

〈講 演〉

第45回日本香粧品学会(2020)・会頭講演

高齢化社会を迎えて問題となる皮膚疾患の対処と予防

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**Treatment and Prevention of Skin Diseases in Aging Society**

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**Abstract**

Life expectancy has increased significantly. It was 50.06 and 53.96 years in 1947, and 79.64 and 86.39 years in 2010 for male and female respectively. Birth rate per 1,000 population showed a decrease from 39.3 in 1945 to 7.6 in 2017. An aging society is progressing rapidly in Japan. Baby boomers have become older than 65, and their health anxiety, prevention of skin aging and skin diseases, has become major matter for health care world.

One of the biggest factors of skin-aging is ultraviolet rays. Since it is not necessarily aging due to biological time, the word “photoaging” is established. Photoaging include not only cosmetic problems like wrinkles and freckles, but also skin cancers like actinic keratosis. To prevent photo-aging, sunscreen is the most convenient and reliable method. In addition to the photo-aging skin condition and skin diseases, there are many skin diseases which are common in elderly people or are associated with internal diseases. For bedridden old people, bed sore is the largest problem.

Cosmetics can prevent many skin diseases and help treatments, although they cannot treat by themselves. They have many possibilities of cosmetics in elderly society.

**Key words:** aging, prevention, treatments, skin cancer, ultraviolet, sun screen.