Role of pharmacist in managing common skin problems

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Agenda

Face Importance

How is Face Skincare Different?

Common face problems a pharmacist can see

Face Sensitive Skin

Gentle Daily Scrub

Daily Hydrating Lotion

Night Cream

Problems around the eye
Skin - Our Interface With The World

• If skin is our interface with the world, then face is the true representation of our interface.
• Our face connects us & shapes our life experiences, that makes face skin health the number one priority to our customers; especially in the middle east region, & hence should be our priority too.
How is Face Skincare Different?
In thickness, skin of the face is thinner than body (with the exception of the chest). Moreover, different areas of the face has various thicknesses.
Face Skin is Different Than Body Skin - Appendages

The number & size of hair follicles, sweat & oil glands vary throughout the skin, & are called skin appendages. They serve as reservoirs of skin cells & oil that are important in protecting & healing the skin. Face is considered to be an area with more appendage.
Skin on the face is typically the most sensitive compared to the rest of the body. It is generally more exposed to environmental factors as well.
Face Skin Requires Special products

For all those reasons, face skin requires the use of skincare that are special made for the face (unless the product is made for both face & body).
What are the common skin problems that pharmacist can see??

• 1. Dry face
• 2. Irritated face
• 3. Scaly face
• 4. Red face
• 5. Fine lines & wrinkles
• 6. Peri-oral problems
• 7. Post procedure care eg. Laser & peeling
• 8. Tired eyes & dark circles
Face Sensitive Skin
Sensitive Skin Symptoms

- Patient with Sensitive skin feels stinging, burning sensation and pruritus in response to stimuli that should normally not provoke such sensations.
- Dry sensitive skin happens due to weak skin barrier that allows penetration of irritants and exposure of nerve endings.
- To improve the condition of the skin, the integrity of the skin barrier needs to be restored, to increase hydration and prevent water loss of skin that causes the dryness.
Sensitive Skin Requires Special Care

Therefore, sensitive skin requires the use of products that won’t damage the skin barrier

- **Cleansing:** When cleansing sensitive skin, care should be taken to choose appropriate products that do not remove the skin’s natural moisture, as this can further impair the skin barrier.

- **Day Moisturization:** Environmental pollution, weather conditions and climate control can play havoc with the skin, and can increase dryness and sensitivity. When sensitive skin becomes dry, the natural skin barrier’s defences become weakened. This allows irritants to penetrate the skin, aggravating the exposed nerve endings, increasing sensitivity. That’s why it’s important to ensure that sensitive dry skin is intensely moisturised, to strengthen this barrier, offering protection from environmental factors and to improve the condition of the skin.

- **Night Moisturization:** To improve the condition of the skin, the integrity of the skin barrier needs to be restored, to increase hydration and prevent moisture loss. The ideal time for this is overnight, as this is a key time for the skin to repair due to cell proliferation and DNA renewal mechanisms activation. Applying a rich night cream with a non-irritant formula can support this function.
Benefits of Gentle Facial Exfoliation For Sensitive Skin

Sensitive skin requires a gentle approach when it comes to cleansing, so as not to damage the skin’s barrier and consequently its natural hydration levels. Daily gentle exfoliation has multiple benefits for sensitive skin:

**Deep cleansing**

Exfoliation provides a deeper level of cleansing, removing make-up, impurities and microscopic pollutants that can potentially irritate sensitive skin\(^1\)

**Removes dead skin cells**

Dead skin cells that can clog the pores and make the skin look dull are removed, which stimulates cell turnover, leaving the skin refreshed and rejuvenated\(^2\)

**Boosts circulation**

Exfoliation helps to boost circulation to the skin for a healthy looking, glowing complexion\(^3\)

**Increases absorption of moisturizers**

Exfoliation can help to increase the absorption and hence effect of moisturizers;\(^4\) moisturizers have been shown to be beneficial in people with sensitive skin\(^2,5\)

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How a good exfoliating cleanser should be:

• Gently exfoliates skin while removing skin impurities and environmental pollutants

• Leaves skin refreshed and clean
• Promotes healthy glowing skin\(^2\)
• Renews and improves skin texture\(^2\)
• Suitable for sensitive skin\(^2\)
• Maintains skin’s natural balance
• Doesn’t cause dryness or damage to skin barrier.

What ingredients should be found in a good cleanser
<table>
<thead>
<tr>
<th>Key ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Glycerin</strong>&lt;sup&gt;4&lt;/sup&gt;</td>
</tr>
<tr>
<td>Humectant</td>
</tr>
<tr>
<td><strong>Cocamidopropyl betaine</strong>&lt;sup&gt;5,6&lt;/sup&gt;</td>
</tr>
<tr>
<td>Surfactant</td>
</tr>
<tr>
<td><strong>Sodium cocoamphoacetate</strong>&lt;sup&gt;7&lt;/sup&gt;</td>
</tr>
<tr>
<td>Surfactant/foaming agent</td>
</tr>
<tr>
<td><strong>Panthenol</strong>&lt;sup&gt;8-10&lt;/sup&gt;</td>
</tr>
<tr>
<td>Skin conditioning</td>
</tr>
<tr>
<td><strong>Coco glucoside</strong>&lt;sup&gt;11&lt;/sup&gt;</td>
</tr>
<tr>
<td>Surfactant</td>
</tr>
<tr>
<td><strong>Tocopheryl acetate</strong>&lt;sup&gt;12-14&lt;/sup&gt;</td>
</tr>
<tr>
<td>(Vitamin E) Antioxidant/ Skin conditioning</td>
</tr>
<tr>
<td><strong>Bambusa arundinacea stem extract</strong>&lt;sup&gt;15-18&lt;/sup&gt;</td>
</tr>
<tr>
<td>Humectant</td>
</tr>
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Face Hydration
# Benefits of Daytime Moisturizer

Sensitive dry skin requires daily management with an intense moisturizer to increase hydration and prevent moisture loss while soothing any irritation. Essential features for an effective moisturizer, suitable for sensitive dry skin:

<table>
<thead>
<tr>
<th>Intensive hydration</th>
<th>Non-irritating</th>
<th>Long-lasting hydration</th>
</tr>
</thead>
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<tr>
<td>Should contain effective moisturizing agents including humectants to attract and hold moisture in the skin, thereby increasing hydration</td>
<td>Should be formulated using mild ingredients that are clinically-proven to cause fewer reactions for sensitive skin</td>
<td>Should be easily absorbed for an immediate effect, and provide long-lasting hydration to protect the skin barrier throughout the day</td>
</tr>
</tbody>
</table>
Benefits of Night Miniaturization

Night time is a key time for skin health, for essential DNA repair and cell renewal. To maintain optimal protection for sensitive dry skin, it’s essential to maintain hydration throughout the night, with a non-irritant formula that cares for sensitive skin. Essential features for an effective night-time moisturizer, suitable for sensitive dry skin:

- **Intensive hydration**
  Should contain effective moisturizing agents including humectants to attract and hold moisture in the skin, thereby increasing hydration

- **Non-irritating**
  Should be formulated using mild ingredients that are clinically-proven to cause fewer reactions and to soothe sensitive skin

- **Long-lasting hydration**
  Should have a long-lasting hydrating effect to protect the skin barrier throughout the night, to counter moisture loss
Face Hydrating regimen

IMMEDIATE AND CONTINOUS HYDRATION. DAY AND NIGHT.

- Face Hydrating Range contains nourishing ingredients including hyaluronic acid which provides immediate hydration and help to nourish and soothe dry to very dry skin, leaving it feeling soft and hydrated throughout the day and night.
Daily Hydrating Lotion containing Hyaluronic acid

- Daily Hydrating Lotion is clinically tested for daily use in people with sensitive dry to very dry skin.
- It’s formulated with hyaluronic acid, a natural component of the skin, and plant extracts, to provide intense and long-lasting hydration essential to keep skin looking and feeling healthy.
What are the benefits of using hydrating Lotion

- Provides immediate and long lasting hydration
- Locks moisture for intense hydration
- Protects skin from dryness
- Formulated with hyaluronic acid and a combination of effective moisturizing ingredients
- Lightweight, quick-absorbing formula for smooth, radiant-looking skin
- Ideal to use under make-up
<table>
<thead>
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<tbody>
<tr>
<td>Hyaluronic acid(^{4-6})</td>
</tr>
<tr>
<td>Humectant</td>
</tr>
<tr>
<td>Glycerin(^{7})</td>
</tr>
<tr>
<td>Humectant</td>
</tr>
<tr>
<td>Caprylyl Glycol(^{8})</td>
</tr>
<tr>
<td>Skin conditioning</td>
</tr>
<tr>
<td>Glyceryl Stearate(^{9})</td>
</tr>
<tr>
<td>Skin conditioning</td>
</tr>
<tr>
<td>Dicaprylyl carbonate(^{10-12})</td>
</tr>
<tr>
<td>Erithrytol/homarine HCL(^{13})</td>
</tr>
</tbody>
</table>
Role of Hyaluronic acid

• What is H.A:

A major component of the extracellular matrix of skin and diminishes with age; it has an exceptional ability to bind and retain moisture.

• It’s a vital component of collagen!

• What are the benefits of using H.A:

When applied to the skin, hyaluronic acid has been shown to significantly improve skin hydration and elasticity and to improve the signs of aging.
How does Hyaluronic Acid Work?

Skin damage happens when moisture leaves your skin. Leaving skin damaged, weakened and less elastic.

Hyaluronic Acid absorbs up to 1000 x its own weight in water so it keeps all that moisture under the skin. Leaving skin looking and feeling softer, smoother and healthier.
How does Hyaluronic Acid help my skin

- Younger looking skin
- Reduce fine lines
- Minimize wrinkles
- Radiant complexion
- Clear up acne
Rich Night Cream
Rich Night Cream

• New Cetaphil® Rich Night Cream is clinically tested on people with sensitive dry skin, to provide intense hydration without irritating the skin.\textsuperscript{3-5}

• It’s formulated with hyaluronic acid, a natural component of the skin, and plant extracts, to hydrate, soothe and nourish sensitive dry skin during its key time of repair – overnight, leaving it feeling soft and looking healthy.
H.A Rich Night Cream Benefits

• Instant and intense hydration overnight
• Retains skin’s natural moisture to protect it from dryness
• Soothes and nourishes skin overnight to promote a healthier, radiant look in the morning
• Formulated with hyaluronic acid and a combination of effective moisturizing ingredients
• Clinically tested on sensitive dry skin
• Non-comedogenic, hypoallergenic and fragrance-free
# Rich Night Cream Key Ingredients

<table>
<thead>
<tr>
<th>Key ingredients</th>
<th>Hyaluronic acid(^{4-6})</th>
<th>Glycerin(^8)</th>
<th>Tocopherol (Vitamin E) acetate(^{9,10})</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Humectant</td>
<td>Humectant</td>
<td>Free-radical protection</td>
</tr>
<tr>
<td>Retinyl palmitate(^{11,12})</td>
<td>Anti-oxidant</td>
<td>Olea Europaea (olive) fruit oil(^{13,14})</td>
<td>Anti-inflammatory</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ascorbyl palmitate(^{15,16})</td>
<td>Anti-oxidant</td>
</tr>
</tbody>
</table>
Role of H.A in improving darkness and tired look around eyes

- Eye serum is ideal as it has light formula, non-greasy daily eye cream
- Replenish and retain moisture
- Improving the appearance of dark circles and signs of fatigue.
- By providing deep hydration, it improves the texture of the skin on regular application, the fine lines will improve
- restores the skin’s elasticity.