

## 〈教育セミナー〉

### 第47回教育セミナー (2022)・「老化について考える～原因追究から治療まで, 不変の課題への挑戦～」

#### しわ・たるみのメカニズムから治療まで

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#### Age-Related Wrinkle and Sagging; The Mechanism and How to Treat

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#### Abstract

Recently, various kinds of non-surgical treatments for sagging face has come into our aesthetic medical market. Although these treatments are less effective compared with surgical procedures, we can get natural-looking rejuvenating results by understanding how the face change with aging and using energy-based devices, injectables and threads. With aging, laxity and/or atrophy occur in not only skin but also subcutaneous fat, fascia, retaining ligament and bone. As a result, we can see aged appearance. Therefore, in treatment, it is necessary to improve aging changes according to both laxity and atrophy, while always considering which region and which layer should be changed.

Basically, energy-based devices have tightening effect by heating, and cannot improve atrophic change. It is better to combine injectables and threads. However, age-related change of facial appearance does not stop and progress. We should not hang up on getting temporary result. It is important to keep youthful appearance for a long time.

**Key words:** wrinkle, sagging, energy-based device, injectable, thread.