

〈教育シリーズ〉

皮膚をみる人たちのための化粧品知識教育

病的皮膚への化粧指導

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Makeup Instruction for Sensitive Skin

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Abstract

In sensitive skin such as atopic dermatitis, seborrheic dermatitis and rosacea, it is necessary to continue skin care on a daily basis, but it is also necessary to mask the disease with makeup. Looking at the yearly change in the number of annual outpatients in our department, it can be seen that the number of female patients in their 40s is increasing. I think that the number of medical examinations is increasing at her age when makeup is required. I think that the instruction of their face washing is most important for sensitive skin with reduced barrier function. Patients with seborrheic dermatitis may also have sensitive skin, so is easy to get irritant contact dermatitis due to her constitution. Patients with rosacea and rosacea-like dermatitis have almost same sensitive skin condition. Rosacea-like dermatitis is caused by topical ointments, so discontinuation of topical therapy is the most effective treatment. Internal diseases such as liver or kidney disorders and visceral cancer often impair the health of the skin. Even if you think that it is healthy skin, the skin may become fragile due to menopause, aging and changes over time, and skin damage due to makeup may occur. Participation in society is required even if you have a disease, but being able to do so also leads to a desire to live. Makeup should be useful as a means to hide aging and pathological conditions of mind and body because it makes it easier to participate in society. Specialists need to be able to identify sensitive skin and provide proper makeup instruction.

Key words: sensitive skin, skin care, internal diseases, aging, makeup instruction.