

〈シンポジウム 21世紀へ向けた角層研究の幕開け〉
(角層機能からみたセンシティブスキン)

アトピー性皮膚炎でのセンシティブスキン

有川 順子*

Atopic Dermatitis and Sensitive Skin

Junko ARIKAWA*

Abstract

The term “sensitive skin” has been widely used for some skin lesions including atopic dermatitis and contact dermatitis, but it has not yet been clearly defined. In this study, we investigated how female dermatologists and the patients with atopic dermatitis understand the ambiguous term “sensitive skin” by means of questioning. Most female dermatologists state that the sensitive skin is irritable and prone to be adversely affected by cosmetics and that it is caused by the impaired barrier function due to ceramides deficiency. Symptoms of sensitive skin are erythema, dryness and stinging. The patients have similar understandings about the definition and symptoms of sensitive skin as female doctors, but most of the patients think that the cause of sensitive skin is stress. In fact, 80% of patients who are admitted to our hospital between 1997 and 1998 had their skin lesions worsened through daily hustles, namely stress. Unlike ordinary scratching due to skin itching, scratching as addictive behavior can be induced by emotional factors. Thus the patients with AD have not only a sensitive skin but also a “sensitive mind.” The treatments for skin inflammation, sensitive skin and sensitive mind are equally important in AD.

Key words: sensitive skin, atopic dermatitis, ceramide, questionnaire.