

〈シンポジウム〉  
(美白製品は日の目を見ているか)

## 皮膚科医は美白製品にどこまで期待するか

中川 秀己\*

### **Dermatologists and Whitening Ingredients**

Hidemi NAKAGAWA\*

#### **Abstract**

Whitening ingredients commercially available are now being used widely. Their effects are defined as “prevent ephelides or freckles induced by sun exposure” and this definition is quite ambiguous. The clinical effects of whitening ingredients are usually not satisfactory since the pigmentary patterns of so-called ephelides or freckles are not really perceived by the users in that pigmentary disorders apparently resistant to whitening ingredients are included in so-called ephelides or freckles. To better provide satisfactory effects of whitening ingredients to the users, the ambiguities of the definition as well as the term “so-called ephelides or freckles” should be clearly defined.

**Key words:** whitening ingredients, ephelides, lentigo senilis, chloasma, dermal melanocytosis.