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Update in sunscreens-2015

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Update in sunscreens is very essential in our world where in the need for the right sunscreen, its usage and different safety aspects need to be highlighted. Purpose for updating our knowledge in sunscreens is to protect from both short as well as long term effects of sun (e.g., photodermatoses, skin cancers, skin burn, etc). There are many sunscreens that are available but do they really protect us from the deleterious effects of the sun, is a big question that really needs to be answered. It is a unique topic involving literature encompassing opinions of different experts worldwide, details with regards to the recent developments in different testing methods for various protective factors of sunscreens as well as different regulatory norms of USA, EU, Japan, Australia, South Africa, Canada and Asian countries. Information incorporated: need of sunscreens, contents of an ideal sunscreen formulation, different testing methods for different protective factors such as PA, SPF, CW, and UVA-PF, photostability, water-resistance, right application method, and safety parameters. Most scrutinized literature was collected from different sources including PubMed. Other databases include Rxlist, MEDLINE, Merck manual, and COLIPA. Search/ querying the database is through different sunscreen ingredient name, chemical formula or updates in sunscreens.

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Correction of contracted nail deformity by distraction lengthening

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Ten callus distraction-lengthening procedures were performed in 10 distal phalanges to correct contracted nail deformities. The average age of the patients was 28.8 (14-41) years. A 1-week resting period was allowed, followed by gradual lengthening at a rate of 0.125 mm/day. The average lengthening achieved was 9.8 mm (86.3%; 43%-218%). The healing indices were 68.6 days/cm. Additional minor procedures for the paronychia, nail bed, and hyponichium were performed in 6 cases. All patients were satisfied with the reformed nail, which overcame the disfigurements resulting from a deficiency of the bone and soft tissue. Distraction lengthening along with the microvascular free toenail transfer is recommended for nail reconstructions due to its simultaneous gain of bone and soft tissue.

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