

〈会頭講演〉

## 中高年女性の皮膚とホルモン補充療法

溝口 昌子\*, 押田 美香\*, 石塚 文平\*\*

### Hormone Replacement Therapy and Skin in Postmenopausal Women

Masako MIZOGUCHI, \* Mika OSHIDA, \* Fumihei ISHIZUKA \*\*

#### Abstract

The skin undergoes regressive changes after the menopause. It has been reported that menopausal skin changes are not only prevented but also to some extent reversed by hormone replacement therapy (HRT). The damages in the skin after the menopause and during HRT are not known well enough. We performed the evaluation of the skin surface hydration *in vivo* by electrical measurement. Fifty-two females with HRT and 33 age-matched females without HRT were enrolled into this study. In the group without HRT, decreased skin surface hydration was found to increase with age and there was a statistically significant difference between the 40's and the 60's. However, in the group with HRT, there was not any significant decrease evident with increasing age. Therefore, we concluded that HRT was effective in maintaining skin surface hydration. We also examined changes in dry skin, itching, pigmentation and skin elasticity after HRT by sending out questionnaires to the subjects with HRT. The subjects who became aware of the benefits of HRT outnumbered those who didn't. However, the vast majority still remained unaware of the benefits of HRT to their skin condition. Taken together, HRT may be effective to prevent skin aging or to maintain skin function, but most people undergoing HRT are unaware of these benefits. Therefore, cosmetics may play some role in increasing the subjective effect on keeping the skin in good condition.

**Key words:** hormone replacement therapy, HRT, menopause, menopausal skin change, skin surface hydration.