

## **Study: Women Get More Wrinkles Than Men**

*CBS Early Show*

December 17, 2009

Overview: "According to a new study, men win the wrinkle war. Women wrinkle more easily. According to a study in the *Aesthetic Surgery Journal*, women had more wrinkles and deeper lines than their male counterparts. Their analysis attributes a woman's wrinkles woes to fewer sweat and sebaceous glands, fewer blood vessels, and a different muscle structure."

CBS News medical correspondent **Dr. Jennifer Ashton** said on "**The Early Show**" this is particularly the case around the mouth and nose for women. As women age, Ashton explained, the muscles pull in closer to the mouth, and cause wrinkles.

### ***But what about shaving - does that make a difference?***

Ashton said the study didn't address hair, but added there are theories that hair follicles give more structure to the skin.

### ***So what can women do to avoid the onset of wrinkles?***

Ashton recommended these tips:

- Avoid direct sun exposure.
- Don't smoke.
- No drastic weight loss.
- Plastic surgery.

**<http://tinyurl.com/yeqd5ad>**

Source: Boomer Blog