

Surgeon: Twin Study Shows Premature Facial Aging Worse for Smokers

ALISO VIEJO, CALIFORNIA, USA, December 2, 2013 /EINPresswire.com/ -- Dr. Timothy R. Miller, a facial cosmetic surgery specialist in Aliso Viejo, says a recent study established that twins who smoke have significantly more premature facial aging than their non-smoking twin counterparts.

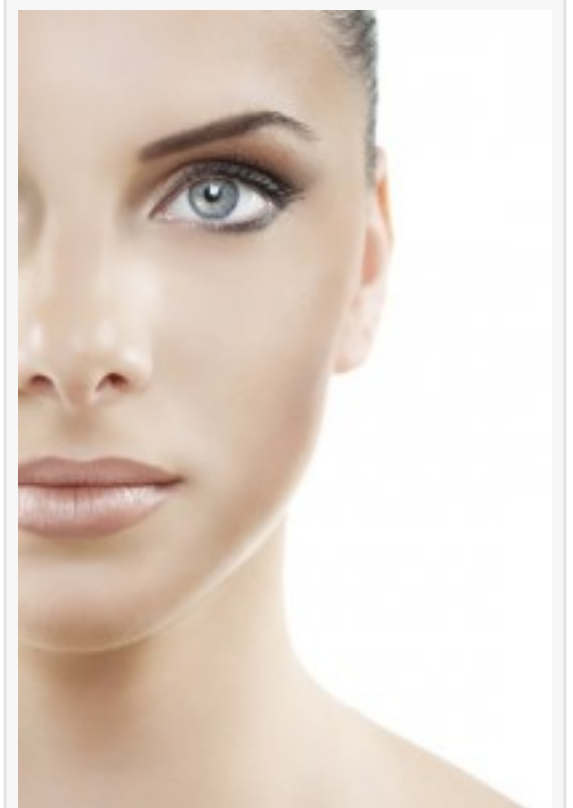
Dr. Timothy R. Miller says a study showing twins who smoke display more signs of early aging than their non-smoking identical twins reflects the effects he's seen as a cosmetic surgery specialist in Aliso Viejo.

"Most of the smoking-related differences affected specific areas of the face, such as the premature development of eyelid bags, with similar aging related changes to the middle and lower thirds of the face," Dr. Miller says of the results of [the study](#), which appeared in the November issue of Plastic and Reconstructive Surgery®.

"Smokers' faces featured more wrinkles, creases, eyelid bags, and jowls," Miller says. "Surprisingly, there were fewer differences in aging seen in the upper face, such as forehead lines or 'crow's feet' around the eyes."

Although earlier research has confirmed smoking's relationship to premature facial aging, this study is among the first to include facial analysis of smokers to determine what parts are affected the most.

It is becoming clearer why smoking causes premature aging, says Dr. Miller, who regularly performs [procedures such as eyelid surgery](#) and facelift surgery at his Orange County practice and who has years of experience studying the structures of the face. He said this research suggests tobacco use might cause wrinkles, eyelid bags, and even jowls because smoking damages and degrades the supportive connective fibers of the skin, such as collagen and elastin.



A cosmetic surgery specialist in Aliso Viejo says a study shows twins who smoke display more signs of early facial aging than their non-smoking twins.

"It's widely known that the toxins in tobacco disrupt the flow of oxygen through the blood vessels," Dr. Miller says. "This can really affect a person's complexion and cause a dull, sallow appearance — and premature skin laxity and wrinkles."

One of the study's interesting findings, he says, is that when both twins were smoking, the twin who smoked just 5 years less than their identical counterpart showed significantly less signs of early aging.

"This should provide hope and some measure of inspiration to quit smoking," he says. "It's amazing how much cosmetic damage can be prevented by reducing your life-time tobacco use by 5 years."

Dr. Miller says there are several options available to reduce the appearance of this damage, from surgery to less-invasive treatments such as injectable dermal fillers. These non-surgical options, along with [BOTOX®-Cosmetic](#), are popular in Aliso Viejo as smokers and non-smokers look to reduce the signs of aging without the cost or downtime required for surgery.

Despite the effectiveness of the treatment options, Dr. Miller says he still encourages his patients to avoid smoking.

"This new study is yet another reason to quit smoking," he says. "People have long known about the health risks, but maybe now that it's clear their looks can be dramatically affected for the worse, they'll be more likely to never start or seek help to stop altogether."

Dr. Timothy R. Miller (www.lookrefreshed.com) is a double board-certified facial plastic surgeon serving the Orange County communities of Aliso Viejo, Laguna Beach, San Clemente, and Mission Viejo. He performs a full range of plastic and reconstructive surgery procedures for the face, and his practice, Refreshed Aesthetic Surgery, also offers non-invasive skin rejuvenation options. Dr. Miller received his medical degree at the University of California, Davis, before completing a general surgery internship and otolaryngology residency at the University of Utah School of Medicine. He then completed a fellowship in facial plastic and reconstructive surgery at the University of New Mexico. He has participated in clinical trials and has numerous journal articles published, and he is a fellow of the American Academy of Facial Plastic and Reconstructive Surgery.

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