

Maintaining Your Youth with Dr. Paul Jarrod Frank

by [Gents Among Men](#)

"The secret to staying young is to live honestly, eat slowly, and lie about your age." - *Lucille Ball*

I agree with Lucille Ball on the first two statements, but the last doesn't have to be true if you decide to take proper care of your body. Looking younger will always be a benefit towards our life, career, and even our egos. The truth is we don't want to get older let alone look it, which is why everywhere more people are taking expensive measures to make drastic changes to their face. According to [PlasticSurgery.org](#) there have been, "15.1 million cosmetic procedures, which is a 3% increase from 2012 to 2013."



I've reached out to industry expert, *Dr. Paul Jarrod Frank (above)*, for some lifestyle tips on how

Here are a few suggestions you can apply to your lifestyle in order to maintain a youthful appearance: to prevent going under the knife. Dr. Paul Jarrod Frank is a cosmetic dermatologist who specializes in anti-aging skincare innovations and minimally invasive cosmetic surgery. His practice, [The 5th Avenue Dermatology Surgery & Laser Center](#) boasts over 50% male clientele and is dedicated to the very latest in groundbreaking services, procedures, machinery and technology.



1. Sunscreen keeps skin looking younger. Use sunscreen all year round and put it on after you shower so it has time to absorb. It's best to choose a light daily moisturizer with a sunscreen.
2. Stay [hydrated](#) and [get your rest!](#)
3. [Lifestyle choices](#) are also vital in keeping skin looking youthful. Dehydration from alcohol and excessive amount of sugar in one's diet can affect the skin and cause wrinkles down the line as well as smoking.
4. In terms of [skincare regimens](#), Dr. Paul Jarrod Frank recommends that guys keep things simple. Multitasking skincare products are always helpful