

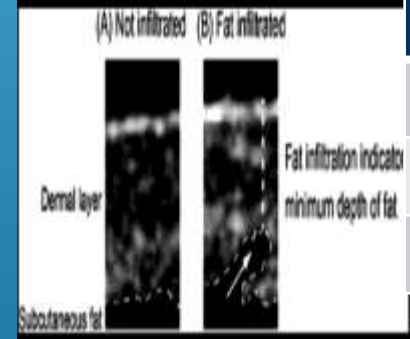
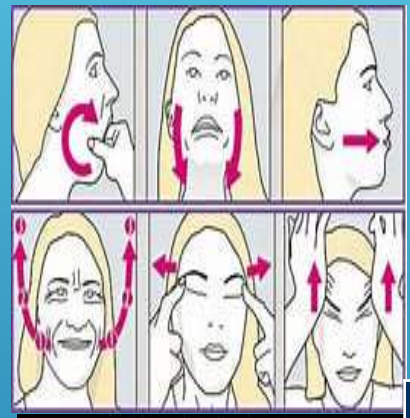
# A STUDY OF THE EFFECT OF FACIAL EXERCISES ON FACIAL WRINKLES AND THEIR CORRELATION WITH FACIAL FAT INFILTRATION IN MIDDLE AGED PEOPLE IN INDIA

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**Background-** Indian cosmetics alone spend an approximate of 10 billion for manufacturing and marketing. This study is based on facial aging and wrinkles. Aging is the natural process of growing senescent, complex phenomenon which affects individuals at almost various levels .

**Aim** - To correlate the parameters of facial fat infiltration and facial wrinkles

**Objectives** 1) To study the correlation between facial fat infiltration using an ultrasonogram at 13 Mhz at the forehead. 2)To intervene the study group with facial exercise daily for 30 minutes and monitor the changes in facial wrinkles after 8 weeks using trained evaluators according to our 6-grade photographic evaluation criteria for fixed wrinkles.



	study group pre test	Study group post test	Control group pre test	Control group post test
MEAN	1.34	1.14	1.315	1.314
STANDARD DEVIATION	0.2354	0.1241	0.1741	0.1745
P value	0.000055		0.0054	

**Result** The data was entered into MS Excel The mean and standard deviation was found and those values were used calculate the p-value. With a significance of  $p < 0.001$  There is significant decrease in fat infiltration after the intervention of facial exercise and also a significant correlation with facial wrinkles according to the 6 point photographic scale.

**Conclusion:** This study will help to acknowledge the amount of correlation between facial fat infiltration and facial wrinkle formation seen in patients This data can also be used for as a factor for age determination under forensic purposes.

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