



**Skin:
The
Body's
Largest
Organ**

DR.KAUSUMIKA KANAK

DERMATOLOGY DECODED

**What is
Healthy Skin?**

**How to Take Care
of Your Skin**

**Functions of
the skin**

Table of contents

1	Skin: The Body's Largest Organ
2	What is Healthy Skin?
3	Skin layers
5	Functions of the skin
6	Skin colour
7	Know from expert
11	Common skin problems
14	How to Take Care of Your Skin
13	Tips for Maintaining Good Skin Care
15	Side effects of topical steroids on face
16	Dermocosmetics - From health to beauty



Skin

The Body's Largest Organ

- ◆ Covering an average of 20 square feet, the skin is the body's largest and heaviest organ.¹
- ◆ Its most obvious job is to protect our insides from the outside, but it is much more than an outer surface.¹
- ◆ Skin is a good indicator of our general health. If someone is sick, it often shows in their skin.²

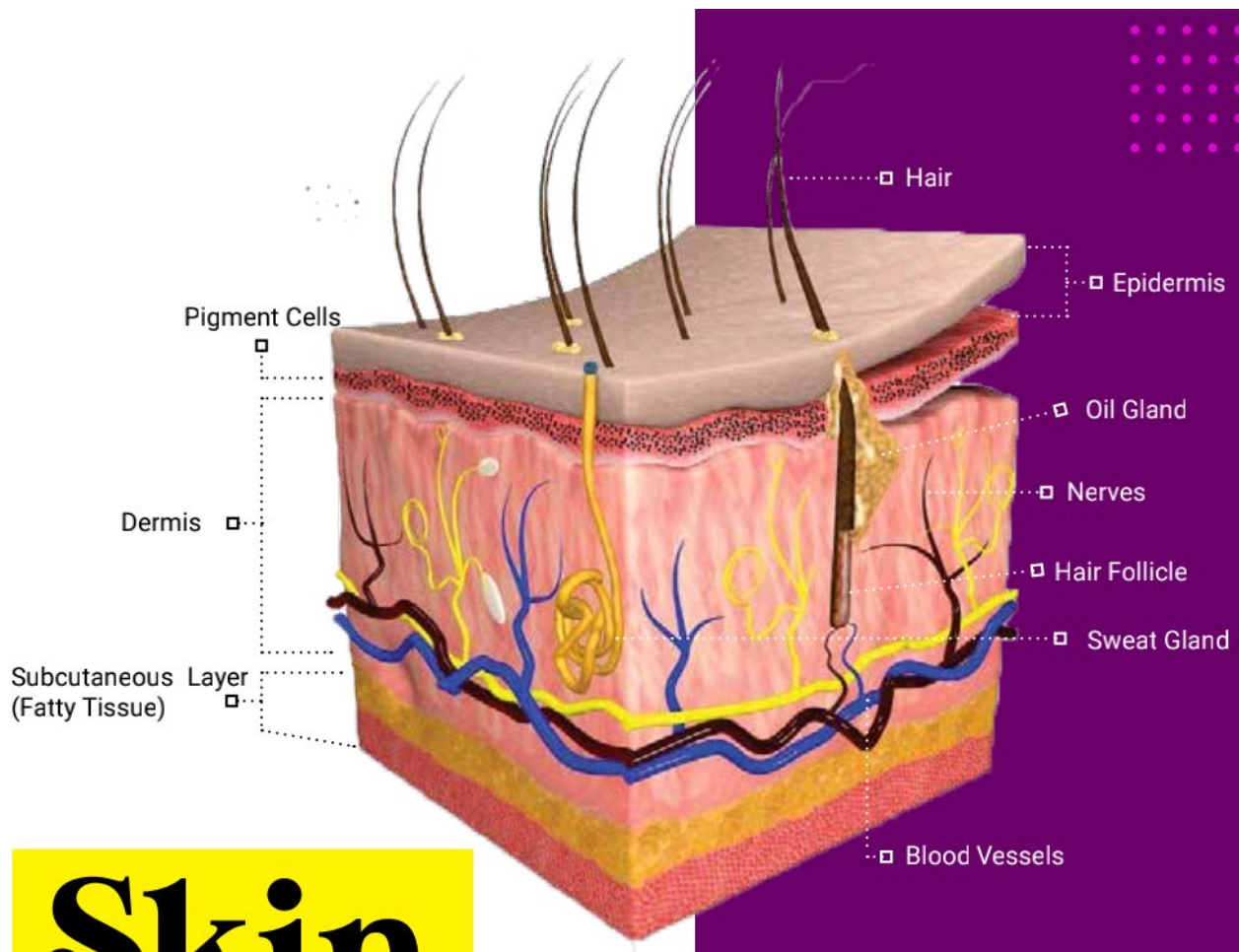


Skin

What is Healthy

Skin

- ◆ The skin is much more than an outer surface for the world to see.³
- ◆ It protects you from bacteria, dirt and other foreign objects and the ultraviolet rays of the sun, and contains the nerve endings that let you know if something is hot or cold, soft or hard, sharp or dull.³
- ◆ The skin also plays an important role in regulating body's fluids and temperature.³
- ◆ Healthy skin is smooth, with no breaks in the surface. It is warm (not hot or red) and neither dry and flaky nor moist and wrinkled.³
- ◆ Healthy skin is a mirror of a healthy body.³
- ◆ Since your skin plays such an important role in protecting your body, you should keep it as healthy as you can.⁴
- ◆ This will help you keep from getting sick or having damage to your bones, muscles, and internal organs.⁴



Skin

layers

- ◆ The skin consists of three layers of tissues: the epidermis, the dermis and the subcutaneous layer.¹

- ◆ **The epidermis - the outer barrier⁵**

- ◆ Main roles: Makes new skin cells, gives skin its color, protects the body.¹
- ◆ The skin we see is called the epidermis. This protects the more delicate inner layers. The epidermis is made up of several 'sheets' of cells. The bottom sheet is where new epidermal cells are made. As old, dead skin cells are sloughed off the surface, new ones are pushed up to replace them. As they do so, the cells harden and die.² This cycle of cell production and replacement takes about 28 days.⁶ The epidermis also contains melanin, the pigment that gives skin its colour.¹⁻⁶

♦ The dermis - the inner support⁵

- ♦ Main roles: Makes sweat and oil, provides sensations and blood to the skin, grows hair.¹
- ♦ Under the epidermis is the dermis. This is made up of elastic fibres (elastin) for suppleness and protein fibres (collagen) for strength. The dermis contains sweat glands, sebaceous glands, hair follicles, blood vessels and nerves. It makes up about 90 percent of the skin's thickness.^{2-3,5}

♦ The subcutaneous layer – the thermal insulation¹

- ♦ Main roles: attaches dermis to the body, controls body temperature, stores fat.¹
- ♦ The subcutaneous layer is composed of fat that sits immediately under the dermis. It provides thermal insulation and mechanical protection. It gives smoothness and contour to our body. Adipose fat stored in the subcutaneous layer is a source of energy.²



Goosebumps

Goosebumps help us to retain heat when we are in a cold environment.

Protection:

Skin protects against pathogens. Langerhans cells in the skin are part of the immune system.¹

Storage:

Stores lipids (fats) and water.¹

Sensation:

Nerve endings detect temperature, pressure, vibration, touch, and injury.¹

Control water loss:

The skin prevents water from escaping by evaporation.¹

Water resistance:

It prevents nutrients from being washed from the skin.¹

Thermoregulation:

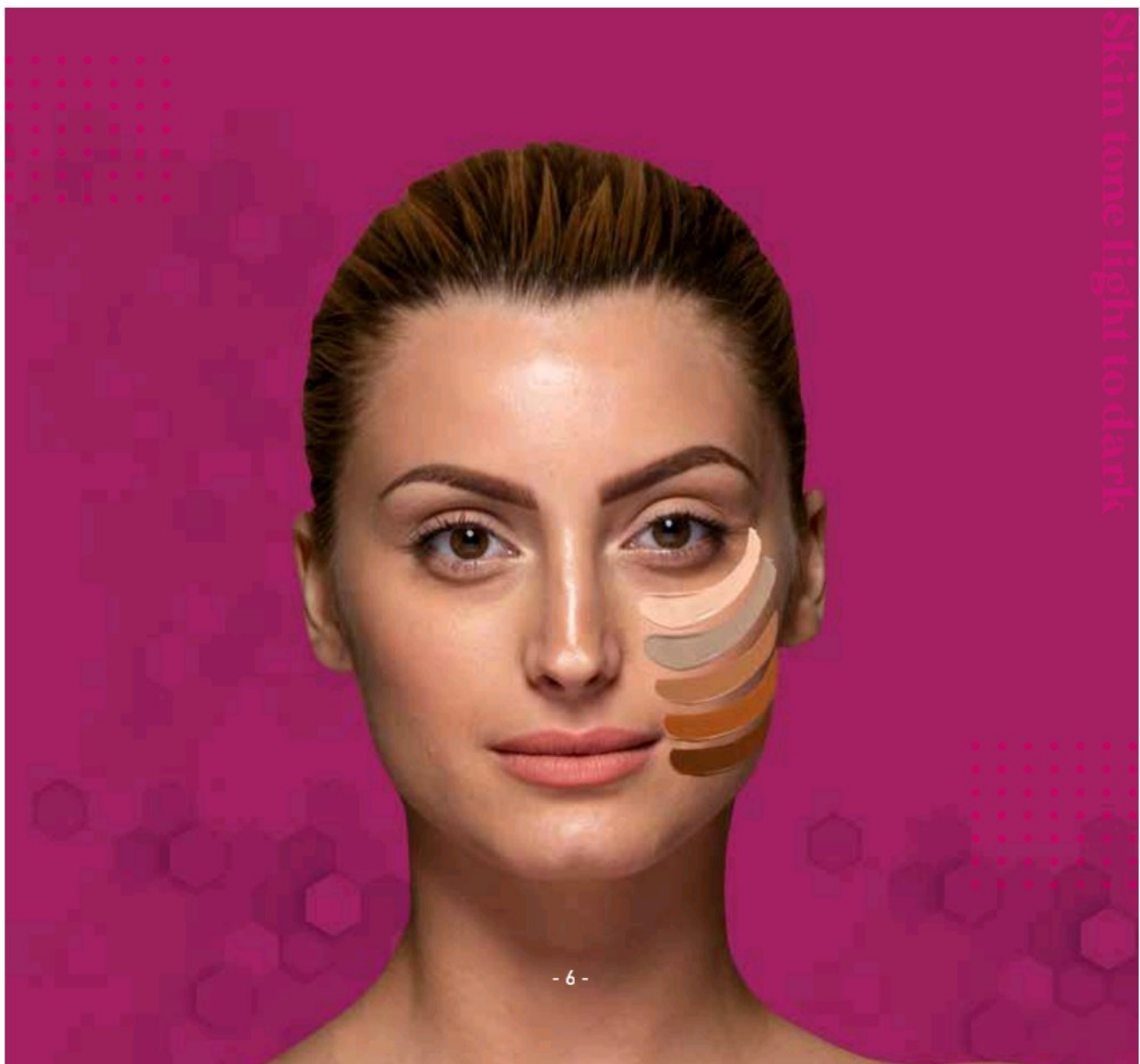
By producing sweat and dilating blood vessels, the skin helps keep the body cool. "Goosebumps" and blood vessel constriction, help us retain heat.¹

Functions of the Skin

Skin

Colour¹

- ◆ Human skin colour can vary from almost black through to almost white.
- ◆ Most of this variation is due to a pigment called melanin.
- ◆ It is worth noting that the coloration of light skin is mostly determined by the whitish-blue colour of connective tissue below the dermis and haemoglobin in the veins of the dermis.
- ◆ Melanin's primary role is to protect the skin from damaging UV light from the sun, which can cause skin cancer.
- ◆ When skin is exposed to UV light, melanocytes start producing melanin, creating a suntan.
- ◆ Populations that live in parts of the world that receive higher levels of UV light, for instance, nearer the equator, tend to have higher levels of melanin and, therefore, darker skin.
- ◆ Conversely, populations that receive less sunlight (toward the poles) tend to have lighter skin with less melanin.
- ◆ In general, females have lighter skin than males.
- ◆ This may be because women need more calcium during pregnancy and while breast-feeding; vitamin D, which is produced when skin is exposed to the sun, is important for absorbing calcium.



Know from expert

Dr. Kausumika Kanak





Can you tell us why you choose to be a doctor?

I choose to be a doctor because it was always in my mind from the very beginning. My family belong to conservative thinking, where we get only 2 options which are either engineering or being Doctor. But the most motivating part is the whole idea of being is such a delight that I chose to be one.

Can you please brief us on your academic journey?

My academic journey began at Mumbai and I did my under graduation at Mumbai. After that, I went for All India examinations and did my post-graduation from Bangalore. Then I went ahead to do a fellowship in Singapore where I specialised in Dermatosurgery from National Skin Institute of Singapore. After that I've been doing my courses from EADV i.e., European Academy of Dermatology and Venereology from there I have been doing specialisation in skin cancer and so on.

During your academic journey, I am sure you have come across inspiration but what inspired you to choose a specialisation in Dermatology?

My inspiration for dermatology and you can also say my role model was my HOD. He was really a calm person and very genius one. He had this idea to treat skin in a holistic way. So he used to treat skin and also the patients in a holistic way. Like he used to look after the stress issues of the patients coming to him. He taught me to not only look after the skin issues, but also other issues related to the patients and that inspired me the most.

What are the unique skills you have as a doctor?

Every doctor has some of the other unique skills. Mine is I can speak 8 to 9 different languages, so patients feel comfortable while approaching me. So, it becomes easier to study their medical history so that's a positive point. Second is I prefer counselling rather than focusing on treatment. While counselling treatment becomes very easy so that is also my positive point.



Hobbies are an integral part of one's life, may I request you to share your hobbies and interest?

As far as hobbies are concern my hobbies change from time to time. But one hobby you can say which is always persistent is travelling. I love to travel to different parts of the world so at this point of time it is travelling.

Many patients are suffering from some or the other disease, what are the motivational words you would like to say them?

In skin it is going to be very important because for few patients in their conditions we cannot treat them but we can only reduce through medications so for them motivational words would be "if the disease cannot be treated then the internal association like heart, brain, lungs they may not be affected by that the patient is going to have good lifecycle". Apart from this we also stress on yoga or meditation. So, few things to calm them down and a few things we make sure that the patient is not restless or worries about their internal functioning. This thing motivates them.

When you can say life is on a good flow?

When I am doing hard work for 3 to 4 months and then having a drink while travelling then I can say my life is on a good flow.

What is your commitment to fast-growing technologies in the world? Do you think it is affecting human emotions and feelings?

As far as technology is a concern it is double edge sword so we have to go very cautiously like how we take as it has advantage and disadvantage both like

connectivity is an advantage and too much R&D on google is a disadvantage. So yes if it is connectivity, or keeping a record of newer drug information then it is an advantage and too much of research would be backset for technology.

Which is your favourite location or your favourite destination which you are planning to travel or have travelled?

The best one which I travelled is Martha's Vineyard which is in the US it's an Island. And another one which I am planning to travel is to The Sky Villas which is located in Chile, but it is long-time plan, so I'll see when it comes.

Which Human personality you admire most and why?

The personalities which I admire also keeps on changing from time to time. Right now I am reading a book named The Iron Lady of Pakistan, which I personally feel is really an Iron Lady her name is Muniba Mazari. So she is definitely the one I am looking for inspiration.

It is said that some people are happy at 18 and some at 81 age is just the number, so what message do you have for elderly people?

Well, it is truly said that age is just a number. The one thing we should let elderly people know is that they should not spend time on their kids and family stuff, they should look above that and they should take time out for themselves and look after their own needs because that will definitely make them happy. So rather focusing on other things and stressing themselves out instead they should focus on their Me time and be happy.

How should one maintain a healthy lifestyle, your comments on exercise and food intake?

A healthy lifestyle should consist of multiple things, not only exercise and food intake. I suggest one should go for destressing whatever one wants to do like singing, dancing, writing etc. These things done from the heart is going to help them in the long term.

How do you relax after a long and hectic schedule?

Personally, I have appointed trainer to look after my health i.e., 2 days in a week rest distress is done by my family. Spending time with my husband and daughter relaxes me the most.

FIRST IN CITY

Doctors conduct highly specialised surgery to treat skin cancer patient

EXPRESS NEWS SERVICE
PUNE, APRIL 25

A TEAM of doctors at the Columbia Asia Hospital, led by Dr Kusumita Kanak, dermatologist and cosmetologist, recently conducted Pune's first MOHS Micrographic surgery (MMS), a highly specialised procedure to remove skin cancers from face, head, neck, and limbs. The surgery, considered a gold standard for the treatment of common skin cancers such as basal cell carcinoma, squamous cell carcinoma and few other types of skin cancers, was performed on a 46-year-old man earlier this month to treat basal cell carcinoma on his face.

An official statement issued Thursday said this type of skin cancer is common in both foreigners visiting India and Indians, caused mainly by prolonged exposure to sun. "We have received nearly seven cases in the past couple of months. Those who work outdoors for long hours may be affected by the disease. Besides, the cancer can be caused by a genetic reason such as vi-

lilgo or an environmental reason such as arsenic exposure. This is the first MOHS surgery done in Pune and was completed in two parts," said Dr Kanak from the Columbia Asia Hospital. "While some of the cases of skin cancer can be treated superficially by using anti-cancer creams, radiofrequency and laser, these are ill-informed processes and we cannot be sure if they can be removed completely. MOHS surgery is the best way to treat cancers that spread deeper in skin and show high chances of recurrence," he added.

The doctor acknowledged that the first layer of the skin was removed from the affected area in which cryosections were performed in the pathology lab - much part of the tissue (skin) was secured under microscope to identify cancer cells. After the first layer was examined and cancer cells were found to be present in normal looking skin, the process was repeated which helped in removing all cancer cells. The team also included Dr. Suresh Saena, plastic surgeon, Columbia Asia Hospital, and Dr

Prathibha Walde, consultant (Internal Medicine) Columbia Asia Hospital, specialised pathologist, and the hospital staff. After the skin layers were free of cancer cells, the plastic surgeon performed flap surgery (reconstructive surgery). Since multiple layers were removed during the previous process, reconstruction with internal intervention was not required. Patient has been closely monitored.

The common symptoms of basal cell carcinoma are round that look like a sore for a long time or a sudden increase in size or change in colour of a mole. A history of long outdoor hours or excess sun exposure without using sunscreen, and spots in size and number of moles are the warning signs of the disease, said Kanak. "The practice of sunbath can increase the chance of basal cell carcinoma by 100 per cent, but Indians are relatively less affected due to darker skin tone in their skin that acts as a protection. Though such cancers are not fatal, they can cause significant morbidity and psychological impact due to disfigurement of a body part and poor quality of life," she added.

City doctors perform microscopic surgery to cure skin cancer

Patient's basal cell carcinoma was treated in two parts; experts advise against prolonged exposure to sun - a cause of ailment

By Pune Mirror Bureau
Express News Service

During a city hospital, microscopically performed Mohs Micrographic Surgery (MMS) to treat a patient's basal cell carcinoma (a type of skin cancer) was completed in two parts. The patient's basal cell carcinoma was treated in two parts; experts advise against prolonged exposure to sun - a cause of ailment.

A team of doctors, led by dermatologist and cosmetologist Dr Kusumita Kanak, plastic surgeon Dr Suresh Saena, and consultant pathologist Dr Prathibha Walde performed MMS on Prathibha Walde (name changed). He said that initially, lesions were removed on his face and neck. Following which there was a change in the skin. "The sun did not heat and so, I approached the doctor. I was shocked on hearing that it was a kind of cancer. They informed me that the lesion may sometimes regress and heal," he said.

During MMS, the first layer of skin was removed from the affected area on which, cryosections were performed in the pathology lab - each part of the tissue (skin) was examined under a microscope to identify cancer cells. After the first layer was examined and cancer cells were found to be present in normal looking skin, the process was repeated which helped in removing all the cancer cells. Once the skin layers were free of the cancerous cells, the plastic surgeon performed a flap surgery (reconstructive surgery). Since multiple layers were removed during the previous process, reconstruction with internal intervention was not required. The patient required a minimal hospital stay and was discharged on the second day of the surgery.

Doctors perform advanced surgery to treat skin cancer

Basal Cell Carcinoma

Basal Cell Carcinoma is a type of skin cancer that is the most common type of skin cancer. It is caused by damage to the DNA in the skin cells, which can be caused by factors such as sun exposure, age, and genetics.

Basal Cell Carcinoma is a type of skin cancer that is the most common type of skin cancer. It is caused by damage to the DNA in the skin cells, which can be caused by factors such as sun exposure, age, and genetics.

Basal Cell Carcinoma is a type of skin cancer that is the most common type of skin cancer. It is caused by damage to the DNA in the skin cells, which can be caused by factors such as sun exposure, age, and genetics.

Basal Cell Carcinoma is a type of skin cancer that is the most common type of skin cancer. It is caused by damage to the DNA in the skin cells, which can be caused by factors such as sun exposure, age, and genetics.

Basal Cell Carcinoma is a type of skin cancer that is the most common type of skin cancer. It is caused by damage to the DNA in the skin cells, which can be caused by factors such as sun exposure, age, and genetics.

The Indian EXPRESS Fri, 26 April 2018
e-paper: indianexpress.com/c/35541958

Bacteria turn agri waste to biofuel

The first of the kind research was conducted by IITM and Bioniversity, researchers look at mass production

A team of researchers from the Indian Institute of Technology Madras (IITM) and Bioniversity, a biotechnology startup, have successfully demonstrated the mass production of biofuel from agricultural waste using bacteria. The researchers used a genetically modified bacterium to break down the complex carbohydrates in agricultural waste into simple sugars, which were then converted into biofuel.

City doctors perform microscopic surgery to cure skin cancer

Patient's basal cell carcinoma was treated in two parts; experts advise against prolonged exposure to sun - a cause of ailment

A team of doctors, led by dermatologist and cosmetologist Dr Kusumita Kanak, plastic surgeon Dr Suresh Saena, and consultant pathologist Dr Prathibha Walde performed MMS on Prathibha Walde (name changed). He said that initially, lesions were removed on his face and neck. Following which there was a change in the skin. "The sun did not heat and so, I approached the doctor. I was shocked on hearing that it was a kind of cancer. They informed me that the lesion may sometimes regress and heal," he said.

During MMS, the first layer of skin was removed from the affected area on which, cryosections were performed in the pathology lab - each part of the tissue (skin) was examined under a microscope to identify cancer cells. After the first layer was examined and cancer cells were found to be present in normal looking skin, the process was repeated which helped in removing all the cancer cells. Once the skin layers were free of the cancerous cells, the plastic surgeon performed a flap surgery (reconstructive surgery). Since multiple layers were removed during the previous process, reconstruction with internal intervention was not required. The patient required a minimal hospital stay and was discharged on the second day of the surgery.

For more information, contact: 020-4444-1111, 020-4444-1112, 020-4444-1113, 020-4444-1114, 020-4444-1115, 020-4444-1116, 020-4444-1117, 020-4444-1118, 020-4444-1119, 020-4444-1120, 020-4444-1121, 020-4444-1122, 020-4444-1123, 020-4444-1124, 020-4444-1125, 020-4444-1126, 020-4444-1127, 020-4444-1128, 020-4444-1129, 020-4444-1130, 020-4444-1131, 020-4444-1132, 020-4444-1133, 020-4444-1134, 020-4444-1135, 020-4444-1136, 020-4444-1137, 020-4444-1138, 020-4444-1139, 020-4444-1140, 020-4444-1141, 020-4444-1142, 020-4444-1143, 020-4444-1144, 020-4444-1145, 020-4444-1146, 020-4444-1147, 020-4444-1148, 020-4444-1149, 020-4444-1150, 020-4444-1151, 020-4444-1152, 020-4444-1153, 020-4444-1154, 020-4444-1155, 020-4444-1156, 020-4444-1157, 020-4444-1158, 020-4444-1159, 020-4444-1160, 020-4444-1161, 020-4444-1162, 020-4444-1163, 020-4444-1164, 020-4444-1165, 020-4444-1166, 020-4444-1167, 020-4444-1168, 020-4444-1169, 020-4444-1170, 020-4444-1171, 020-4444-1172, 020-4444-1173, 020-4444-1174, 020-4444-1175, 020-4444-1176, 020-4444-1177, 020-4444-1178, 020-4444-1179, 020-4444-1180, 020-4444-1181, 020-4444-1182, 020-4444-1183, 020-4444-1184, 020-4444-1185, 020-4444-1186, 020-4444-1187, 020-4444-1188, 020-4444-1189, 020-4444-1190, 020-4444-1191, 020-4444-1192, 020-4444-1193, 020-4444-1194, 020-4444-1195, 020-4444-1196, 020-4444-1197, 020-4444-1198, 020-4444-1199, 020-4444-1200, 020-4444-1201, 020-4444-1202, 020-4444-1203, 020-4444-1204, 020-4444-1205, 020-4444-1206, 020-4444-1207, 020-4444-1208, 020-4444-1209, 020-4444-1210, 020-4444-1211, 020-4444-1212, 020-4444-1213, 020-4444-1214, 020-4444-1215, 020-4444-1216, 020-4444-1217, 020-4444-1218, 020-4444-1219, 020-4444-1220, 020-4444-1221, 020-4444-1222, 020-4444-1223, 020-4444-1224, 020-4444-1225, 020-4444-1226, 020-4444-1227, 020-4444-1228, 020-4444-1229, 020-4444-1230, 020-4444-1231, 020-4444-1232, 020-4444-1233, 020-4444-1234, 020-4444-1235, 020-4444-1236, 020-4444-1237, 020-4444-1238, 020-4444-1239, 020-4444-1240, 020-4444-1241, 020-4444-1242, 020-4444-1243, 020-4444-1244, 020-4444-1245, 020-4444-1246, 020-4444-1247, 020-4444-1248, 020-4444-1249, 020-4444-1250, 020-4444-1251, 020-4444-1252, 020-4444-1253, 020-4444-1254, 020-4444-1255, 020-4444-1256, 020-4444-1257, 020-4444-1258, 020-4444-1259, 020-4444-1260, 020-4444-1261, 020-4444-1262, 020-4444-1263, 020-4444-1264, 020-4444-1265, 020-4444-1266, 020-4444-1267, 020-4444-1268, 020-4444-1269, 020-4444-1270, 020-4444-1271, 020-4444-1272, 020-4444-1273, 020-4444-1274, 020-4444-1275, 020-4444-1276, 020-4444-1277, 020-4444-1278, 020-4444-1279, 020-4444-1280, 020-4444-1281, 020-4444-1282, 020-4444-1283, 020-4444-1284, 020-4444-1285, 020-4444-1286, 020-4444-1287, 020-4444-1288, 020-4444-1289, 020-4444-1290, 020-4444-1291, 020-4444-1292, 020-4444-1293, 020-4444-1294, 020-4444-1295, 020-4444-1296, 020-4444-1297, 020-4444-1298, 020-4444-1299, 020-4444-1300, 020-4444-1301, 020-4444-1302, 020-4444-1303, 020-4444-1304, 020-4444-1305, 020-4444-1306, 020-4444-1307, 020-4444-1308, 020-4444-1309, 020-4444-1310, 020-4444-1311, 020-4444-1312, 020-4444-1313, 020-4444-1314, 020-4444-1315, 020-4444-1316, 020-4444-1317, 020-4444-1318, 020-4444-1319, 020-4444-1320, 020-4444-1321, 020-4444-1322, 020-4444-1323, 020-4444-1324, 020-4444-1325, 020-4444-1326, 020-4444-1327, 020-4444-1328, 020-4444-1329, 020-4444-1330, 020-4444-1331, 020-4444-1332, 020-4444-1333, 020-4444-1334, 020-4444-1335, 020-4444-1336, 020-4444-1337, 020-4444-1338, 020-4444-1339, 020-4444-1340, 020-4444-1341, 020-4444-1342, 020-4444-1343, 020-4444-1344, 020-4444-1345, 020-4444-1346, 020-4444-1347, 020-4444-1348, 020-4444-1349, 020-4444-1350, 020-4444-1351, 020-4444-1352, 020-4444-1353, 020-4444-1354, 020-4444-1355, 020-4444-1356, 020-4444-1357, 020-4444-1358, 020-4444-1359, 020-4444-1360, 020-4444-1361, 020-4444-1362, 020-4444-1363, 020-4444-1364, 020-4444-1365, 020-4444-1366, 020-4444-1367, 020-4444-1368, 020-4444-1369, 020-4444-1370, 020-4444-1371, 020-4444-1372, 020-4444-1373, 020-4444-1374, 020-4444-1375, 020-4444-1376, 020-4444-1377, 020-4444-1378, 020-4444-1379, 020-4444-1380, 020-4444-1381, 020-4444-1382, 020-4444-1383, 020-4444-1384, 020-4444-1385, 020-4444-1386, 020-4444-1387, 020-4444-1388, 020-4444-1389, 020-4444-1390, 020-4444-1391, 020-4444-1392, 020-4444-1393, 020-4444-1394, 020-4444-1395, 020-4444-1396, 020-4444-1397, 020-4444-1398, 020-4444-1399, 020-4444-1400, 020-4444-1401, 020-4444-1402, 020-4444-1403, 020-4444-1404, 020-4444-1405, 020-4444-1406, 020-4444-1407, 020-4444-1408, 020-4444-1409, 020-4444-1410, 020-4444-1411, 020-4444-1412, 020-4444-1413, 020-4444-1414, 020-4444-1415, 020-4444-1416, 020-4444-1417, 020-4444-1418, 020-4444-1419, 020-4444-1420, 020-4444-1421, 020-4444-1422, 020-4444-1423, 020-4444-1424, 020-4444-1425, 020-4444-1426, 020-4444-1427, 020-4444-1428, 020-4444-1429, 020-4444-1430, 020-4444-1431, 020-4444-1432, 020-4444-1433, 020-4444-1434, 020-4444-1435, 020-4444-1436, 020-4444-1437, 020-4444-1438, 020-4444-1439, 020-4444-1440, 020-4444-1441, 020-4444-1442, 020-4444-1443, 020-4444-1444, 020-4444-1445, 020-4444-1446, 020-4444-1447, 020-4444-1448, 020-4444-1449, 020-4444-1450, 020-4444-1451, 020-4444-1452, 020-4444-1453, 020-4444-1454, 020-4444-1455, 020-4444-1456, 020-4444-1457, 020-4444-1458, 020-4444-1459, 020-4444-1460, 020-4444-1461, 020-4444-1462, 020-4444-1463, 020-4444-1464, 020-4444-1465, 020-4444-1466, 020-4444-1467, 020-4444-1468, 020-4444-1469, 020-4444-1470, 020-4444-1471, 020-4444-1472, 020-4444-1473, 020-4444-1474, 020-4444-1475, 020-4444-1476, 020-4444-1477, 020-4444-1478, 020-4444-1479, 020-4444-1480, 020-4444-1481, 020-4444-1482, 020-4444-1483, 020-4444-1484, 020-4444-1485, 020-4444-1486, 020-4444-1487, 020-4444-1488, 020-4444-1489, 020-4444-1490, 020-4444-1491, 020-4444-1492, 020-4444-1493, 020-4444-1494, 020-4444-1495, 020-4444-1496, 020-4444-1497, 020-4444-1498, 020-4444-1499, 020-4444-1500, 020-4444-1501, 020-4444-1502, 020-4444-1503, 020-4444-1504, 020-4444-1505, 020-4444-1506, 020-4444-1507, 020-4444-1508, 020-4444-1509, 020-4444-1510, 020-4444-1511, 020-4444-1512, 020-4444-1513, 020-4444-1514, 020-4444-1515, 020-4444-1516, 020-4444-1517, 020-4444-1518, 020-4444-1519, 020-4444-1520, 020-4444-1521, 020-4444-1522, 020-4444-1523, 020-4444-1524, 020-4444-1525, 020-4444-1526, 020-4444-1527, 020-4444-1528, 020-4444-1529, 020-4444-1530, 020-4444-1531, 020-4444-1532, 020-4444-1533, 020-4444-1534, 020-4444-1535, 020-4444-1536, 020-4444-1537, 020-4444-1538, 020-4444-1539, 020-4444-1540, 020-4444-1541, 020-4444-1542, 020-4444-1543, 020-4444-1544, 020-4444-1545, 020-4444-1546, 020-4444-1547, 020-4444-1548, 020-4444-1549, 020-4444-1550, 020-4444-1551, 020-4444-1552, 020-4444-1553, 020-4444-1554, 020-4444-1555, 020-4444-1556, 020-4444-1557, 020-4444-1558, 020-4444-1559, 020-4444-1560, 020-4444-1561, 020-4444-1562, 020-4444-1563, 020-4444-1564, 020-4444-1565, 020-4444-1566, 020-4444-1567, 020-4444-1568, 020-4444-1569, 020-4444-1570, 020-4444-1571, 020-4444-1572, 020-4444-1573, 020-4444-1574, 020-4444-1575, 020-4444-1576, 020-4444-1577, 020-4444-1578, 020-4444-1579, 020-4444-1580, 020-4444-1581, 020-4444-1582, 020-4444-1583, 020-4444-1584, 020-4444-1585, 020-4444-1586, 020-4444-1587, 020-4444-1588, 020-4444-1589, 020-4444-1590, 020-4444-1591, 020-4444-1592, 020-4444-1593, 020-4444-1594, 020-4444-1595, 020-4444-1596, 020-4444-1597, 020-4444-1598, 020-4444-1599, 020-4444-1600, 020-4444-1601, 020-4444-1602, 020-4444-1603, 020-4444-1604, 020-4444-1605, 020-4444-1606, 020-4444-1607, 020-4444-1608, 020-4444-1609, 020-4444-1610, 020-4444-1611, 020-4444-1612, 020-4444-1613, 020-4444-1614, 020-4444-1615, 020-4444-1616, 020-4444-1617, 020-4444-1618, 020-4444-1619, 020-4444-1620, 020-4444-1621, 020-4444-1622, 020-4444-1623, 020-4444-1624, 020-4444-1625, 020-4444-1626, 020-4444-1627, 020-4444-1628, 020-4444-1629, 020-4444-1630, 020-4444-1631, 020-4444-1632, 020-4444-1633, 020-4444-1634, 020-4444-1635, 020-4444-1636, 020-4444-1637, 020-4444-1638, 020-4444-1639, 020-4444-1640, 020-4444-1641, 020-4444-1642, 020-4444-1643, 020-4444-1644, 020-4444-1645, 020-4444-1646, 020-4444-1647, 020-4444-1648, 020-4444-1649, 020-4444-1650, 020-4444-1651, 020-4444-1652, 020-4444-1653, 020-4444-1654, 020-4444-1655, 020-4444-1656, 020-4444-1657, 020-4444-1658, 020-4444-1659, 020-4444-1660, 020-4444-1661, 020-4444-1662, 020-4444-1663, 020-4444-1664, 020-4444-1665, 020-4444-1666, 020-4444-1667, 020-4444-1668, 020-4444-1669, 020-4444-1670, 020-4444-1671, 020-4444-1672, 020-4444-1673, 020-4444-1674, 020-4444-1675, 020-4444-1676, 020-4444-1677, 020-4444-1678, 020-4444-1679, 020-4444-1680, 020-4444-1681, 020-4444-1682, 020-4444-1683, 020-4444-1684, 020-4444-1685, 020-4444-1686, 020-4444-1687, 020-4444-1688, 020-4444-1689, 020-4444-1690, 020-4444-1691, 020-4444-1692, 020-4444-1693, 020-4444-1694, 020-4444-1695, 020-4444-1696, 020-4444-1697, 020-4444-1698, 020-4444-1699, 020-4444-1700, 020-4444-1701, 020-4444-1702, 020-4444-1703, 020-4444-1704, 020-4444-1705, 020-4444-1706, 020-4444-1707, 020-4444-1708, 020-4444-1709, 020-4444-1710, 020-4444-1711, 020-4444-1712, 020-4444-1713, 020-4444-1714, 020-4444-1715, 020-4444-1716, 020-4444-1717, 020-4444-1718, 020-4444-1719, 020-4444-1720, 020-4444-1721, 020-4444-1722, 020-4444-1723, 020-4444-1724, 020-4444-1725, 020-4444-1726, 020-4444-1727, 020-4444-1728, 020-4444-1729, 020-4444-1730, 020-4444-1731, 020-4444-1732, 020-4444-1733, 020-4444-1734, 020-4444-1735, 020-4444-1736, 020-4444-1737, 020-4444-1738, 020-4444-1739, 020-4444-1740, 020-4444-1741, 020-4444-1742, 020-4444-1743, 020-4444-1744, 020-4444-1745, 020-4444-1746

Common Skin Problems¹⁻²

As with any other organ of the body, the skin is susceptible to certain diseases; these include:

Melasma: A common pigmentation disorder that causes brown or gray patches to appear on the skin, primarily on the face.

Acne: This is perhaps the most common skin disorder. It occurs when hair follicles become clogged with dead skin cells and oil.

Atopic dermatitis: Also known as eczema, this is an inflammatory skin disease characterized by dry, red, itchy patches of skin.

Rosacea: A common rash found in middle-aged people. They have a tendency to flush and have small red bumps on the center of the face.

Melanoma : A type of skin cancer caused by exposure to excess sunlight.





Psoriasis: This is another inflammatory skin disease. It causes red, flaky patches to appear on the skin.



Scabies: An itchy skin condition caused by the human scabies mite.



Shingles: Also called herpes zoster, it is a painful blistering rash caused by a virus.



Lichen planus: An itchy non-infectious rash. The bumps have flat shiny tops.



Photodamage: Sunburn is the most common form of acute photodamage, where the damage caused by excessive exposure of UV light leads to a large inflammatory response.⁵



Dry skin: Dry skin can be caused by many factors, but it is usually accompanied by changes in the epidermal barrier and increased water loss to the environment.⁵

How to Take Care of Your

Skin



♦ Nutrition:

To keep your skin healthy, eat a well-balanced diet that includes plenty of protein foods, fruits and vegetables (fresh if possible) and liquids. If you are having a skin problem, such as a pressure sore or a healing surgical incision, you should increase your intake of protein (lean meats, dairy foods and legumes), carbohydrates (breads, cereals), vitamins A, C and E, and zinc. Extra iron may be needed if you are anemic.

♦ Circulation:

The skin is served by a large number of blood vessels, and adequate circulation is needed to maintain skin health. You can help ensure a healthy blood supply by considering the following suggestions:

♦ Smoking:

DON'T! Nicotine in cigarettes causes blood vessels to get small (constrict) and prevents blood, oxygen and nutrients from flowing to the body tissues. Edema, or swelling caused by fluid collecting in the tissues, usually occurs in a part of the body that is not moved frequently and is below the level of the heart (i.e., the feet, legs and hands). Skin over areas of edema becomes thin and pale and injures easily because of poor circulation. Edema can be prevented by elevating your legs and hands frequently, performing regular Range of Motion (ROM) exercises and wearing compressive stockings.

♦ Anemia (a decrease in red blood cells):

Oxygen is essential for skin health, and is carried by red blood cells. A decrease in their number means less oxygen gets to the skin, which means that skin cells may become unhealthy or even die. Anemia should be evaluated and treated by your health care provider.

♦ Vascular Disease,

or a narrowing of the blood vessels, can be caused by diabetes, smoking, high blood pressure or elevated cholesterol. The result is decreased blood flow to the skin. Work closely with your health care provider to manage conditions that can lead to vascular disease and cause skin problems

Tips

For Maintaining Good

Skin Care^{3,6}

Use a good moisturizer:

Applying moisturizer daily for 2-3 times in a day gives much relief in Psoriasis.



Bathe with warm water

Warm water bath can prove beneficial for the patients of psoriasis



Drink plenty of water

Patients of psoriasis are advised to drink at least 10 to 12 glasses of water to maintain necessary hydration of the skin.



Eat plenty of fruits and vegetables

Patients of psoriasis are advised to eat more of fruits and vegetables like papaya, pumpkins, carrots, spinach, broccoli etc.



Avoid smoking and alcohol

Smoking and Alcohol has adverse effect on entire body, it can also worsen psoriasis.



Side Effects

Of Topical Steroids On

Face⁷



Burning or stinging sensation when the medication is applied



Acne, or worsening of existing acne



Rosacea – a condition that causes the face to become red and flushed



Changes in skin colour – this is usually more noticeable in people with dark skin

Dermocosmetics –

From health to beauty⁸

- ◆ Dermocosmetics is where cosmetics and dermatology – or beauty and health – meet.
- ◆ We know more about why and how skin ages and loses its firmness, wrinkles appear, and skin conditions develop.
- ◆ Increasing knowledge and greater demand from women for genuinely effective products have fostered the development and ready availability of products formerly limited to the field of medicine.
- ◆ Dermocosmetic products are not beauty products; nevertheless, they definitely enhance beauty.

What products are entitled to be designated as Dermocosmetics?

- ◆ To qualify as a dermocosmetic product, a product must contain active ingredients whose effectiveness against a specific problem has been established through rigorous laboratory testing.
- ◆ Dermocosmetic products have been specially formulated to restore skin health.
- ◆ They protect against the many stresses of contemporary life and natural skin ageing.⁸



Reference

1. Skin: How it works. Available at: <https://www.medicalnewstoday.com/articles/320435.php>. Assessed on: 2019 Nov.
2. Skin explained. Available at: <https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/skin>. Assessed on: 2019 Nov.
3. Spinal cord injury (SCI) & maintaining healthy skin. Available at: http://rehab.washington.edu/patientcare/patientinfo/articles/sci_skin.asp. Assessed on: 2019 Nov.
4. Healthy Skin Matters. Available at: <https://www.niams.nih.gov/health-topics/kids/healthy-skin>. Assessed on: 2019 Nov.
5. Skin health. Available at: <https://lpi.oregonstate.edu/mic/health-disease/skin-health>. Assessed on: 2019 Nov.
6. Healthy skin. Available at: <http://www.americanskin.org/resource/>. Assessed on: 2019 Nov.
7. Topical corticosteroids. Available at: <https://www.nhs.uk/conditions/topical-steroids/>. Assessed on: 2019 Nov.
8. Dreno B, Araviiskaia E, Berardesca E, et al. The science of dermocosmetics and its role in dermatology. *J Eur Acad Dermatol Venereol*. 2014;28(11):1409–1417. doi:10.1111/jdv.12497

.....
DISCLAIMER: The matter published herein has been developed by medical writers of Marspoles Media & Communications from the educational grant made available by Torrent Pharmaceuticals Ltd. Marspoles Media & Communications has checked with the source believed to be reliable in their efforts to provide information that is complete and in accordance with accepted standards. Although great care has been taken in compiling and checking the information or any associated copyright or intellectual property issue, the authors, Marspoles Media & Communications and Torrent Pharmaceuticals Ltd. shall not be responsible or in anyway, liable or any errors, omissions or inaccuracies in this publication whether arising from misinterpretation or otherwise however, or for any consequences arising therefrom. For any disputes of any purposes related to the above, the matter will be subjected to the jurisdiction of Mumbai only.