

<講座>

皮 脂 減 少 性 皮 膚 炎

須貝 哲郎*

Astheatotic Dermatitis

Tetsuro SUGAI*

Abstract

The dry skin is weaker to the diverse external stimuli than the healthy or oily skin. The development of scientific civilization and economic growth bring upon a rapid spread of air-conditioners, and most people have been forced to live in a low humidity environment. In addition, tight underclothes are prevailing, causing a strong friction with the body surface. Aging of the society is also a big problem on the dry skin. Progress of a low humidity environment and aging society incurred the increase of patients with astheatotic dermatitis. Thus, the management of air humidity as well as topical applications of a skin moisturizer are necessary for preventing the onset of astheatotic dermatitis.

Recently, some true skin moisturizers which possess moisturizing effects on the horny layer under a low humidity environment come up to be marketed. The mechanism of the skin moisturization is very complicated and various affecting factors relate each other. It was found that some cosmetic products containing hyaluronic acid combined with glycerol were significantly effective to improve the xerotic skin than topical medicaments, such as urea ointment and heparinoid ointment, although glycerol itself has an excellent humectant.

Finally, it was advised to stop a long-time custom to rub the body strongly with a nylon-towel or body brush in soaping, and to decrease shampooing and soaping average two times a week in the winter season.