ECZEMA

Eczema is the name given to red, scaly, itchy skin. There are a variety of different types and causes of eczema. Most people develop patches of eczema as a consequence of their dry, sensitive skin type. Some eczemas occur as part of the course of an internal disease or as a reaction to medications. All types of eczema will respond to treatment with cortisone cream, lotions, or ointments. With proper skincare and regular use of moisturizers and cortisone creams, your eczema should be quite manageable.

COSMETIC SERVICES

Cosmetic procedures and skincare products are becoming more popular and are more readily available. These cosmetic procedures and products help to reduce sun damage and reverse the signs of aging. Most cosmetic services offered are safe and effective in patients with skin of color. African American patients often have concerns about deepening facial lines and the development of dermatosis papulosa nigra, which is a common condition in individuals with darkly pigmented skin.

SCHEDULE AN APPOINTMENT

HealthySkinTN.com

Our dermatology groups provide general, surgical, pediatric, and cosmetic dermatology care for patients in Knoxville, TN, and surrounding areas, including Alcoa, Clinton, Farragut, Pigeon Forge, Seymour, and Sevierville.

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SKIN OF COLOR

COMMON • SKIN • CONCERNS

SKIN OF COLOR

While some conditions that affect the skin, hair, and nails are more common in people who have fair skin, other conditions are more common in people with skin of color such as African Americans, Asians, Latinos, and Native Americans. Below are listed common conditions in skin of color and how your dermatologist can help.

SKIN CANCER

People of all races and colors can get skin cancer. When skin cancer develops in skin of color, it is often diagnosed in a late stage. This is especially true of melanoma. People of color may develop skin cancer in unusual areas such as their palms, soles, and nails. These areas should be carefully examined. People of color should also check their mouths and noses. If you see a new spot or notice something changing, see a dermatologist right away.

ACNE

Pomade Acne: If pomade or hair oil spreads onto the forehead, it can block pores and cause pimples. Some people call this "pomade acne." If this happens, you may want to stop using the product or try applying the pomade further away from the hairline. Applying pomade so that it stops one inch from the hairline may prevent pomade acne. If a headscarf is worn while sleeping, make sure it is not touching the forehead, as this can spread oils onto the skin and can worsen acne on the forehead.

HAIR LOSS

People of African descent have hair that is unique in its shape and structure. Combing and brushing often causes hair breakage. Many styling practices, such as tight braiding and repeat use of excess heat, may also lead to hair loss. If you notice hair falling out or breaking off, dermatologists recommend the following:

- If you use a hair straightener, follow package directions. Most products do not cause problems when used as directed and in moderation.
- Do less brushing and backcombing.
- Use curling and flat irons less often.
- Loosen tight hairstyles, such as braids or weaves, to prevent hair loss.

PSORIASIS

Psoriasis is a fairly common skin disorder affecting approximately 2 million Americans. Psoriasis in African Americans often looks violet and scale gray, and the skin will appear dark brown and not visible to see. While the exact cause of psoriasis is not known, it appears to be the result of defective skin growth. Upon seeing a dermatologist, you will be given detailed individualized instructions for the treatment of your psoriasis.