

〈シンポジウム「水と美容」〉

## 5. 水と皮膚 — 皮膚科学的立場から

須貝 哲郎\*

### Skin and Water from the Standpoint of Dermatology

Tetsuro SUGAI\*

#### Abstract

The relationship between pathological skin and water is discussed from the standpoint of dermatology. It is well known that the water content of the skin is decreasing as aging. The most important factors to delay the skin aging are considered to be the water content of horny layer and connective fibers.

First, aquagenic urticaria and aquagenic itching are introduced as strange dermatoses. They are caused in contact of the skin with water which is essential to maintain the life.

Second, dyskeratotic skin diseases are briefly introduced.

Third, xerotic dermatoses are introduced. Dry skins of patients with senile xerotic dermatitis as well as irritant contact dermatitis of chronic type well respond to moisturizing cream. However, xerotic lesions of atopic dermatitis of active stage and steroid rosacea of withdrawal stage are quite different. Hydrocarbon bases, especially white petrolatum with or without liquid paraffin are the best topical agent in them.