



NG SOR LUAN

## See how smoking harms skin

For some smokers, appealing to their vanity might help. Tobacco ages the skin, but sometimes there is nothing like seeing proof of it.

At the Sloane Clinic, an Omnia Ultraviolet Imaging System can show up the damage which has been done to the skin, for example by age, the sun, and yes, tobacco smoking.

The system uses X-ray imaging to look beneath the skin and see the real damage, said the medical director of the clinic, Dr Low Chai Ling.

"This is a good way to show them the effects of smoking, especially young girls who do not believe that they can age terribly," said Dr Low.

A free skin analysis, using the system, is done upon the first consultation at the clinic, which costs \$50.

This method is most effective for young women who are just starting to smoke and see the effect the habit has on their skin, said Dr Low.

She said she has definitely seen more damage to smokers' skin.

But most do not quit smoking immediately even after they see the pictures.

"I would think that people would drop their cigarettes once they see these images, but they don't as it is a habit which is hard to kick," said Dr Low.