Nowadays the esthetic health is extremely important for the quality of life. The present demographic situation is changing to the increasing in life expectancy, thus, one of the most important issues of modern medicine and cosmetology is the creating of new techniques that can contribute to the maintaining beautiful skin appearance and extending active lifestyle.

An adequate level of sex hormones is needed to maintain structural integrity, functionality and quality characteristics of the skin of women, while estrogen deficiency accelerates aging process. In this regard, we found it useful to share the experience of an interdisciplinary approach to the treatment of patients with age-related skin changes.

We currently observe 45 patients aged 35 to 50 years. Patients are divided into three age groups:
- 35-40 years
- 40-45 years
- 45-50 years.

The duration of the clinical observation is one year. For objective evaluation of the clinical observation all patients underwent a comprehensive examination of the physiological parameters of skin by «Soft Plus» device (corneometry, sebumetry, cutometry, skin pH-meter) (Italy)

DermaScan ultrasound method with a portable high frequency device «DUB - Digital Ultraschall Bild system-tpm» and DUB-SkinScan ver. 3.2 (Germany) was used to assess structural changes of the skin. All observations were performed before and during use of «Qlaira» medication. Patients received medication «Qlaira» (Bayer Schering Pharma) containing estradiol valerate and dienogest. The comparison of the results were done before and 8 months after the beginning of research.

Before beginning of the observation and use of oral contraceptives patients of all age groups had consultations with multidisciplinary specialists (dermatologist - cosmetologist, gynecologist - endocrinologist, skin specialist).

At this point of time we would like to present comparative results of skin changes before and 8 month after use of «Qlaira». Initially 56.5 % of women complained on skin dryness. By the 8th month of therapy corneometry parameters of women in I group showed improved skin hydration and were at physiological level, in women in II and III group parameters were insignificantly lower than physiological level, but better than initial parameters before treatment. Furthermore, according to sebumetry results, patients in all groups showed normalization of the sebaceous parameters. Patients in I group had better parameters than women in III group. The acid-base reaction (normally low - acidic) has normalized in 90 % of women in all groups. According to these results, the normalization of the corneo-sebumetrical parameters, improvement in subjective sensation of dryness, reduction in number of small wrinkles and improving skin appearance in women who used "Qlaira", represent wide therapeutic effects of «Qlaira» medication for the improvement of skin quality.