

〈教育セミナー〉

第49回教育セミナー (2024)・「皮膚から“情報”を得る～ヒトの皮膚こそデータの宝庫～」

CT・MRI を用い皮膚深部の解剖学的情報から顔のタルミに迫る

奥田 逸子*

Analysis of Facial Aging Based on Subcutaneous Anatomical Information Using CT and MRI

Itsuko OKUDA*

Abstract

In recent years, imaging diagnostic devices have undergone remarkable advancements, with CT and MRI scans providing an abundance of anatomical information. Furthermore, significant progress in imaging analysis workstations has made it increasingly easy to generate three-dimensional (3-D) images. Utilizing these tools enables the non-invasive visualization and analysis of factors underlying age-related changes in facial appearance, which were previously observable only from the surface. Facial aging is influenced by a variety of factors, including not only skin aging but also atrophy of the facial muscles, reduced supporting force of the subcutaneous tissues, atrophy of the subcutaneous adipose tissue, herniation of orbital fat, and gravitational sagging. Understanding facial aging requires a comprehensive knowledge of facial anatomy and age-related anatomical changes. Based on these anatomical insights, we invented “KAOKIN Exercise,” a facial exercise designed to effectively improve the problem of facial sagging. The aim of this presentation was an overview of subcutaneous structural changes associated with age-related facial appearance, and introduce the KAOKIN Exercise based on anatomical knowledge.

Key words: facial aging, CT, MRI, anatomy, facial exercise.