

7th International Congress on Dermatology and Trichology

12th World Congress on Women Health, Gynecology and Breast Cancer Research

8th International Conference on Psychiatry and Psychological Disorders

February 24, 2022 | Webinar



Nadia Rumman

American Academy of Aesthetic Medicine, USA

Glass skin in patients with skin type four and five with combination of triple/quadruple therapy, diet and medical aesthetics

Aim: To show Clinical efficacy of triple therapy and quadruple therapy with cosmeceuticals and diet with counselling for gluten sensitivity with depression. Adding Combination treatment of medical; aesthetics with gluten free cosmetics and diet rich glutathione, antioxidants and omega-3 fatty acids gives absolutely and completely healthy looking skin with natural glow and brightness, two to three shades lighter.

Patients and Methods: Two patients were enrolled and observed for four months, one male and one female. Both patients are age of between 25-30yrs. Female Patient has history of gluten sensitivity and anxiety neurosis because of covid-19 and post-pregnancy. The male patient had slightly thickened skin on forehead and chin area with slight drooping of both nasolabial folds. Both had history of teenage acne vulgaris and have similar socio-economic conditions. But the male patient has depression because of dark skin. Both the patients presented with dull and rough skin, uneven skin tone malar hyperpigmentation and slight burning of facial skin on exposure to UV/sunlight and intermitting itching of skin and dryness of skin with bouts of allergic reactions. Both the patients were given skincare routine, gluten free diet with counselling. Most patients in my clinic follow this Regime. The skin care routine includes cosmeceuticals and gluten free cosmetics. All patients are given triple therapy with are without quadruple therapy and medical aesthetics like platelet rich plasma therapy, once monthly and chemical peels containing 20% glycolic acid and 15% lactic acid, two sessions, two weeks apart; and light therapy (combination of red/blue/green light) for 3 months, each sessions two days apart for 10 minutes only was given.

Result: Both the patients showed drastic improvement in skin dryness and skin colour was improved by two to three shades respectively. Skin allergic reactions like allergic contact dermatitis and atopic dermatitis due to gluten free diet and gluten free living changed the skin to an absolutely healthy looking and glowing skin with maximum patient satisfaction at 16 weeks.

Conclusion: Therefore, clinically, efficacy of triple and quadruple cosmeceutical therapy is high when used with double sunscreens and CICA containing creams with moisturizing agent in lotion and gel cream forms in summer season and cream formulation for atopic prone, dry skin and sensitive skin in summer and winter. Gluten free diet causes absolute removal of bouts of allergic reactions in gluten sensitive patients. Hence allergy is nothing but gluten sensitivity and glass skin is real. Because only when skin is allergic free, Skin looks healthy and bright.

Speaker Biography

Nadia Rumman, completed my graduate medicine (MBBS) in 2006 and completed internship in 2007 at Holy Family Red Crescent Medical College and Hospital, Dhaka, Bangladesh. Due her interest in research and public health concerns, She studied Master of Public Health with major in epidemiology from a reputed university in Bangladesh, North South University, 2008-2009. Recently, she became the editorial board member of Madridge Journal of dermatology and research and an article on chemical peel to be published soon. She has a published review article "A review on the advances in the treatment of moderate to severe acne vulgaris".

dr.nadiaa@yahoo.com

Received: December 03, 2021, **Accepted:** December 06, 2021, **Published:** February 28, 2022