

Abstract

Aging is responsible for characteristic human facial changes. The purpose of this thesis is to identify and discuss possible factors that affect facial aging, which involves bone remodelling caused by progressive resorption of craniofacial bones. During the life, muscles become weaker as a result of muscle aging and activity, which leads to atrophy. In addition, their attachment to bones changes because of a decline in bone mass. Skin elasticity reduces with age, thus wrinkles are formed, skin colour changes and blood flow is impaired.

Sun exposure is one of the extrinsic factors that have a significant effect on the facial senescent changes as it daily influences human skin by decreasing skin water content and impairing structures of collagen, elastin, and vessels. Smoking causes ischemia and wrinkles. Chronic skin diseases appear due to alcohol abuse, increased stress and air pollution. Sleep deficiency and low relative humidity environment contribute to skin dehydration and dryness. Skin can be protected and maintained youthful for longer by having a healthy diet. Aside from extrinsic factors, senescent facial changes are also influenced by various genes, a hormonal change, and bone remodelling.

Nowadays, people age more slowly because of medical progress, better health care, new findings, and better living conditions. As people live longer, the elderly now look younger than the people of the same age did in the past.

Keywords

Aging, face, extrinsic factors, intrinsic factors, senescence