

8th Clinical Dermatology Congress

August 24-25, 2016 Sao Paulo, Brazil

Acanthosis nigricans

Shuba Dharmana
Lejeune Medspa, India

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 is 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 the Founder and CEO of Lejeune group of Medspas, which she presently runs in Bangalore and Hyderabad and is a Consult at various multispecialty hospitals across India. She is a crowned "Woman Entrepreneur of the Year 2012" amongst several other prestigious awards. 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 UK. She discovered her passion in aesthetic medicine and trained under eminent aesthetic physicians, working for several clinics all across UK. She was also trained in hair transplantation techniques in Poland under one of the Europe's most reputed hair transplant surgeons, Dr. Marwan Saifi.

sdharmana@gmail.com

Notes: