



e-book

COLLAGEN

everything you need to know!



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the live in full

GUESTS



Carla Obice
Dermatologist



Clara Machado
Nutritionist

Dr. Múcio Porto

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What is Collagen?

This is a very common question for us in the office. It is one of the main animal proteins, naturally produced in our body and which has a structural function, it represents more than 30% of our total proteins.

“ There are about 30 different types of collagen. Being type 1 and type 3, the most common and present in various organs such as: skin, bones, tendons, cartilage, in addition to hair and nails as well. *Dermatologist Dra. Carla Óbice* ”

Collagen has the function of contributing to the resistance and elasticity of the tissues in which it is present.

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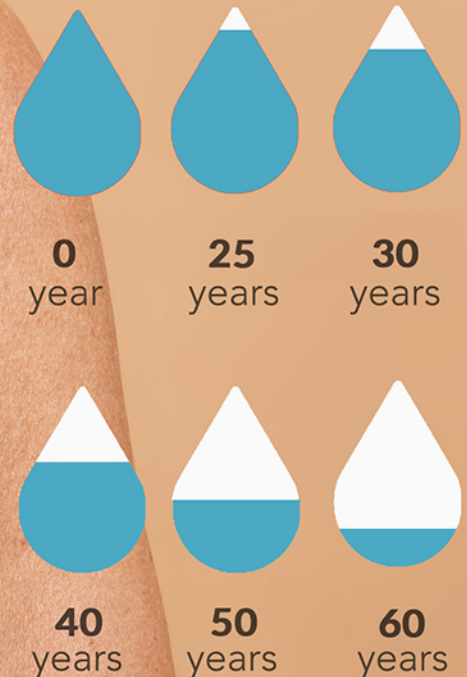
Fall of production

From the age of 25, we start to produce less collagen, losing about 1% per year. Collagen's function is to maintain tissue structure. This keeps, for example, our skin without expression lines or even wrinkles.

“ It is not just age that is lost, there are other factors that accelerate this decrease in production, such as: lifestyle, diet, habits, sedentary lifestyle... ”

Dermatologist Dra. Carla Óbice

Timeline



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Sagging x Collagen

When we lose collagen, the main signs can be seen in the hair, which becomes thinner, in the sagging and loss of skin elasticity, in the appearance of wrinkles and expression lines, in the thinning and dehydration of the skin. In addition, the nails become weaker and stretch marks may appear.

“ Widely used for the treatment of sagging, biostimulators are substances that stimulate collagen production when injected into certain layers of the skin. They can be used for long-term volume replacement and sagging reduction. The best known substances are: L-Polylactic Acid and Calcium Hydroxyapatite. ”

Dermatologist Dra. Carla Óbice

Another treatment is the PDO threads are also known as Support Threads for the face and body, they are suspension threads of the skin tissues of the face and body, composed of a substance called Polydioxanone (PDO), they are 100% absorbable by the body, promote a lifting effect and stimulate collagen production in the applied area.

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Alimentation



“ Collagen is a protein found mainly in red meat, chicken, fish and conventional gelatin. However, the consumption of foods rich in vitamin C, zinc, selenium and silicon are also important, because they improve absorption and increase collagen production in the body. *Nutritionist Dra. Clara Machado.* ”

The main foods that help in the production of collagen are:

Foods rich in vitamin C: pineapple, orange, lemon, guava, papaya, cashew, kiwi, tangerine, red fruits (strawberry, cherry and others), raw peppers, watercress, parsley and fresh tomato;

Foods rich in selenium: fish, shrimp, black beans, whole wheat flour, Brazil nuts, egg yolks and liver;

Foods rich in zinc: egg whites, chicken, oysters, nuts, shellfish, red meat, liver and offal;

Foods that are a source of silicon, such as oats, brown rice, walnuts, mussels, and kelp, are also important in helping to maintain and produce collagen.



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Supplementation

“ Studies show that oral replacement and supplementation is interesting from the age of 25, when we start to have a drop in production and to lose collagen. *Nutritionist Dra. Clara Machado.* ”

Collagen in capsule or powder?

Capsule collagen doesn't deliver enough to make a difference to your body in a single pill. Meanwhile, collagen powder can be more efficient due to its higher protein dosage. A tip to consume collagen powder is to mix it in food or drinks.

There is no need to mix collagen with Whey Protein and other supplements, as our body does not absorb more than 30 g of protein in 3 hours, so we will probably not absorb a part of this supplementation. There is no set schedule to supplement, but it is indicated to improve the result, the intake away from meals, especially a diet with protein. Before bed can be the best time, where you have a rest period.

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Talk to Dr. Múcio!


Do you have any doubt? Want to know more information?

Schedule an appointment online

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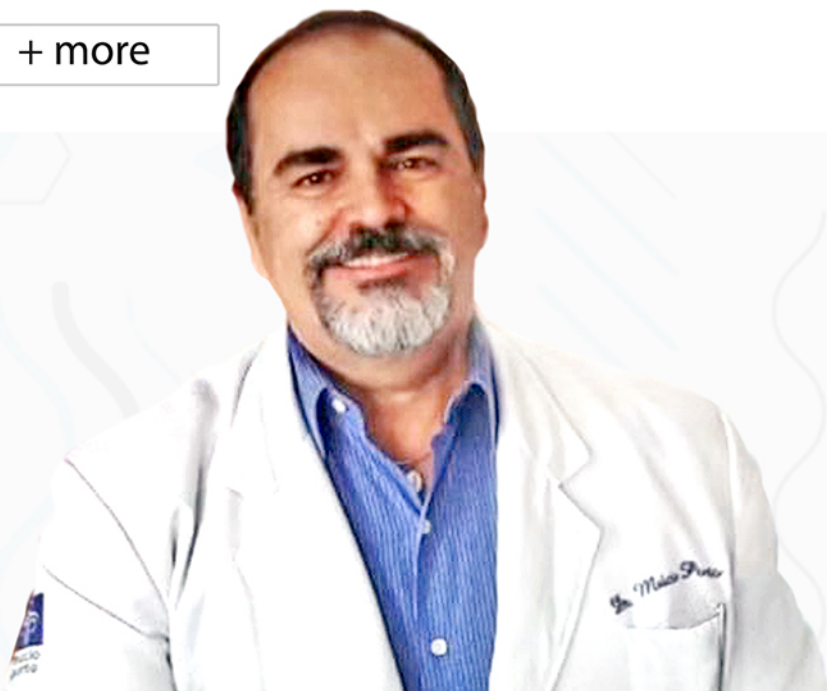
Dr Múcio Porto is from Patos de Minas from Minas Gerais and has lived in Brasília, the capital of Brazil, since 1969.

He graduated from the Federal University of Goiás and attended his internship at the public servant hospital of the state of São Paulo in 1985. He graduated as a general and digestive system surgeon at the Hospital das Forças Armadas in Brasília in 1988, during which he did an internship at the French Institute the hand and liposuction clinic of the renowned Dr Yves Gerard-Illouz in Paris and the plastic surgery center in Genova, Milan in Italy and Geneva in Switzerland.

Between 1989 and 1991 he specialized in plastic surgery at the Pontifical Catholic University of Rio de Janeiro, under Professor Ivo Pitanguy. During this period, he participated in training in the burn service of the Hospital do Andaraí, in the oral and maxillofacial surgery service of the Beneficência Portuguesa de Niterói, in the micro-surgery service of the Hospital dos Servidores do Estado do Rio de Janeiro, in addition to the hand service and reconstructive and aesthetic surgeries at the 38th ward of Santa Casa de Misericórdia as well as at the Ivo Pitanguy Clinic.

During this entire period, Dr Múcio Porto ranked first among colleagues from Brazil and several countries. He was also chosen as chief resident of Santa Casa, secretary of the "Professor Pitanguy Studies and Research Center" and also exclusive resident of the Pitanguy Clinic where he participated in private surgeries, scientific works and preparation of lectures and demonstrative surgeries as an assistant to Dr Ivo Pitanguy .

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