

**ΑΛΕΞΑΝΔΡΕΙΟ ΤΕΧΝΟΛΟΓΙΚΟ ΕΚΠΑΙΔΕΥΤΙΚΟ ΙΔΡΥΜΑ**

**ΘΕΣΣΑΛΟΝΙΚΗΣ**

**ΣΧΟΛΗ ΕΠΑΓΓΕΛΜΑΤΩΝ ΥΓΕΙΑΣ ΚΑΙ ΠΡΟΝΟΙΑΣ**

**ΤΜΗΜΑ ΑΙΣΘΗΤΙΚΗΣ-ΚΟΣΜΗΤΟΛΟΓΙΑΣ**

**ΠΤΥΧΙΑΚΗ ΕΡΓΑΣΙΑ**

**ΘΕΜΑ: ΤΟ ΦΑΙΝΟΜΕΝΟ ΤΗΣ ΓΗΡΑΝΣΗΣ**



**ΦΟΙΤΗΤΡΙΑ: ΜΠΟΥΖΑΚΗ ΖΩΗ**

**ΚΑΘΗΓΗΤΡΙΑ: ΜΕΓΑΚΛΗ ΘΕΟΓΝΩΣΙΑ**

**ΘΕΣΣΑΛΟΝΙΚΗ 2012**

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Dr Georgia Bell

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DNA 172  
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, Prof. Peter Smith

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Dr Baroness Susan Greenfield

David Sinclair

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John Speakman

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Dr Pierre Bulle

Dr Edward Goetzl



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Dr. Steven Gagenstan

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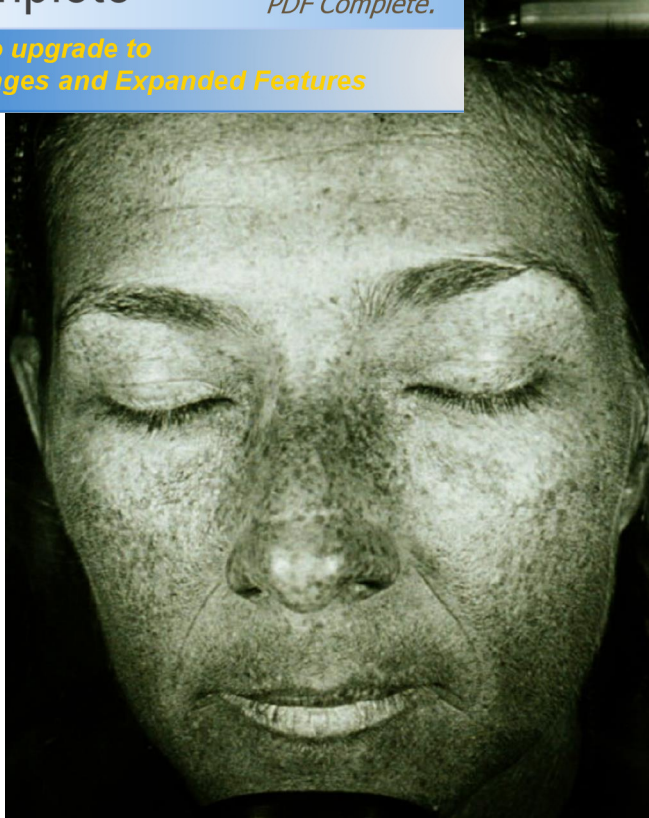
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3.1) Wood's lamp

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### 3.2) Blue light



4.1)

ATP.

35-45

Faraday « ».



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Harmon 1950,

Dr Denham

DNA RNA,



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DNA

1882,

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Dr. Weismann,

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. Vladimir Dilman 1954.

(stress)

. Johan Bjorksten 1941.

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Hayflick



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DHEA  
DHEA,

stress

stress.

DHEA.

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DHEA,

4.2.1)

UVA

UVA

UVA

UVA, UVB, UVC

320-400nm.

UVB.

UVB

290-320nm.

UVB

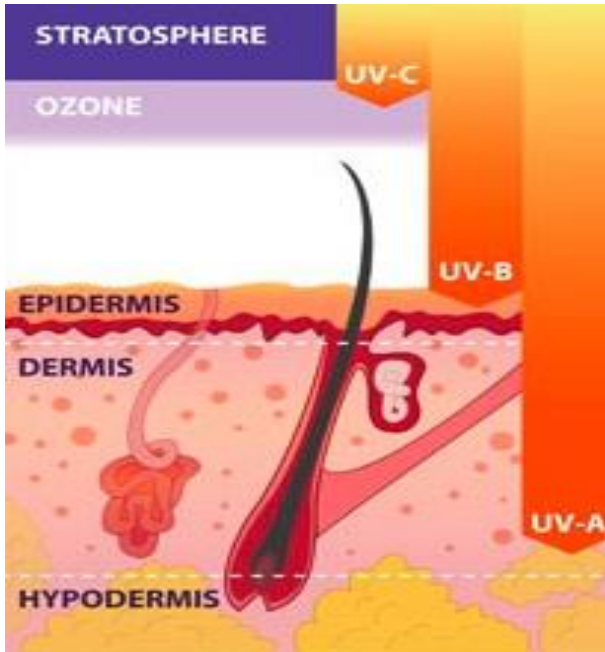
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UVB

200-290 nm.

UVC



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(Wise & Sulzberger,1938).

UVA, 334nm,

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Langerhans

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Matrix ómetallo proteinases).

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MMP

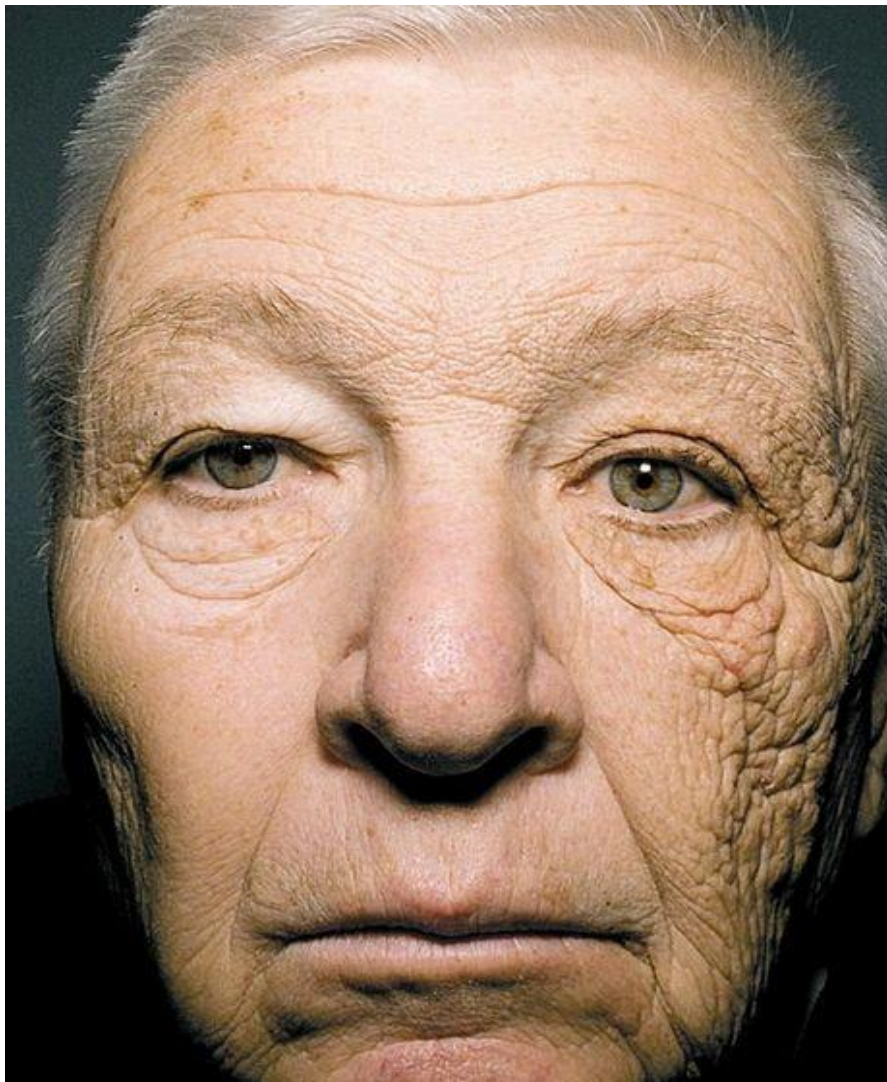
Langerhans

DNA

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UV

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Archives of Internal Medicine.

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4.2.11) H

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4.2.12)

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(CO<sub>2</sub>)

CO<sub>2</sub>



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(CO):

(SO<sub>2</sub>):

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DNA

(C<sub>6</sub>H<sub>6</sub>):

250 mg

180 mg

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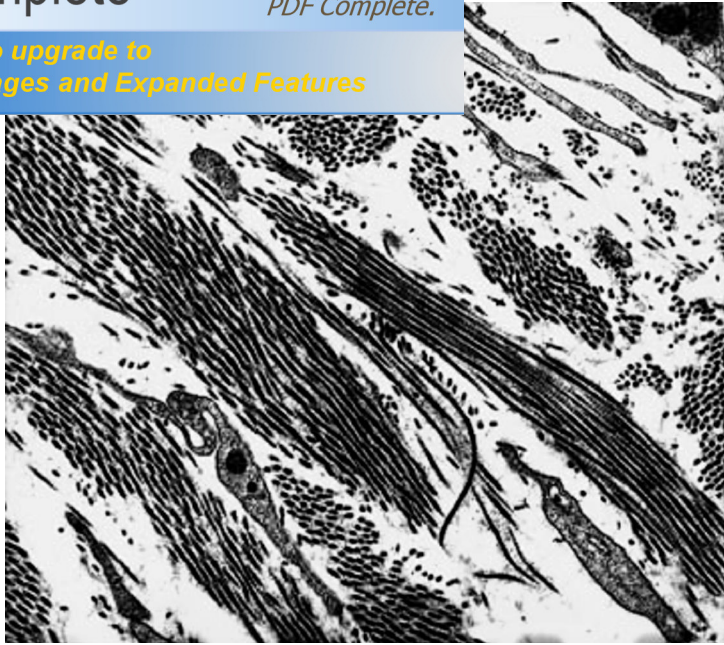
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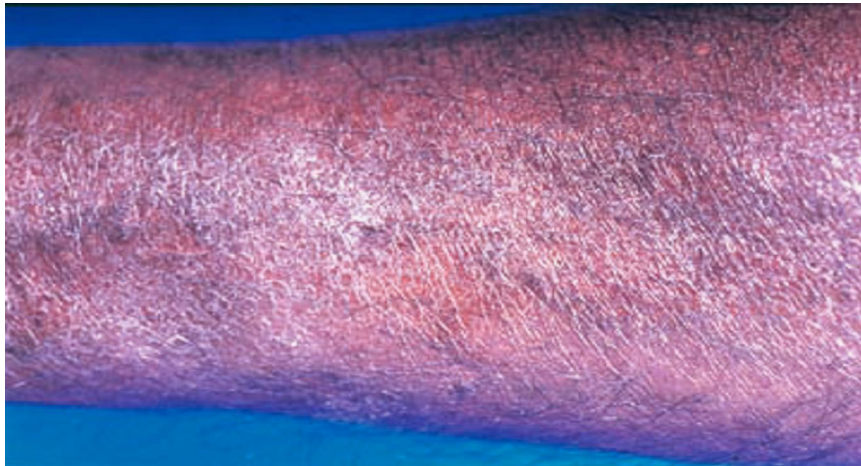
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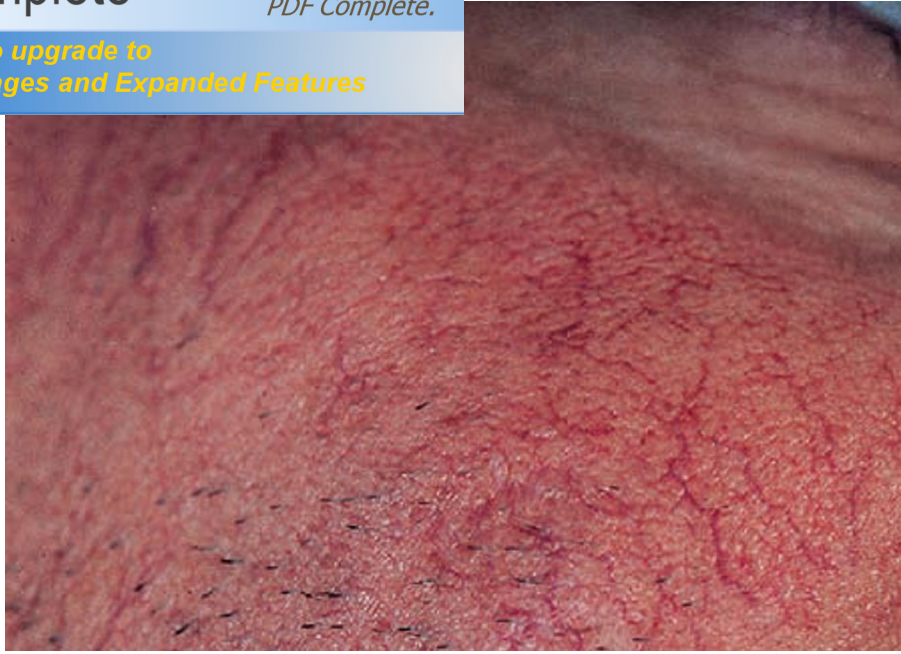
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5.13)

(tanning beds, solarium)

80%



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UVA

UVB.

Protective Factor):  
1978

SPF (Sun

SPF

UVB

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x15

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SPF  
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UVB  
SPF 15,

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## 6.1 SPF (Sun Protective Factor)

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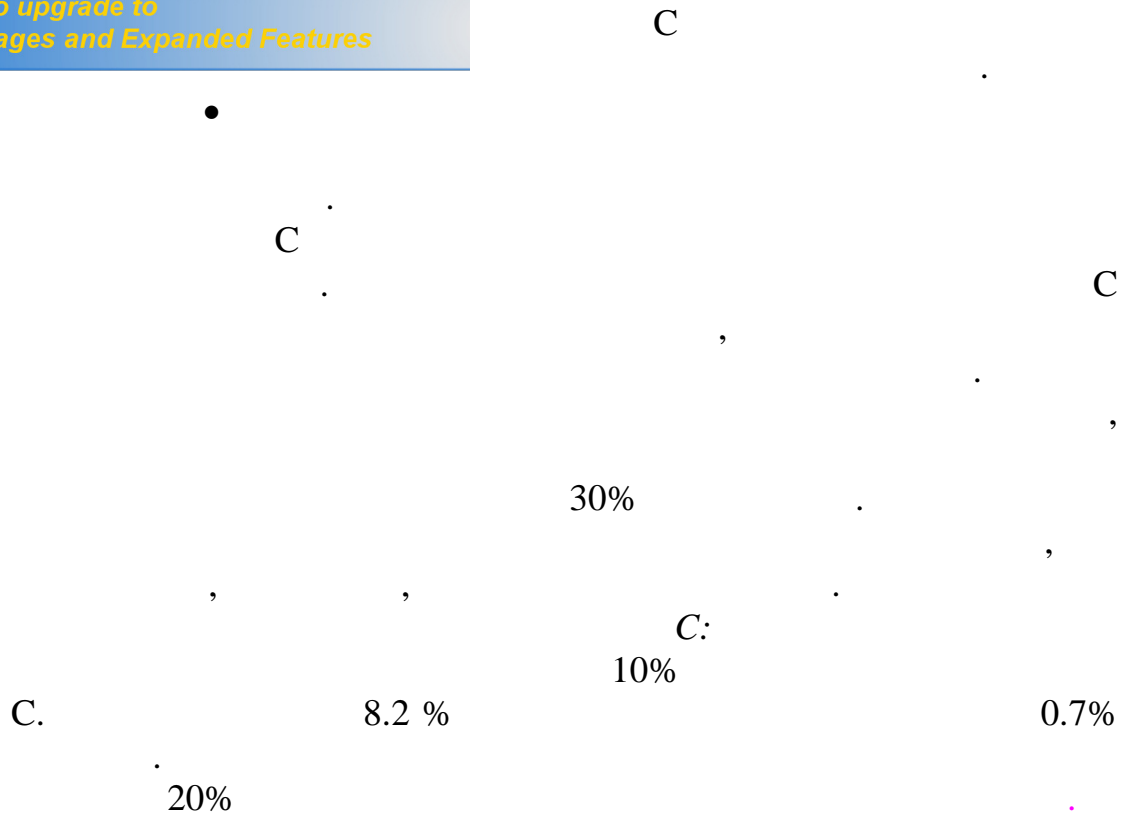
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**6.4.2)**

acetate. : vitamin E  
 .( rkus,1993).

vitamin E acetate.

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- , UV
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**6.4.3)**

palmitate      vitamin A acetate .      vitamin A  
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**6.4.4)**

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6.4.9) To - (ALA)

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UV,

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blueberry,

goji, acai

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(Greek Oregano)

12

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«Journal of Agricultural and Food Chemistry».

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DNA

20%,

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25%.



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"The Journal of Nutrition"

Svendsen

Dr. L. Aarhus,

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(Sweet almond oil):  
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(Jojoba oil): ,



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Calendula

(a oil):

(Laurel oil):

Laurus nobilis.

(Grape seed oil):

7.4)

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(solarium, sunbeds).

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*(Alpha-Hydroxy Acids AHA)*  
(AHA)

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*AHA:*

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30% AHA 50-70%.

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AHA.

*AHA*

AHA,

Peeling

Peeling,

Laser , Laser.  
Laser , Laser  
laser  
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**(dermabrasion)**

**7.1**

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7.10.1)

- *Botox*

Botox 1980,

1970

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4-5 . Botox :

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7.10.2)

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Botox, , lifting .

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Michel Pistor.

1958

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3-4

face lift,

7.11)

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7.2



7.3



7.4)

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7.5

7.11.3)

A

- facelift
- SMAS-Platysma
- SMAS-Platysma



7.6

lifting.

7.11.5)

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face lifting



7.7



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- Avi Shai MD , Howard I.Maibach, Robert Baran MD, «*Handbook of cosmetic skin care*» Informa healthcare, 2009
- Dr. Des Fernandes, «  
- 2011  
» Esthete Hellas.
- H.Pierantoni, «  
Les nouvelles esthetiques, ( ) , 1952  
»
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