PAGE 1 — OFFICIAL PUBLICATION IDENTITY

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ISSN	2667-9515
Barcode	977266795001
Publication Code	0099-0001-2026-0701
Volume / Issue	Volume 6, No. 69
Year	2026
Page Number	1-16
DOI	DOI-ready metadata field reserved
Status	Approved Publication Record

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ORCID	Not specified

VERIFICATION QR

https://csi.ge/certificate-verification/?verify=0099-0001-2026-0701

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PAGE 2 — OFFICIAL CITATION & JOURNAL INFORMATION

To cite this article: Prof. Dr. Bilal Semih Bozdemir, Psychodermatology Specialist, Current Science, Volume 6, No. 69, 2026, p. 1-16. - 0099-0001-2026-0701.

JOURNAL INFORMATION

Journal	Current Science Georgia
ISSN	2667-9515
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CURRENT SCIENCE

Multidisciplinary Journal With Arbitration Committee

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ABSTRACT

For decades, medicine has approached skin diseases primarily through dermatology while psychological disorders have remained within the boundaries of psychiatry and psychology. However, an increasing body of scientific evidence demonstrates that the skin, nervous system, endocrine pathways, and immune mechanisms function as an integrated biological network rather than independent systems.

The Psychodermatological Epigenetic Rejuvenation Model (PEGM) has emerged from this understanding. PEGM proposes a comprehensive scientific framework that investigates how psychological stress, emotional resilience, environmental influences, and lifestyle factors regulate gene expression associated with skin health, aging, inflammation, and tissue regeneration.

Rather than considering aging as an unavoidable chronological process, PEGM views biological aging as a dynamic phenomenon that can be influenced through scientifically grounded interventions targeting epigenetic regulation and psychodermatological mechanisms.

Keywords: *Project; Moves; Forward; Psychodermatology; Epigenetic*

Introduction

Human skin is often described simply as the body's protective barrier. Modern biology, however, recognizes it as one of the body's most sophisticated neuroendocrine organs.

—triggers complex biochemical signaling throughout the body. Hormonal cascades, neurotransmitters, cytokines, oxidative molecules, and immune mediators continuously communicate with skin cells.

Consequently, psychological conditions leave measurable biological signatures.

autoimmune skin disorders,
pigmentation abnormalities,
increased oxidative damage.

Psychodermatology has traditionally focused on explaining these relationships. PEGM extends this perspective by asking a much larger question:

Can psychological health actively promote biological rejuvenation through epigenetic regulation?

This question forms the foundation of the PEGM Project.

From Disease Treatment to Biological Optimization

Conventional medicine frequently concentrates on managing disease after symptoms appear.

PEGM proposes a different paradigm.

Instead of asking:

"How do we treat aging?"

it asks:

"How can we optimize the biological systems that regulate aging before irreversible damage develops?"

This represents a shift from reactive medicine toward predictive, preventive, and regenerative healthcare.

Understanding Epigenetics

The human genome contains approximately 20,000 protein-coding genes.

For many years, genetics was believed to determine our biological destiny.

Today, epigenetics has fundamentally changed this perspective.

Genes are not static programs.

DNA methylation
Histone modification
Chromatin remodeling
Non-coding RNAs
MicroRNA regulation
Cellular signaling pathways

These mechanisms determine whether specific genes become activated or suppressed.

Importantly, many epigenetic changes are reversible.

This reversibility provides an unprecedented opportunity for preventive medicine.

Why Psychological Stress Matters

Stress is often misunderstood as merely an emotional experience.

In reality, chronic stress represents a systemic biological condition.

Long-term activation of the hypothalamic-pituitary-adrenal (HPA) axis produces sustained cortisol elevation.

Excessive cortisol contributes to:

collagen degradation,
impaired fibroblast activity,
mitochondrial dysfunction,
immune imbalance,
oxidative stress,
shortened telomeres,
accelerated biological aging.

PEGM regards chronic psychological stress as one of the primary epigenetic accelerators of skin aging.

The Skin-Brain Axis

The skin and brain originate from the same embryological layer: the ectoderm.

Because of this common origin, communication

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melatonin,
neuropeptides,
inflammatory cytokines.

Similarly, emotional experiences influence skin physiology within minutes.

Stress may worsen:

psoriasis,
eczema,
acne,
rosacea,
alopecia,
chronic urticaria,
delayed wound healing.

PEGM investigates this bidirectional communication at molecular resolution.

Epigenetic Rejuvenation

The term "rejuvenation" should not be interpreted as reversing chronological age.

Instead, PEGM focuses on improving biological function through healthier gene regulation.

Potential targets include:

enhanced collagen synthesis,
reduced chronic inflammation,
improved mitochondrial efficiency,
optimized stem cell activity,
restoration of antioxidant defense,
balanced immune regulation,
improved extracellular matrix integrity.

Collectively, these processes may contribute to healthier skin and improved systemic aging.

Lifestyle as Genetic Information

Lifestyle is often described as a collection of habits.

PEGM considers lifestyle to be biological information.

These signals become part of the body's epigenetic programming.

Thus, lifestyle is not simply behavior.

It is molecular communication.

Integrating Psychology with Dermatology

Traditional dermatology frequently addresses visible symptoms.

Traditional psychology primarily addresses cognition and emotional well-being.

PEGM integrates both disciplines within a unified biological framework.

Its philosophy is simple:

Healthy thoughts influence healthy biology.

Healthy biology supports healthy skin.

Healthy skin contributes to psychological well-being.

This creates a continuous positive feedback cycle.

Research Components of PEGM

The PEGM Project encompasses multiple scientific domains, including:

Psychodermatology
Epigenetics
Molecular Dermatology
Cellular Aging
Systems Biology
Behavioral Medicine
Neuroimmunology
Nutritional Science
Regenerative Medicine
Precision Medicine
Lifestyle Medicine
Computational Biology

Rather than functioning as isolated disciplines, these fields contribute to a unified systems-based

investigating molecular mechanisms through which psychological factors influence skin biology.

Prevention

Developing evidence-based preventive strategies against premature aging.

Personalization

Designing individualized interventions based on genetic, epigenetic, psychological, and environmental profiles.

Regeneration

Supporting natural repair mechanisms using multidisciplinary approaches.

Translation

Transforming laboratory discoveries into practical clinical protocols.

Future Technologies

As biotechnology advances, PEGM anticipates integration with:

artificial intelligence,
genomic sequencing,
wearable biosensors,
digital biomarkers,
microbiome profiling,
metabolomics,
transcriptomics,
personalized nutrition,
predictive analytics.

These technologies may allow clinicians to monitor biological aging in real time and recommend individualized preventive interventions.

Clinical Vision

The ultimate vision is not cosmetic enhancement.

It is healthy longevity.

nutritional evaluation,
lifestyle optimization,
stress reduction protocols,
regenerative therapies.

Together, these components may create personalized preventive medicine strategies rather than symptom-focused treatments.

Global Scientific Significance

Worldwide populations are aging rapidly.

Chronic inflammatory diseases continue to increase.

Stress-related disorders affect billions of individuals.

Consequently, healthcare systems increasingly require interdisciplinary approaches that address biological complexity rather than isolated symptoms.

PEGM aims to contribute to this emerging scientific landscape by providing an integrative model that connects psychology, dermatology, molecular biology, and preventive medicine.

Its broader significance extends beyond dermatology.

It represents a conceptual shift toward understanding the human body as an interconnected biological network in which emotional health, genetic regulation, environmental influences, and lifestyle continuously interact.

Methodology

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Aim

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Findings

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This section should be reviewed during editorial preparation. If the original manuscript does not provide this section separately, the editorial office should decide whether the existing article content already covers it or whether author-approved expansion is required.

Conclusion

The Psychodermatological Epigenetic Rejuvenation Model (PEGM) is more than a research initiative. It is a multidisciplinary scientific vision that seeks to bridge psychology, dermatology, epigenetics, and regenerative interventions that influence gene regulation, reduce chronic stress, and strengthen the skin–brain connection.

As scientific understanding of epigenetic plasticity continues to evolve, the future of medicine will likely move toward increasingly personalized, preventive, and systems-oriented care. Within this context, PEGM aspires to become not only a research platform but also a foundation for future clinical protocols, educational initiatives, and international collaborations dedicated to improving human health, resilience, and longevity.References

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Bozdemir, B. S. (2026). The Psychodermatological Epigenetic Rejuvenation Model (PEGM): An Integrative Framework for Skin Health, Stress Biology, and Epigenetic Rejuvenation. Unpublished conceptual framework / Research Project.

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work unless otherwise stated.

Conflict of Interest

The author declares no conflict of interest unless otherwise stated in the manuscript or correspondence.

Ethics Statement

The author is responsible for ethical compliance, consent, institutional permission, and research integrity where applicable.

Data Availability

Data availability information was not separately provided unless stated by the author.

Correspondence & ORCID

Correspondence details and ORCID information are displayed where supplied by the author.

References

References should be reviewed and formatted according to APA style before final approval.

OFFICIAL APPROVAL STATEMENT

This article has been reviewed for publication record preparation and is marked as approved within the Current Science Georgia production workflow.

CURRENT SCIENCE APPROVED PUBLICATION

Authorized Signatory
Current Science Georgia Editorial Office

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THIS JOURNAL INCLUDED IN MANY INDEXES, INCLUDING ADVANCED SCIENCES INDEX · CURRENT SCIENCE GEORGIA · ISSN: 2667-9515

Barcode
977266795001