



Human Optimization

Pod Club Discussion Questions



E52 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, Mayo Clinic Department of Dermatology, Rochester, MN

The three big questions explored in the podcast:

Question 1

What does our skin actually do for us and why is skin care so important?

Question 2

How do we make sense of the most common skin care options out there and sort fact from fiction?

Question 3

What are the regular skin care practices we should be doing to help us have healthy, vibrant skin life long?

Discussion Questions:

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. Based on this episode, what is one small change you are going to make to help improve in this area. How are you going to keep yourself accountable to that and measure your success? (Be sure to keep it simple, start small, and make it very clear).