

# BEAUTY + HAIR

Dr. Elie Levine on How To Get Great Arms

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Summer means t-shirts, tank tops and light dresses, and all of that means showing off your arms. Many women consider their arms a problem area, but **Dr. Elie Levine with Plastic Surgery & Dermatology of NYC** has some tips on keeping your arms from looking old before their time.

**Q. What is the biggest aging concern patients complain about in regards to their arms?**

A. Patients typically have two complaints: 1) the excess hanging skin and poor arm muscle definition makes many people self-conscious when wearing a tank top or sleeveless blouse, especially in the summer. This is compounded when someone has excess fat also. Prolonged exposure to the sun over years will thin the skin, create fine wrinkles and add sun spots; even someone who takes great care of their health and diet will have arms that look considerably older than their real age if they develop many of these spots.

**Q. Why do we lose so much elasticity / gain weight in this specific area?**

A. We lose elasticity as we age in general. However, if you constantly gain weight and then diet and lose weight, over time you will lose even more collagen and decrease the arm elasticity.

**Q. How can we age-proof our arms? Is there an anti-aging routine women should be following?**

A. It is difficult to age-proof your arms but there are a few things that one can do. Eat a healthy diet, moisturize and hydrate your arms, limit sun exposure and use sun block, exercise and tone your arms regularly, and try to maintain your weight.