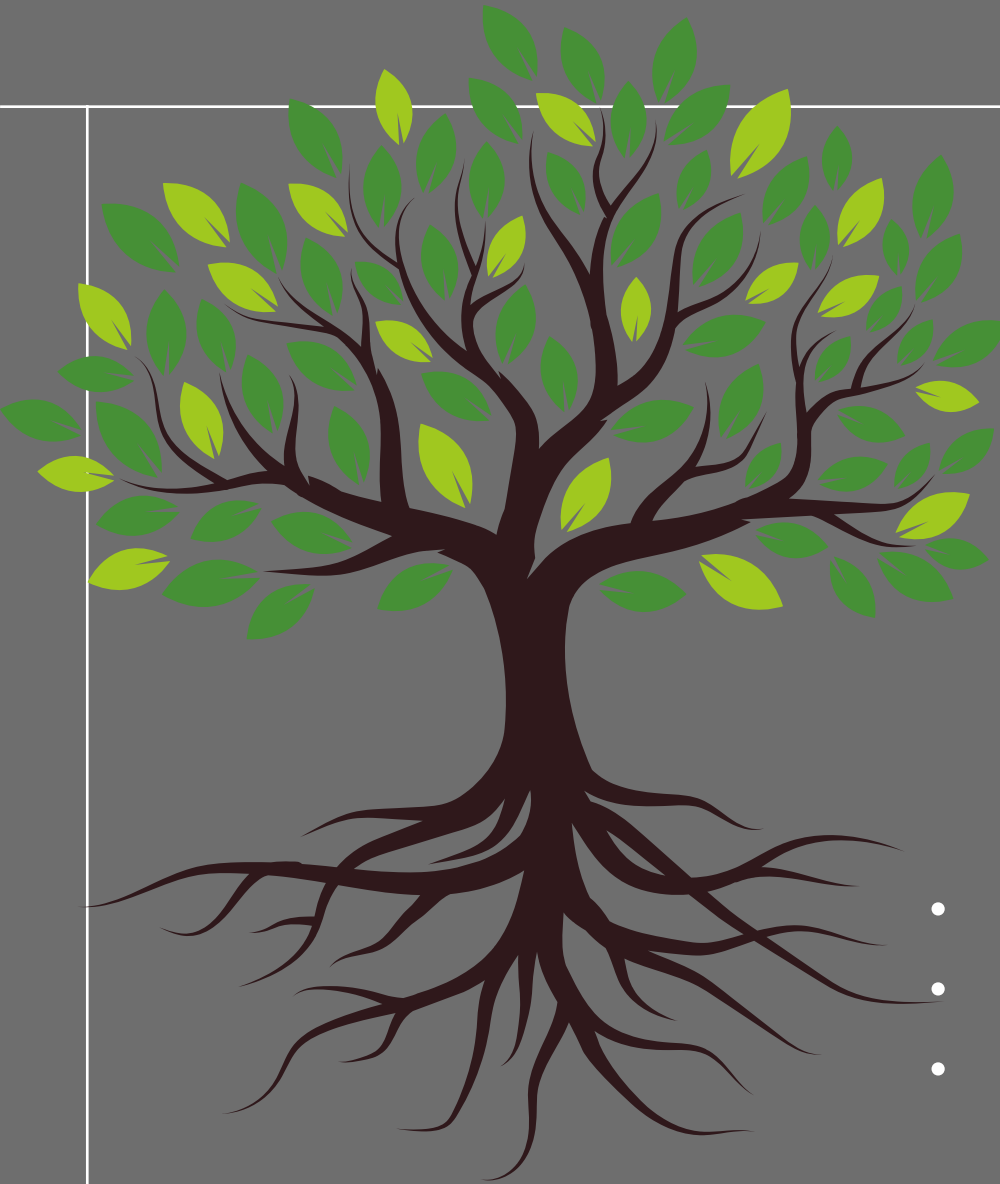
Lifestyle change



Oral skin care
- Supplements

Topical

- Protection
- Treatment
- Products



Functional medicine

- Systems biology-based approach
- Numerous factors contributing to disease
- Identify and address the root causes



Chronic eczema

- A functional medicine approach

Treatments



Products



100% skincare for healthy skin



Skin Supplements





Why not just eat healthily?

- Nutrient need vs supply
- Quality of food



'Fruits and vegetables are less nutritious than they used to be'

Fruit and vegetables

↓ protein, calcium, iron,
phosphorous, vit B2 and C

Wheat

↓ protein, iron, manganese,
zinc, magnesium

Regenerative farming

↑ vit K, E, B1, B3, B5, calcium,
potassium, carotenoids,
phytosterols

Davis et al 2004, Mariem et al 2020



Why not just eat healthily?

- Nutrient need vs supply
- Quality of food
- Targeted support



Science of supplements

- Varying degrees of robustness
- Nutrient dependent
- Challenges
- Overview of research on:
 - UV protection
 - Ageing
 - Pigmentation
 - Hydration



Challenges

- Few human trials
- Small trials
- Lack of placebo
- Lack of RCT
- More prone to publication bias
- Measurement tools
- Combination products
- Dose
- Difficult to make comparisons



UV protection

- Vitamin C
- Vitamin E
- Omega 3 fatty acids
- Flavanols
- Carotenoids (long term)
- Probiotics

Michalak et al. 2021, Woodby et al. 2020, Thomsen et al. 2020, Lolou et al. 2019)



Ageing

- Probiotics
- Omega 3 fatty acids
- Vitamin A and derivatives
- Zinc
- Hydrolyzed collagen
- Carotenoids

Michalak et al. 2021, Woodby et al. 2020, Yu et al. 2022, Lupu et al. 2019, Jawar et al. 2019, Miranda et al. 2021, Vollmer et al. 2018, Lolou and Panayiotidis 2019



Pigmentation

- Probiotics
- Vitamin E
- Carotenoids



Hydration

- Probiotics
- Ceramides
- Collagen

Michalak et al. 2021, Yu et al. 2022, Sun et al 2022

Lifestyle change



Topical

- Protection
- Treatment
- Products

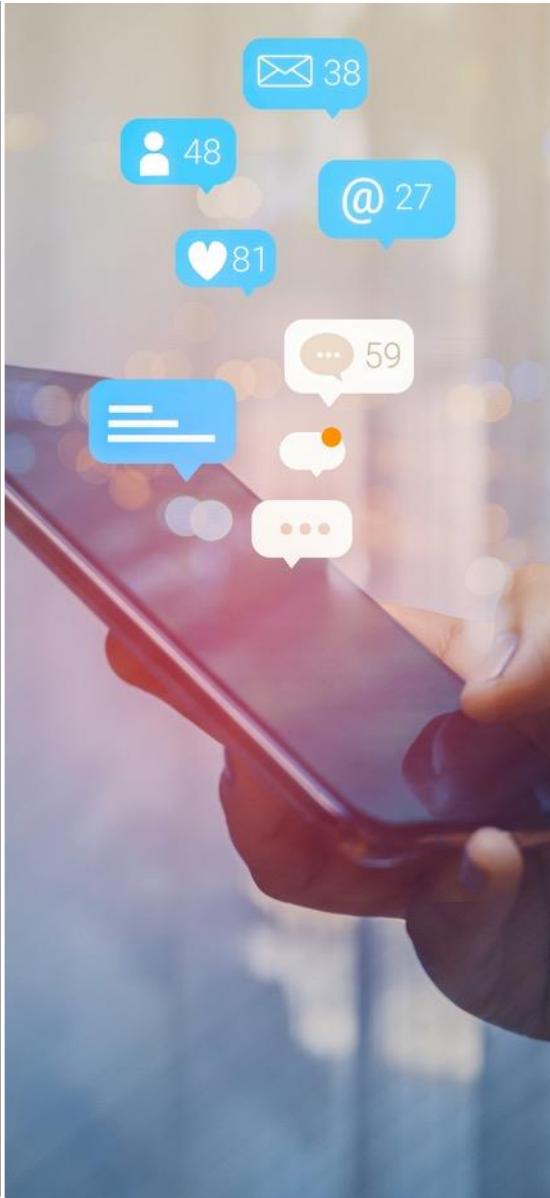
Oral skin care

- Supplements



Challenges

- Ignorance
- Not a quick fix
- Confusing information
- Misleading marketing
- Variable quality of products
- Expensive



How to overcome these challenges?

Education

- No quick fix
- Show the science
 - Benefit of lifestyle change
 - How to change lifestyle
 - Benefit of supplements
 - What supplements to take
 - How to choose
 - Importance of quality
- Before and after photos

Social media



Make supplement choice easy

- Nutrient combinations



Motivation

- Before and after photos
- Ongoing education
- Relevant group support



Key Points

Growing focus on:

- Wellbeing
- Skin health is a reflection of systemic health
- Supplement use

Desire for:

- Science-based products
- Personalisation
- Sustainability

Are these trends valid?

Skin health is a reflection of systemic health

Numerous modifiable factors affect our skin

- External
- Internal



For the most effective and sustainable results

- Topical protection, products, treatments
- Lifestyle change
- Oral skin care – supplements

Skin has 2 sides



Oral supplements

- Likely that we need them
- Not all equal
- Science
 - Varying degrees of robustness
 - Strong studies
 - ↓ signs of ageing
 - ↓ pigmentation
 - ↑ hydration
 - ↑ protection from UVR

How to make accessible and increase motivation

- Challenges are real
- Key is education
 - Ongoing
 - Social media
 - Group support

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