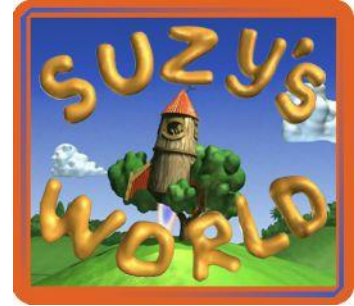


Wrinkles - Why do you get wrinkles?



Fact

- Everyone gets wrinkles as they get older, because their skin gets thinner, less plump with moisture and less elastic (stretchy), and as a result it starts to sag.
- Your skin is made of two main layers. The Dermis is the under layer, which is attached to your bones and muscles by tissue. The Epidermis is the top layer, the part you can see.
- When you're young the Epidermis is kept plump with moisture and it has lots of elastane in it to help it stretch and shrink to match what the under layers are doing.
- When the Dermis layers move, the Epidermis moves with them and holds its smooth shape.
- As you get older, the dermis gets thinner, the elastin in it starts to sag and its gets less effective at getting moisture to the Epidermis. The Epidermis is unable to move as well with the underlayers and as a result wrinkles form.

Do you know

- Our skin is the largest organ in our body.
- A person at age 70 will have shed approximately 40 pounds of dead skin.
- The sun's UV rays speed up the aging process of your skin. By putting a layer of sun block on your skin, you help stop the rays from reaching your skin.
- Although too much sun is bad for your skin, you do need some sun in order to grow and be healthy.
- Drinking water every day helps keep your skin smooth and healthy. You need to drink 6 – 8 glasses of water a day.

Experiments you can do

Have a look at dried fruit like raisins or prunes. Which fruit did they come from? Soak them in water. What happens to them? Do they go back to their original form?

Other Investigations

Ask an elderly person like your grandparents if you can have a look at their wrinkles. Compare your skin to theirs. What does it look like and feel like? How is it different to yours?

Have a look at animals in books, on television or next time you're at the Zoo. Do any of them have wrinkles?