

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ
КАФЕДРА ІНОЗЕМНИХ МОВ
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР**

**МАТЕРІАЛИ
VIII МІЖВУЗІВСЬКОЇ НАУКОВО-ПРАКТИЧНОЇ
КОНФЕРЕНЦІЇ
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ
КАФЕДРИ ІНОЗЕМНИХ МОВ**

“TO LIVE IN A SAFER WORLD”

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The eighth scientific practical student`s, postgraduate`s and teacher`s
LSNC conference

STUDY AT TWINS' CONVENTION HELPS CLARIFY HOW SMOKING AFFECTS FACIAL AGING

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We all know that smoking is bad influence on human health. Smoking causes many diseases and premature aging. This is best seen in the twins. Study at Twins' Convention Helps Clarify How Smoking Affects Facial Aging. Taking advantage of the annual Twin Days Festival, held in Twinsburg, Ohio, the researchers identified pairs of identical twins who differed by smoking history. In each pair, either one twin smoked and the other did not, or one twin smoked at least five years longer. Scores on several measures of facial aging were significantly worse for the smokers. The smokers had more sagging of the upper eyelids, as well as more bags of the lower eyelids and under the eyes. Twins who smoked also had higher scores for facial wrinkles, including more pronounced nasolabial folds, wrinkling of the upper and lower lips and sagging jowls. Twins with a longer duration of smoking had worse scores for bags on the lower lids and under the eyes and lower lip wrinkles.

You know smoking doesn't do any favors for your face – or your lungs, or your heart, or just about any other part of your body, for that matter! – but a new study of twins hints at the ways the habit makes you look older than you really are. But if you're currently a smoker, the point of this research is not to make you feel bad. Because stopping or cutting back on the habit now can make a difference -- in all aspects of your health, including the skin damage to your face.

Here's something to think about the next time you put a cigarette to your lips: The skin around those lips is going to look older. You're also more likely to get bags under your eyes sooner. And jowls. And more wrinkles around those lips. Smoking reduces the collagen formation, results in collagen degradation and reduces the skin circulation. Additionally, nicotine reduces the skin thickness. All of these reduce skin elasticity and premature aging. When you stop smoking its starts to repair yourself. If you want save your skin better you must use facial creams or plastic surgery.