

Why alpha female celebrities age quicker



Stressful jobs and lack of sleep can add years to your skin, according to cosmetic surgeon, Dr Julian De Silva. This can be observed in Theresa May (left) and Kate Moss (right).

Stressful jobs and lack of sleep can add years to your skin, a top plastic surgeon has warned.

Getting five hours sleep a day ages high fliers by an extra 2.4 years for every decade of their working lives, research by Harley Street facial cosmetic surgeon, Dr Julian De Silva, has found.

So, by the time they hit 40, they have a skin age of 45 - and when they reach 60, they look like they are 70.

Stressful work environments cause 30 per cent worse water-loss from the skin of high achievers, leading to the premature ageing phenomenon dubbed 'Alpha Female Ageing'.

Theresa May in 2007. Mrs May has admitted to sleeping just five or six hours a night - only a little more than Margaret Thatcher, who famously slept four hours a night.

Theresa May in 2017. The Prime Minister turned 60 last October but has the appearance of a woman of 67, according to research conducted by Harley Street facial cosmetic surgeon Dr Julian De Silva

Alpha Female Ageing: Theresa May in 2007 (left) and in 2017 (right). Mrs May has admitted to sleeping just five or six hours a night. She turned 60 last October but has the appearance of a woman of 67, according to research by Harley Street facial cosmetic surgeon Dr Julian De Silva

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It is evident in the face of Prime Minister Theresa May, 60, who has the complexion of a 67-year-old, according to the research.

Mrs May has admitted to sleeping just five or six hours a night - only a little more than Margaret Thatcher, who famously slept four hours a night.

The change in her appearance can be observed in the photos shown above.

Supermodel Kate Moss, pictured in 2007, is also affected by Alpha Female Ageing

Moss, pictured in 2016, is 43 but has the looks of a woman of 48, according to the research

Supermodel Kate Moss (pictured left in 2007 and right 2016) is also affected. She is 43 but has the looks of a woman of 48, if the research is to be believed

The first was taken in 2007, when she was a member of the Tory Shadow Cabinet, having been elected as an MP 10 years earlier.

According to Dr Julian De Silva, the stress of being Prime Minister is all too evident in the second picture taken this year - she has new bags under her eyes and the crow's feet wrinkles in the corners of her eyes have deepened and extended.

The skin on her neck is also much looser and her hair is almost completely grey.

Sixty-eight-year-old TV presenter Judy Finnigan, pictured left in 2005, also looks older than her years

Judy Finnigan, pictured in 2016, presented This Morning and the Richard and Judy show with husband Richard Madeley

Sixty-eight-year-old TV presenter Judy Finnigan (pictured left in 2005 and right in 2016), also looks older than her years

Dr De Silva, who runs the Centre for Advanced Facial Cosmetic and Plastic Surgery Clinic, said: 'The findings from the research were quite astounding and showed that anyone getting less than five hours sleep on average will age you 24 percent faster.

'You can see the effects clearly on several political leaders. Theresa May became Home Secretary in 2010 - and these last seven years in high office in particular appear to have significantly sped up her ageing process. She turned 60 in October but has the appearance of a woman of 67.'

But the phenomenon is not just limited to politicians, with several women working in creative industries affected thanks to their work-hard-play-hard lifestyle.

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The good news is that there are ways to look younger without going under the knife.

Speaking about the benefits of non-surgical treatments, Dr Julian De Silva said: 'The advantage is that the recovery time is much faster.

'The Prime Minister could freshen up her appearance with a non-surgical facelift which will highlight the natural curves of her face and she could rejuvenate her appearance with skin laser resurfacing,' he suggested.

'The loose skin around the neck and jawline would probably require surgery and two to three weeks of recovery.'

Supermodel Kate Moss is also affected. She is 43 but has the looks of a woman of 48, according to De Silva.

And 68-year-old Judy Finnigan - who co-presented the Richard and Judy show and This Morning with husband, Richard Madeley - also looks older than her years.

Dr De Silva, who specialises in anti-ageing facial treatments, found that the effects of poor sleep and stressful work environments lead to 30 percent worse water-loss from the skin of high achievers.

This Trans Epidermal Water Loss (TEWL) dries out the skin and significantly accelerates the ageing process.

Other effects of Presidential Ageing included greater levels of uneven pigmentation, fine wrinkling, skin laxity, loss of subcutaneous fat, more benign skin growths and more damage from sun exposure.

The findings were compiled from studies of groups of women with poor sleep patterns and stressful jobs, who were found to age quicker than women who had seven-nine hours sleep.

Chronic psychological stress was also seen to be an important factor which contributed to skin ageing as well as impairing sleep.

'Almost half the working population have stressful jobs and reduced sleep patterns,' Dr De Silva said.

'The results from the research were unequivocal and showed that poor lifestyle choices have a massive effect on accelerated skin ageing.'