

〈一般論文〉

ヒト頬部毛穴および皮脂の年間・月内変動調査結果

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Effects of Seasonal Change or Menstrual Cycle on Human Facial Pores

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Abstract

Noticeable pores are one of the facial problems that concern women of various ages. We have previously reported that the group with larger pores was found to have more parakeratotic corneocytes, which related to unsaturated free fatty acids such as palmitoleic acid and oleic acid contained in sebum.

However, little is known about effects of seasonal change or sexual cycle on facial pores. To investigate annual fluctuation of facial pores, bimestrial observation was examined. Area of pores and amount of sebum turned out comparatively constant throughout a year. Furthermore, effect of monthly hormonal change on female facial pores and sebum were precisely observed every phase of the menstrual cycle. Area of pores of woman in luteal phase was larger than that of in any other phase in one month. Increase of number of parakeratotic corneocytes and amount of sebum in luteal phase were also confirmed. It was especially in luteal phase that women worry about acne, amount of the sebum, and larger pore. These results suggest that change of sexual hormone in menstrual cycle might affect alteration of facial pores, sebum and skin conditions.

Key words: facial pore area, sebum, parakeratotic corneocytes, menstrual cycle, seasonal change.