

# WHY FAT IS THE KEY

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FAT: IT MAY SEEM LIKE YOUR WORST ENEMY, BUT, IN THE WAR AGAINST AGING, THE RIGHT AMOUNT OF IT IS ACTUALLY THE SECRET TO LOOKING YOUNG. "FAT IS WHAT GIVES THE FACE VOLUME, AND VOLUME IS THE HALLMARK OF YOUTH," SAYS NEW YORK PLASTIC SURGEON ADAM R. KOLKER, MD. BEFORE THE AGE OF 40, FACIAL FAT BEGINS TO DEplete, AND, ONCE THIS FAT IS LOST, THE FACE AS A WHOLE BEGINS TO DESCEND AND DEFLATE, LOSING FULLNESS AND VOLUME AND CREATING A HOLLOW, AGED APPEARANCE. SINCE A FULL FACE IS A YOUNG-LOOKING FACE, RESTORING JUST THE RIGHT AMOUNT OF VOLUME IS FUNDAMENTAL TO TAKING THE YEARS OFF.



# THE DOWNSIDE OF BEING TOO THIN...

## THREE CAUSES of fat loss...

THREE MAIN FACTORS—AGE, HORMONAL SHIFTS AND WEIGHT LOSS—CAN CAUSE SIGNIFICANT AMOUNTS OF FAT TO BE LOST. SINCE EACH OF US IS GENETICALLY PROGRAMMED DIFFERENTLY, THE RATE AT WHICH FAT IS LOST IN THE FACE VARIES FROM ONE PERSON TO THE NEXT.

### hormonal changes

As hormone levels drop, fat thins out. "When estrogen levels become prevalent (around puberty) is when there is the most adequate amount of fat in the face and fullness is ideal," says Dr. Pessa. "Changes in levels of the hormone cortisol and growth factors are related to changes in the face, but we don't know the exact role they play in fat loss," says Dr. Kolker.

### age

The aging process is a primary cause of fat loss. While there is little that can be done to mitigate the effects, keeping at a steady weight may help to make the signs of aging less prominent. "Where we gain and lose weight in the face has a different effect when age is the determinant versus disease," says Dr. Pessa.

### 1 weight loss

The goal of dieting is to lose weight. But the key to doing it correctly is to do it steadily; shedding pounds too quickly results in too much fat loss, accelerating the signs of aging. "Weight is definitely a factor in fat loss. We know that losing weight has an effect on fat within the body, especially the face, but the specific mechanism of the process is unknown," says Dr. Kolker.

**MASSIVE WEIGHT LOSS:** "Losing too much weight in the face accelerates aging because fat is lost in the central parts of the face, the deep parts of the cheek and the storage compartments. When this fat is gone, there's no foundation, and the structure begins to collapse," says Dr. Pessa.

**MINIMAL WEIGHT LOSS:** "If a little weight is lost (20 pounds or so), there's usually not a big difference in the face because the underlying fat areas that are important for definition remain intact," explains Dr. Pessa.

"As the face ages and fat is lost, the fullness and shape of the features change, and there is more differentiation—they don't blend from one to the next seamlessly," explains Dr. Kolker. "When you look at a baby's face, there's a lot of fullness and no transition between the features because there are ample amounts of volume, which lead to a soft look," he adds. A reduction of fat decreases internal support, causing the skin to become thin and saggy. "As we age, the bone begins to reabsorb, too. The combination of that with fat loss is what really contributes to a sunken, aged look," says Dr. Giese.