

〈シンポジウム〉

第 42 回日本香粧品学会 (2017) ・シンポジウム「皮膚の健康科学最前線」

皮膚科における化粧品役割

菊地 克子 \*

**Dermatological Benefits of Cosmetics**

Katsuko KIKUCHI\*

**Abstract**

Many cosmetics, not only skin care products but also make-up products, are employed together with pharmaceutical products in dermatology. We dermatologists recommend the use of moisturizer for preventing the development of eczematous lesions from xerotic skin such as atopic xerosis and senile xerosis. We also utilize sunscreen products together with physical protection such as hats and long sleeved-shirts for the prevention of photoaging such as solar lentiginos and wrinkles as well as various skin tumors that are caused by a history of prolonged sun exposure. Moreover, strict photo-protection with sunscreen products is required in patients with photosensitive dermatoses and with diseases whose skin symptoms are easily exacerbated by sunlight exposure. The former includes xeroderma pigmentosum, chronic actinic dermatitis and polymorphous light eruption, the latter includes systemic lupus erythematosus, dermatomyositis and rosacea. In aesthetic dermatology, we recommend to the use of retinol or retinoic acid products for facial wrinkles due to photoaging. Whitening agents such as hydroquinone are utilized for treating melasma. Make-up products are utilized to camouflage mottled pigmentation and telangiectasia caused by photoaging and skin disorders whose symptoms are mainly color changes such as birthmarks, vitiligo and scars. Camouflaging lesional skin is helpful for improving the quality of life of patients.

**Key words:** cosmetics, skin care products, moisturizers, sunscreens, make-up products.