

〈教育セミナー〉

ニキビ、赤ら顔に迫る～脂腺を取り巻く最新科学～

赤ら顔と自然免疫

山崎 研志

Innate Immunity in Facial Red

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Abstract

So-called 'red face' is observed as physiological responses to environmental and emotional changes in healthy individuals. 'Red face' is also caused by broad spectrum of conditions including certain diseases and symptoms, such as contact dermatitis, photo dermatitis, collagen disease, *etc.* The precise differential diagnosis for 'red face' is essential to choose proper medical treatments or skin cares for each case. Rosacea is a skin disease representing as a red face and exacerbated by environmental changes. An aberrant innate immunity system of TLR2 and cathelicidin antimicrobial peptides may be the factors affecting the rosacea and may be the reason why the individuals with rosacea often feels sensitive skins in environmental changes. Treatments for rosacea depend on conditions causing and exacerbating redness, erythema, flushing and telangiectasia, *etc.* The combinations of the medicine and skin care products including cosmetics are essential for rosacea treatments because the medical treatments show limited effect for rosacea and skin care products such as moisturizers and sunscreens are effective to prevent symptoms exacerbated by dryness and ultraviolet exposure. To treat and resolve 'red faces,' proper observation of the cause of 'red faces' and accumulated knowledge for the skin function, innate immunity, medication and skin care are required.

Key words: red face, rosacea, antimicrobial peptide, TLR2.