

〈教育シリーズ〉

化粧品を扱う人々が知っておきたい皮膚障害と化粧の有用性～臨床現場から～

アトピー性皮膚炎患者への化粧指導

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Basic Makeup Treatment for the Patients with Atopic Dermatitis

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Abstract

It is difficult to treat the facial symptoms of adult patients with atopic dermatitis, and both patients and dermatologists tend to think that cosmetic behavior aggravates the skin symptoms. However, daily life without makeup sometimes deteriorates the patient's quality of life. From the experience of treating many patients with atopic dermatitis, we believe that basic makeup for moisturizing and light shielding to protect from the outside air is rather useful for stabilizing skin symptoms and deserves treatment. If it is suspected that cosmetics are an aggravating factor, a dermatologist should guide the selection of appropriate cosmetics without irritation by performing a patch test.

Key words: atopic dermatitis, makeup behavior, quality of life, patch test, lifestyle treatment.