



# Treatment of Skin Aging with Topical Estrogens

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Jolanta B. Schmidt, MD  
Martina Binder, MD  
Gabriele Demschik, MD  
Christian Bieglmayer, PhD  
Angelika Reiner, MD

Department of Dermatology  
Division of Special and Environmental  
Dermatology  
University of Vienna Medical School\*

Institute for Medical and Chemical Laboratory  
Diagnostics  
Department of Hormone Analysis  
University of Vienna\*  
Institute of Clinical Pathology  
University of Vienna\*  
Vienna, Austria

\* Affiliation at the time this article was written

## Abstract

### Background

The coincidence of climacteric symptoms and the beginning of skin aging suggests that estrogen deficiency may be a common and important factor in the perimenopausal woman. Often hormones have been considered important in endogenous aging of the skin, but their role has not been clearly defined. Therefore, we investigated whether topical treatment of the skin with estrogen could reverse some of the changes in the aging skin.

### Materials and Methods

The effects of 0.01% estradiol and 0.3% estriol compounds were compared in 59 preclimacteric women with skin-aging symptoms. Monthly determinations of estradiol, follicle-stimulating hormone (FSH), and prolactin were done and the monthly clinical monitoring was supplemented by measurements of skin hydration by corneometry and profilometry. In ten patients, skin biopsies were taken for immunohistochemical determination of collagen types I and III.

### Results

After treatment for six months, elasticity and firmness of the skin had markedly improved and the wrinkle depth and pore sizes had decreased by 61% to 100% in both groups. Furthermore, skin moisture had increased and the measurement of wrinkles, using skin profilometry, revealed significant, or even highly significant, decreases of wrinkle depth in the estradiol and the estriol groups, respectively. On immunohistochemistry, significant increases of Type III collagen labeling were combined with increased numbers of collagen fibers at the end of the treatment period. As to hormone levels, only those of prolactin had increased significantly and no systemic hormonal side effects were noted.

### Conclusions

Both estrogen compounds were found to be highly effective in preventing or treat-

ing skin aging in perimenopausal women, clinically, by measurement data, and by an increase in collagen Type III. *Int J Dermatol* 1996; 35:669-674.

## Introduction

Topical tretinoin was the first substance with which significant improvements of skin appearance<sup>1</sup> could be correlated with histologic and in vitro findings.<sup>2-4</sup> Tretinoin is a very effective agent against solar radiation-induced exogenous skin aging.<sup>5</sup> In contrast, so far no agents were found to be effective in endogenous aging. Although hormones often were considered as important factors in endogenous skin aging, the scientific background of a hormonal role in the aging processes of the skin remains poor.

In gynecology, the therapeutic effects of topical estrogens on atrophy of the vaginal and vulvar epithelia have been well described for many years.<sup>6,7</sup> During the past years, estrogen supplementation of the climacteric woman has opened new aspects on the wide variability of estrogen effects in various tissues. Beneficial effects on serum cholesterol,<sup>8</sup> vascular actions in context with the myocardial infarction rate,<sup>9</sup> and improvement and prevention of osteoporosis<sup>10</sup> are only some of the paragnecologic estrogenic effects.

In skin tissue - an active target site of estrogens as shown by estrogen receptor determinations<sup>11,12</sup> - estrogens increase vascularization and show effects at various levels of dermal tissue. Improvement of the structure of elastic fibers after use of estriol cream<sup>13</sup> has been described. Furthermore, increases of acid mucopolysaccharides and of hyaluronic acid<sup>14,15</sup> augment the dermal water content. Distinct trophic effects of estrogen compounds - and also of estriol - on vaginal atrophy by increasing the maturation index associated with an increase of the number of superficial epithelial cells, support the epithelial actions of estrogens.<sup>6,16</sup>

These actions of estrogens prompted us to investigate whether topical estrogen treatment of the skin could reverse aging symptoms in estrogen-deficient women. In a preliminary study, the effects of a 0.3%

topical estriol compound on the facial skin of climacteric women had been investigated<sup>17</sup> and compared with those of a 0.01% estradiol compound. In another study, the effects of topical estriol iontophoresis treatment were studied in atrophic acne scars and compared with those of tretinoin-iontophoresis.<sup>18</sup> Both studies showed promising results. In the first study, clinical effects were shown in 80% to 100% of the patients. For the acne scars, significant and persistent improvement was demonstrated in all cases.

These preliminary results encouraged us to extend the investigations of estrogen compounds on skin aging to a larger number of patients. Moreover, the clinical monitoring was substantiated by skin measurement data and by investigations of collagen antibodies using immunohistochemistry.

## Materials and Methods

### Patients

Two groups of women volunteers with skin-aging symptoms, who did not take hormonal supplements, were included in the study. All women were peri- or postmenopausal or had had a hysterectomy, three of them with an ovariectomy. Twenty-eight women with a mean age of 54 years (range, 43 to 66 years) were treated with a 0.01% estradiol compound. Thirty women with a mean age of 53 years (range, 41 to 67 years) used a 0.3% estriol cream. The ointment, at a dose of 1 g, was applied daily for six months on the face and neck using an applicator. To investigate for possible systemic hormonal side effects,<sup>19</sup> venous blood was sampled at 8 AM before treatment and then at monthly intervals for determination of FSH, prolactin, and estradiol by standard radioimmunoassay methods.

Monitoring of the condition of the skin before and at the end of the treatment included clinical controls; skin profilometry; corneometry; and, in ten cases, skin biopsies for immunohistochemical investigation of the collagen types. Ten women who had agreed to a skin biopsy voluntarily confirmed this by giving written informed con-

sent. For the clinical evaluation, wrinkling, skin elasticity, pore size and skin moisture were assessed according to an individual evaluation scheme.

### Skin Profilometry

Wrinkles were measured and evaluated in patients of the estradiol and estriol groups. With the method, fivefold measurements of the profile of replicas of identical corresponding wrinkles were performed with the Hommelteste T 2000 (Hommelwerke, Schwenningen, Germany). The material for the replicas was Provil LCD (Bayer Dental), a rapidly drying material on a silicone basis. In brief, a microsensor scans the print under a defined angle and at constant speed. The movements are transformed into units of elastic tension. The electric impulses are magnified and digitized. The representative parameter R<sub>2</sub>D is the mean roughness depth of a single roughness depth out of five measurement distances. The method has been described in detail.<sup>20</sup>

### Corneometry

The hydration of the stratum corneum was determined by corneometry between 11 AM and noon at a room temperature of 21°C and a humidity of 40% to 45%. The instrument used was the corneometer CM 420 (Schwarzaupt Medizintechnik, Cologne, Germany), which acts by measuring capacitance with a plane capacitor. Data are displayed numerically. One unit represents 0.02 ng per cm<sup>2</sup> water content of stratum corneum, corresponding to a level of 20 nm.<sup>21</sup>

### Immunohistochemistry

Biopsy specimens were fixed routinely in 10% buffered formaldehyde and embedded in paraffin. Paraffin sections, 4 μm thick, were cut and subjected to immunocytochemistry according to the ABC-technique. Primary antibodies used were directed against collagen (AB 745, Chemicon, Temecula, CA), diluted 1:800 and against collagen III (PS 49, Monosan, Uden, The Netherlands), diluted 1:10. The secondary antibody consisted of biotinylated antirabbit IgG and was followed by the ABC solution (both from Vectastain, Burlingame, CA). All in-

**Table 1. Initial and Final Hormone Levels in Perimenopausal Women Treated with Topical Estrogens.**

	Estradiol Group				Normal Range	Estriol Group			
	N	Initial Level	Final Level	P		N	Initial Level	Final Level	P
FSH (mU/mL)	24	55.9 ± 38.9*	57.0 ± 41.7	P > .05 NS	30-120	22	66.9 ± 33.2	72.5 ± 30.0	> .05 NS
PRL (ng/mL)	24	5.1 ± 2.0	8.3 ± 4.4	P = .0005 HS	2-25	21	6.5 ± 4.1	8.4 ± 3.7	P = .029 S
E <sub>2</sub> (pg/mL)	18	60.0 ± 109.5	78.1 ± 129.5	P > .05 NS	0-55	21	23.4 ± 19.4	22.9 ± 29.8	P = .05 NS

\*Values are mean ± standard deviation.

N = number of patients

E<sub>2</sub> = estradiol

FSH = follicle stimulating hormone

PRL = prolactin

NS = not significant

S = significant

HS = highly significant

incubations were performed for 30 minutes at room temperature. For development of the peroxidase reaction, diaminebenzidine tetrahydrochloride was used. The preparations were evaluated semiquantitatively by estimating the degree of the immunohistochemical staining.

## Results

At the end of treatment, marked improvement of skin-aging symptoms was noted. The clinical findings were confirmed by the measurement data. The Wilcoxon test was used for statistical analysis. No significant differences between estradiol and FSH levels were found between pretreatment and final values. Prolactin showed a highly significant increase in the estradiol, and a significant increase in the estriol, groups (Table 1) but pH levels stayed within the normal range in both treatment groups.

The clinical improvement of specific skin parameters was evaluated according to a personal evaluation scheme (Table 2); it was seen after nine to 19 weeks in the estradiol and after seven to 17 weeks in the estriol group. Improvement of vascularization, elasticity and skin moisture ranged between 100% and 61% in the two groups (Table 3).

Wrinkle measurements by profilometry showed significant decreases in the estradiol and highly significant decreases in the estriol group (Table 4). Skin moisture by corneometry showed insignificant increases in both groups (Table 4). For immunohis-

tochemistry, the specific staining was localized to the dermal connective tissue.

A difference in immunohistochemical staining for collagen III could be demonstrated in biopsies taken before and after treatment. In biopsy specimens after treatment, there appeared to be a more intense color reaction as compared to biopsies taken before treatment, indicating an increase in collagen III after treatment. No clear difference in staining for collagen I could be demonstrated before and after therapy (Table 5).

The side effects were less in the estriol than in the estradiol group. Breast tension, naturally occurring in periods of hormonal changes, was noted by 12 of 30 patients treated with estriol compared to 7 of 28 patients of the estradiol group. One patient treated with estriol complained of itching; one patient treated with estradiol complained of local reddening of the face. Of the 28 women treated with estradiol, three observed increased facial pigmentation.

## Discussion

Estrogen compounds were shown to be effective in the treatment of skin-aging symptoms of perimenopausal women. Both estradiol and estriol, at the concentrations used, exhibited comparable results. In a previous pilot study we had shown the lack of systemic hormonal side effects by gynecologic monitoring with vaginal smears<sup>22</sup> and by the lack of significant differences between

**Table 2. Grading of Clinical Effects of Topical Estrogen Treatment on Facial Skin.**

- \* Minor effects consisting of increased vascularization and moisture of skin
- \*\* Minor decrease of wrinkle depth or improvement of firmness and elasticity of skin
- \*\*\* Clear improvement of wrinkles, evident by monitoring and photodocumentation
- \*\*\*\* Significant decrease of wrinkle depth

initial and final serum levels of hormones.<sup>17</sup> The latter was confirmed in the present study only for estradiol and FSH. The increases of prolactin observed in both treatment groups may be indicative of increased estrogenic actions through hypophyseal feedback. In contrast, estradiol levels showed no significant changes.

Estradiol and estriol are both topically active substances, used by gynecologists against vulvar atrophy and pruritus.<sup>23</sup> Estradiol may cause systemic side effects on the endometrium dependent on the concentration used. In contrast, estriol is an estrogen the prevalent effects of which are displayed at the vaginal epithelium, but that has no systemic side effects on the plaster epithelium

**Table 3. Clinical Evaluation of Symptoms of Aging in 58 Women Treated with Topical Estradiol Compared to Estriol.**

	Estradiol 0.01% (N = 30)		Estriol 0.3% (N = 28)	
	Incidence of Improvement (%)	Onset of Effects in Weeks after Start of Treatment (Mean)	Incidence of Improvement (%)	Onset of Effects in Weeks after Start of Treatment (Mean)
Vascularization	100	9	96	7
Skin elasticity and firmness	100	13	96	11
Moisture	100	9	96	8
Wrinkle depth	87	16	89	17
Pore size	73	19	61	16

of the endometrium.<sup>24</sup> Furthermore, estriol is the biologically weaker estrogen;<sup>25</sup> and mainly epidermotropic properties of estriol have been described in the skin.<sup>26</sup>

The present data indicate for the first time that estriol also exhibits significant effects on collagen. Both estriol and estradiol treatment induced significant increases of collagen fibers and striking increases of collagen III. These findings support the role that estrogens play in the dermis and may serve as an explanation for the clinical observations of increased firmness and significantly less wrinkling during treatment. Both types of collagen change during the aging process. Type I collagen represents the predominant collagen type in adult human skin;<sup>27</sup> whereas type III collagen, also widely distributed throughout the body, predominates in tissues of fetuses.<sup>28</sup> For the first time, increases of mainly type III collagen indicate distinct modulatory effects of estrogen on collagen tissue.

The positive effects of estrogens on the water content of the skin, which were observed in all patients, may be due to dermal and epidermal components. The estrogen-stimulated increases of acid mucopolysaccharides and of hyaluronic acid<sup>14,15</sup> contribute to an increased water content in the dermis. The increased epidermal water content may be due to increased epidermal skin thickness,<sup>29,30</sup> with subsequently elevated amounts of a natural moisturizing factor.

The present study supports the effectiveness of estrogen compounds in the treat-

**Table 4. Initial and Final Measurement Parameters (Mean ± Standard Deviation) of Corneometry and Profilometry in Both Patient Groups.**

Estrogen Used	(N)	Initial Value	Final Value	P
Corneometry (Units)				
Estradiol	20	66 ± 27	79 ± 14	P > .05 (NS)
Estriol	20	66 ± 26	78 ± 16	P > .05 (NS)
Profilometry (RZ-D in micrometers)				
Estradiol	21	50 ± 18	41 ± 16	P = .002 (S)
Estriol	22	48 ± 20	38 ± 22	P = .0005 (HS)

Unit = ng/cm<sup>2</sup> water content of stratum corneum

RZ-D = arithmetic mean of the maximal depths of roughness out of five adjoining distances measured

**Table 5. Distribution of Type I and Type III Collagen in the Dermis and at the Basal Membrane Before and at the End of Treatment with Topical Estrogen in Ten Women.**

	Collagen I				Collagen III	
	Pretreatment Dermis	BM	End of Treatment Dermis	BM	Pretreatment Dermis	End of Treatment Dermis
Estradiol	+	±	+	+	+	+++
	+	+	+	++	+	+++
	++	+	++	++	++	+++
	±	±	+	±	+	++
Estriol	+	+	++	++	+	+++
	±	±	+	+	++	+++
	+	+	±	±	++	++
	+	±	++	++	+	+++
	+	+	+	++	+	+++
	+	±	+	++	+	+++

BM = basal membrane

ment of skin aging in perimenopausal women. Both estradiol and estriol showed good and comparable effects in the concentrations used and a lack of systemic side effects when applied only to the face and neck. Obviously, no predictions about systemic side effects can be made about the same hormonal substances under different conditions (e.g., increased concentrations or size of application field). Dose-finding studies in both directions are therefore absolutely necessary, in order to find the minimum concentration of an estrogen compound that combines the best possible clinical effects without systemic hormonal side effects. In general, estriol seems to be the preferable estrogen for topical use. Lack of systemic side effects and promising local effects after external use suggest that estriol will gain importance for topical use in dermatology in the future.

## Conclusions

By considering the results of topical estrogen treatment in skin aging in women, a better insight can be gained as to the hormonal aspects of endogenous aging of the skin. Various structures involved in skin aging are under hormonal control. If decreased estrogen

levels contribute to decreased functions of the skin, local estrogen treatment of the skin would in turn represent a local hormone substitution therapy of the skin. So far, estrogen compounds and, in particular, estriol represent a new and promising therapeutic approach towards skin aging in perimenopausal women.

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