

5th International Conference and Expo on

Cosmetology, Trichology & Aesthetic Practices

April 25-27, 2016 Dubai, UAE

Acanthosis nigricans- A review

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Acanthosis Nigricans is a condition involving symmetrical hyperpigmentation and thickening of the skin in the flexures like neck, axilla and groin. It is strongly associated with insulin resistance, obesity, Polycystic Ovarian Syndrome and some malignancies. It is important to screen people with AN for insulin resistance and advocate lifestyle changes, weight reduction etc. to reduce the risk of diabetes and its complications. Whilst underlying causes need to be corrected, lightening of the patches poses a problem. It's often resistant to treatment and recurrence is common. A variety of topical skin lightening agents like Hydroquinone, Azelaic acid, triple combination cream, chemical peels, keratolytic agents like salicylic acid, emollients, calcipotriol, Metformin, octreotide, oral and topical retinoids, CO2 ablation, long pulsed alexandrite laser are all used to improve appearance.

Biography

Shuba Dharmana is a crowned "Woman Entrepreneur of the Year 2012" amongst several other prestigious awards. She is founder and CEO of Lejeune group of Medspas, which she presently runs in Bangalore and Hyderabad and consults at various multispecialty hospitals across India. After graduating from the Andhra Medical College, India, she left for UK where she trained and practiced for 10 years in General Practice and undertook a Post Graduate Diploma in Clinical Dermatology from the University of Cardiff. She discovered her passion in aesthetic medicine and trained under eminent Aesthetic physicians, working for several clinics all across UK. She also trained in Hair Transplantation Techniques in Poland under one of Europe's most reputed Hair Transplant Surgeons, Dr. Marwan Saifi.

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