

Mayo Clinic on Human Optimization

Pod-Club



Episode Snapshot

EPISODE: 52

TITLE: Daily Skin Care Routines We Should Be Doing for Life Long Skin Health

GUEST: Saranya Wyles, M.D., Ph.D., Associate Professor of Dermatology and Regenerative Medicine, Director of Regenerative Dermatology and Skin Longevity Laboratory



Discussion Questions for this Episode:

1. Dr. Wyles describes skin as our largest organ and a primary defense against the outside world. How does this perspective change your view of your skin's importance?
2. The skin's functions include acting as a barrier, aiding absorption, regulating temperature, producing Vitamin D, and providing sensation. Which of these functions do you find most surprising or impactful?
3. Dr. Wyles explains that skin aging involves a decline in function, leading to issues like dryness, itchiness, and reduced healing. How might understanding these functional declines influence your approach to skincare?
4. It's stated that only 25% of skin aging is genetically fixed, leaving 75% modifiable. What is one of the key modifiable factors that impact skin health that you can begin incorporating into your routine this week?
5. The podcast categorizes skincare approaches into Protection, Repair, Signaling, and Lifestyle. Which of these categories do you feel you currently excel in, and which needs the most attention?
6. The "bare bones minimum" skincare routine involves washing, sunscreen, and moisturizer in the morning, and washing, a retinoid, and moisturizer in the evening. How does this compare to your current routine?
7. Dr. Wyles emphasizes that consistency is key in skincare, comparing it to brushing your teeth. What strategies can help ensure consistency in a daily skincare routine?
8. The discussion highlights that skincare benefits extend beyond appearance to disease prevention and early signal detection for systemic health. How does this broader perspective on skin health influence your priorities?