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Literature List

Skin-pH-Meter

H. Tronnier, H. Kuhn-Bussius, Zur Brauchbarkeit optischer Methoden für die Bestimmung des Hautoberflächenfettes, Hautklinik Dortmund, Kosmetologie 06/1974

Im Rahmen hautphysiologischer Untersuchungen und bei der Überprüfung therapeutischer und kosmetischer Anwendungen wird mit unterschiedlichen Methoden versucht, den Lipidgehalt der Haut zu bestimmen.

H. Tronnier, Meßmethoden zur Prüfung kosmetischer Präparate und Grundstoffe, Parfümerie + Kosmetik 61, 1980, p. 421 - 433

Unsere Kenntnisse über Reaktionsabläufe in der menschlichen Haut, insbesondere auch über die, die Schutz- und Abwehrfunktionen des Hautorgans bedingen, sind dem Dermatologen zum Teil aus pathologischen Störungen, also dermatologischen Krankheitsbildern, geläufig.

S. Dikstein, Instrumental Analysis in Individual Cosmetic Consultation, Cosmetics & Toiletries, Vol. 98, Nov. 1983

Satisfaction from the the medical service is a complex phenomenon involving the art of skin care (i.e., skill of the provider), assessability (convenience), cost, the physical environment in which the care is given, availability, continuity, and last but not least, the efficacy of the care.

Zlotogorski, Distribution of skin surface pH on the forehead and cheek of adults, Arch Derm Res, 1987

The skin surface pH on the forehead and cheek of 574 men and women aged 18/95 was measured. No differences were found between men and women regarding forehead and cheek pH distribution. The group over the age of 80 showed higher pH values on both the forehead and the cheek. In 89% of the subjects measured, the skin surface pH on the cheek was higher than on the forehead. The central 90%, i.e., the "representative range", for the population below the age of 80 is between 4.0 - 5.5 on the forehead and between 4.2 - 5.9 on the cheek.

H.C. Korting, A. Bau, P. Baldauf, pH-Abhängigkeit des Wachstumsverhaltens von Staphylococcus aureus und Propionibacterium acnes, Ärztliche Kosmetologie, 01/02/1987

Five different cutaneous isolates of staphylococcus aureus and seven of propionibacterium acnes were investigated in a buffered liquid medium with respects to the dependence of their growth on different pH-values kept constant. With both species a strong dependence of the growth rate on the pH-value was found. The S. aureus strains showed a distinct value of optimum of growth at pH 7.5 with P. acnes a range of optimum growth could be determined between pH 6.0 and 6.5. The conclusion can be drawn that even minor shifts of the skin pH from its normal value of 5.5 towards more alkaline values- as they

result from washings with soaps- remarkably enhance the growth of *P. acnes* while a similar phenomenon could only be expected from major shifts with respects to *S. aureus*.

S. Dikstein, The normal range of the skin's parameters, o.V., o.J.

In order to define the normal values of any measurement, we have to study its variation in the population according to age, sex, etc. We wish to present the normal biological variation and the age dependency of the following parameters on the forehead skin of women: Indentation, as measured by low-pressure indentometry; Elastic recovery (rebound), as measured by low-pressure indentometry; Skin slackness, as measured by levarometry, and Skin surface pH, as measured a by pH meter equipped with a planar surface electrode. Statistical analysis showed age dependence of these parameters. The mean values at the ages of 20 and 70, were respectively; low pressure indentation: 0.043-0.054 cm, elastic recovery: 80.5%;-65.5%; levarometry (slackness). 0.037-0.068 cm; and skin surface pH: 5.25-5.61. The correlation coefficient was low but significant at $p < 0.05$ for indentometry, elastic recovery and skin surface pH (0.21- 0.32-0.16) and good for levarometry (0.57). The above measurements and calculations allowed us to decide on the "normal" versus "desired" range. In analogy, for an antipyretic drug we need to know at what body temperature to start using it and what the desired normal temperature is. Such analysis is very important if we wish to develop skin care products with scientifically proven value to combat aging aspects of the skin.

P. Elsner, H. Maibach, Ein PC/AT - gestütztes Datenerfassungssystem für das Hautphysiologielabor, Workshop "Computer in der Dermatologie", 6.10.1989

Für die quantitative Untersuchung physiologischer Parameter des Hautorgans wurde eine Reihe nichtinvasiver Methoden entwickelt, die Anwendung v.a in der Dermatopharmakologie und der Dermatotoxikologie gefunden haben. Zu diesen Methoden zählen die Evaporimetrie zur Messung des trans-epidermalen Wasserverlustes, konduktive und kapazitative Verfahren zur Messung des epidermalen Wassergehaltes und die Messung der Hautdurchblutung mittels des Laser-Doppler-Verfahrens. Die Reproduzierbarkeit von Evaporimeter- und Laser-Doppler-Messungen wird durch dynamische Veränderungen der Meßgrößen beeinträchtigt. Ferner fallen bei experimentellen Studien mit den genannten Geräten erhebliche Datenmengen an, deren manuelle Erfassung unökonomisch ist. Wir haben daher ein Datenerfassungssystem entwickelt, mit dem die Meßwerte von Hautoberflächen-Thermistor, Evaporimeter, Kapazitometer, pH-Meter und Laser-Doppler direkt in ein Spreadsheet auf einem PC eingelesen und sofort statistisch ausgewertet werden können. Hardwareseitig besteht das System aus einem AT-kompatiblen Computer mit 2 seriellen Schnittstellen und einem Metrabyte DAS-16-A/D-Board, das die simultane Erfassung von bis zu 16 Datenkanälen erlaubt. An Software werden Lotus 1-2-3 und Lotus Measure eingesetzt. Der Aufbau des Systems und Einsatzmöglichkeiten werden erläutert.

K. Klein, H.-W. Voss, M. Voss, Untersuchungen zur Oberflächencharakteristik der menschlichen Haut – Teil 1, Umwelt & Gesundheit aktuell

In der Kosmetik begnügt man sich häufig bei der Beurteilung des Charakters der menschlichen Haut bzw. der Zuordnung zu bestimmten Hauttypen zumeist nur mit einer (subjektiven) visuellen Begutachtung.

U. Zeidler, Einfluß des pH-Werts von Körperreinigungsmitteln auf die Hautquellung, Forschung Klinik Praxis, 1989

The epidermis, especially the horny layer, frequently comes into contact with cosmetic cleansing agents containing surfactants. Interactions are characterized among other things by swelling processes. Swelling was investigated on isolated pig epidermis which had been treated with different surfactants at varying pH-values. With increasing pH-value, anionic surfactants increased epidermal swelling, whereas it decreased by treatment with cationic surfactants. Amphoteric surfactants increased swelling in both acid and basic solution and formed a minimum in the neutral range. The degree of ethoxylation, the chain length and the type of anionic group changed the swelling behaviour characteristically at varying pH value. The results obtained show that swelling, as an osmotic process, is primarily attributable to

ionic interactions between the surfactant ions and the amphoteric protein structure, but it is also influenced by hydrophobic interactions. Increased swelling of the superficial skin layer can favor the extraction of lipids and moisturizing factors, thereby promoting dryness and roughness of the skin. Therefore, the knowledge of the swelling behaviour can contribute to the development of improved cleansing agents leading to minimal swelling.

M. Gehse, pH-Wert der jungen und der reifen Haut und seine Beeinflussung durch waschaktive Substanzen, Kosmetik International 08/89

Der mittlere pH-Wert der Haut liegt zwischen pH 5.4 – 5.9. Aufgrund der großen Schwankungen zwischen den einzelnen Körperregionen, bezieht man sich hier auf die Beuge der Unterarme.

J.L. Antoine, J.L. Contreras, D. van Neste, PH Influence on surfactant-induced skin irritation, Dermatosen in Beruf und Umwelt, Band 37, 1989, 3, 96 - 100

Even though various experimental methods have been proposed for in vitro testing of detergents such as SLS (sodium laurylsulfate) no absolutely relevant clinical information can be inferred from them as to the irritancy of a given compound. In particular the relative importance of pH needs further assessment. This study reports on in vivo evaluation of skin function changes under given experimental conditions with SLS applied at 3 different pH values. There is a dramatic increase of transepidermal water loss (TEWL), i.e. a substantial reduction in the barrier function of the skin, when SLS is applied under occlusion for 48 H. The alkaline control solution (NaOH pH 9) induced low-grade, but significant TEWL increases, as compared to the other controls (distilled water pH7; HCl pH5), which had no influence on TEWL. The changes obtained with the controls were much lower than those observed with SLS. The barrier-function changes induced by the surfactant SLS could, however, promote transepidermal passage of acid and/or alkaline molecules, hence increasing toxic damage of the skin; yet no such effects could be observed, indicating that the main effects are due to detergency. Assessment of cutaneous blood flow values (CBFV) by laser Doppler velocimetry showed increased values after SLS. When pH-adjusted SLS solutions were compared, there was neither a difference in relation to pH nor did the control solutions induce any significant CBFV change. This study reveals that TEWL and CBFV are probably the most reliable methods to investigate acute irritancy by SLS. Accordingly, pH cannot be considered as a major contributive factor of irritancy when SLS solutions are applied under occlusion (48H). The current level of sebaceous secretion and the electrical properties of the skin surface were not parameters to evaluate acute SLS-induced skin damage, but longitudinal studies are presently being conducted in order to assess their significance in monitoring epidermal repair after SLS insults.

W. Gehring, M. Gloor Die Bedeutung des pH-Wertes bei der Hautreinigung (The importance of the pH in skin cleansing), Parfümerie + Kosmetik, 04/90

The irritant potential of the pH was determined according to morphological criteria by using frozen sections of human skin. In vivo the dehydrating effect on the cornea was analysed by means of corneometry and infrared spectroscopy after washing the skin with a surfactant solution adjusted to different pH values. No morphological changes were produced in the range of pH 4-pH 8. The least dehydration of the cornea was caused by surfactant solutions which were adjusted to an acidic pH.

E. Saling, Vaginale pH-Messung gibt rechtzeitig Alarm. Medical Tribune Nr. 9 – 03/90

Eine weitere Senkung der Säuglingssterblichkeit kann nur erreicht werden, wenn es gelingt, „die Katastrophe des Zu-früh-geboren-Werdens zu verhindern“ so Professor Dr. Erich Saling, Institut für Perinatale Medizin der Universität Berlin und Abteilung für Geburtsmedizin der Frauenklinik Berlin-Neukölln, auf dem 14. Deutschen Kongress für Perinatale Medizin.

*G. Neumann, H-P. Harke, **New Aspects for then use of antiseptics in gynecology and obstetrics**, Practice of Gynecology and Obtetrics, Hamburg & Schülke & Mayr, Norderstedt*
The vaginal microflora represents an etiologically essential factor for the incidence of very different infectuos complications.

*A. del Pozo, C. Cosa, **Dispensacion dermofarmaceutica: Apoyo tecnologico al rol del Farmaceutico**, Departamento de farmacia, Unidad docente de Farmacia Galenica, Universidad de Barcelona, 1991*

El concepto "dermofarmacia" resulta en ocasiones, poco preciso, resultando a veces difficil delimitar su contenido y ámbito de actuación en relación, por un lado, al de la "dermatologia", y por estric-tame el extremo opuesto, al dela "comotòlogia".

***Vittel continue d'innover: création d'un Espace Beauté et d'une Centre de Dermo-Cosmétologie**, Vittel Magazine, N° 29, 1991*

Sous la galene thermale à quelques pas griffon de la Grande Source dans le prolongement des Thermes dont la restructuration a été réalisée.

*P. Elsner, H.I. Maibach, **AT-based Data Aquisition and Analysis System for the Skin Bioengineering Laboratory**, Dermatosen 39, Heft 4 1991*

In recent years, bioengineering instruments have found wide application for the non-invasive evaluation of functional properties of human skin. These devices measure transepidermal water loss (evaporimetry), skin hydration (methods based on conduction, impedance, and capacitance), skin blood flow (laser Doppler velocimetry, photoplethysmography), friction (friction meter), and mechanical properties (e.g. twistometer, suction devices), and allow the investigator to generate considerable data which requires documentation and analysis. Although some instruments meanwhile offer interfaces for the transfer of data into personal computers, integrated data acquisition systems supporting the whole spectrum of instruments used in the laboratory are lacking. We have developed an inexpensive data acquisition and analysis system for our skin bioengineering laboratory which allows the acquisition of data from several instruments simultaneously or in sequence. The data are fed into a spreadsheet on a personal computer and conversions and basic statistics are computed automatically. The system consists of an AT-compatible PC with two serial interfaces and an analog-digital conversion board. The software is an industry-standard spreadsheet (Lotus 1-2-3) with an instrument set (Lotus Measure). Using this system, we considerably improved the precision of our measurements and the scientific productivity in our skin bioengineering laboratory.

*W.O. Seiler, **Rückfettung: Balsam für die Altershaut**, Moderne Geriatrie, 03/91*

Ältere Patienten schätzen oft Wasser und Seife wenig. Sie ahnen vielleicht besser als wir Ärzte: Wasser, Scheuern und waschaktive Substanzen (Seife, Tenside) zur Hautreinigung entfernen die physiologischen Hautoberflächentenside.

*W. Gehring, M. Gloor, A. Post, **Über den Einfluß der Hautwaschung auf den pH-Wert (About the effect of skin-washings on pH-value)**, Parfümerie + Kosmetik, 11/92*

A report is given about the effect of skin-washings with sodium lauryl sulfate on alkali-neutralisation, pH-value, moisture int he stratum corneum on the skin surface (infrared spectroscopy) and in the depth (corneometry). Capacity for alkaline neutralisation, pH-value and moisture in the depth of the stratum corneum normalized very slowly. In contrast, moisture in the upper stratum corneum normalized after only four hours. Repeated washings after two and five hours respectively did not lead to any significant changes in the mechanisms of regenerations. Changes of pH-value and moisture in the stratum corneum normalized in a similar way after the first and second washing. The relationship between the

capacity of the skin for alkaline neutralisation and the water-binding substances in the depth of the stratum corneum is discussed.

G. Yosipovitch, E. Tur, O. Cohen, Y. Rusecki, Skin Surface pH in Intertriginous Areas in NIDDM Patients, Diabetes Care, Volume 16, No. 4, April 1993

We measured the skin surface pH and moisture in the axillary, inframammary, inguinal, and forearm skin with a pH meter with a flat-glass electrode and skin corneometer. The subjects were 50 NIDDM patients from the diabetic outpatient clinic at Bellinson Medical Center, Petah Tiquva, Israel, and 40 healthy control subjects from hospital personnel. The main outcome measures were skin surface pH, skin moisture, and skin culture for *Candida*.

R. Marks, C. Edwards, Methods to aid the choice of shade from a range of colour disguise cosmetics, University of Wales College of Medicine, 26 May 1993

The range of cosmetic camouflage products for major disfiguring skin conditions are well known, and are available in a wide range of shades. They require considerable skill and training for their blending and application which also needs a finishing layer of powder for best effect. These products are admirably suited to their use on major blemishes, but would be difficult to apply by a consumer at home for minor blemishes.

G. Yosipovitch, E. Tur, G. Morduchowicz, G. Boner, Skin surface pH, moisture, and pruritus in haemodialysis patients, Nephrol Dial Transplant. 1993; 8(10): p. 1129-32

Pruritus is one of the most common complaints of haemodialysed patients. However, its pathogenesis remains unclear. Dryness of the skin and the effects of pH changes on the nerve endings in the skin have been suggested as related factors. In the present study we measured skin pH using a skin pH meter and skin moisture using a corneometer at four different sites in 41 haemodialysis patients, before and after dialysis, and in 40 healthy controls. Thirty patients (73%) complained of pruritus, six severe constant, 12 moderate and 12 mild. Skin surface pH was higher in patients than in controls in the upper back (5.54 +/- 0.14 versus 5.22 +/- 0.08, $P < 0.02$), forearm (5.5 +/- 0.1 versus 5.13 +/- 0.1, $P < 0.01$) and forehead (5.35 +/- 0.08 versus 5.04 +/- 0.07, $P < 0.004$), whereas there was no difference in the axilla. Haemodialysis had no effect on skin pH, and there was no correlation with blood pH, blood bicarbonate and serum electrolytes. There was no correlation between skin surface pH and pruritus. Skin moisture was lower in haemodialysis patients than in controls in the forehead and axilla. There was no correlation with pruritus. Skin surface pH is higher in haemodialysed patients than in healthy controls in most areas of the body, despite the fact that these patients have a decreased blood pH. Thus, the skin pH is not related to systemic acid-base balance. It is possible that the uraemic state affects the ability of the dermal cells to secrete acid, making the skin more susceptible to bacterial and fungal infections.

A.M. Grunewald and M. Gloor, Value of barrier creams against skin damage due to repeated washings, Second International Symposium on Irritant Contact Dermatitis (ISICD), Zurich, April 14-16, 1994

The aim of our study was to evaluate the protective effect of barrier creams onto irritant contact dermatitis. Therefore the following skin function parameters were evaluated: corneal lipids (sebumetry), water content of the corneal layer (corneometry), transepidermal water loss (TEWL), pH of the skin, skin reddening (colorimetry) and skin blood flow (laser doppler flow). We did standardized washings of both arms on the first and the 8th day. The subjects were asked to wash 5 times daily for one week. In a first study we evaluated the irritating effect of repeated washings with 0.01 mol/l sodium lauryl sulphate solution on 20 subjects. We were able to show that there is a more than 12 hours lasting change in skin function parameters after one week of repeated washings. Concerning corneometry, corneal lipids, TEWL, pH and laser doppler flow there were highly significant differences before and after repeated washings ($p < 0.01$). In a second study we evaluated the irritation reducing effect of 3 barrier creams on 15 subjects for each cream. Using the same method as in our first study, one selected arm was additionally treated with a barrier cream 5 times daily. Barrier creams had a highly significant ($p < 0.01$) effect

on laser doppler flow, corneometry and tewl. Nevertheless they were not able to offer complete protection. The different barrier creams showed significant differently positive effects onto skin function parameters.

W. Matthies, Assessment of skin compatibility of consumer products - Current strategy and methods in industry (exemplified on a dishwashing liquid), Second International Symposium on Irritant Contact Dermatitis (ISICD), Zurich, April 14-16, 1994

Improvement of skin compatibility is a priority task in formulating consumer products. Experience shows that control of typical skin diseases like desiccation eczema of the hands may be reached by adequate protection and skin care, but these proportions being not always followed by the consumer. Therefore, it is a special task for industry to optimize products with respect to skin compatibility using milder surfactants, refatting agents, or other caring substances, whenever possible. Decisive instruments for improvement of formulations are standardised test models, which help comparing characterising and quantifying effects of formulations for their differentiation, and generating use related data. Modern laboratories work with in vitro screening, e.g. cell culture techniques, skin explants or physiologic membranes in order to evaluate toxic effects of substances and formulations (Neutreal red test, skin culture, HET-CAM Model on the Chorioallantoic membrane of hen's eggs). After generating those screening data, further investigation can be performed directly in human volunteers, if general toxicity for man can be assessed as negligible and local tolerance is foreseeable good. In humans maximal short term exposition (contact with undiluted product) can be tested in an open epicutaneous test after Burckhardt. This model is suitable for classification of products according to their irritation potential, but also for assessment of use conditions, when the product is intended to be used for short time contact with the skin, only. Occlusive patch test techniques are useful for comparison of numerous variants in the same individual regarding primary irritation and kinetics of local toxic effects. Besides primary irritation mainly chapping and dryness reactions give hints for different mechanisms of action of substances on or in the stratum corneum. Assessment of the in-use situation needs test methods, which reflect the foreseeable overuse/misuse or the real home use condition. Measurements of physiologic function with physical methods (Laser Doppler Flow, TEWL, Capacity, pH-value measurement, image analysis etc) enable the investigator to objectify results and to survey studies with larger numbers of participants who are using products under real use conditions. As an example results with a new dishwashing liquid show, that this procedure is suitable to demonstrate improvement of products towards better compatibility which also can be experienced by the consumer condition.

S. Sirigu, S. Giogilli, C. Dederen, Functionality and Mildness of Solid Detergents: A Study of Correlation among Formulative Aspects, Instrumental Data and Sensorial Results, 18th International IFSCC-Congress, Venice, October 1994

The aim of our study was to find a correlation between chemical and formulative aspects of different solid detergents and their features of functionality, skin mildness and sensorial properties. Eight different products were chosen for the test: five syndets, two combars and one alkaline soap. Several cutaneous parameters were investigated in vivo, by using different techniques of measure. The cutaneous innocuity was evaluated on 15 volunteers by means of an occlusive 48 hours patch test. Skin compatibility (respect of pH physiological values, skin barrier functionality and skin roughness) was evaluated on 12 subjects before and after repeated standard washing with the products. Measurements were taken for TEWL, pH skin colorimetry and image analysis. Sensorial performances were assessed, according to the Quantitative Descriptive Analysis method by a panel of 12 well trained evaluators. Results obtained from different methods were then correlated. As far as the cutaneous compatibility is concerned, correlations were found between visual and colorimetric evaluations of acute irritation, and between acute irritation and composition. No correlation was found between repeated wash test results and acute irritation. A good correlation was evidenced by comparing instrumental dryness and roughness evaluations with the correspondent skin sensorial perceptions. Sensorial foam evaluations were well correlated to the composition.

B. Seybold, K. Seidel, K. Beck-Devalle, F. Hevert, K. Klein, T.L. Diepgen, Distribution and Variation of Basic Physiological Characteristics of Uninvolved Skin in the General Population - a Bioengineering Study, The 10th International Symposium on Bioengineering & the Skin, Cincinnati, Ohio, June 13-15, 1994

The aim of the study was to data about the distribution and variation of bioengineering parameters in the general population (GP).

S.R. Hartmann, H.Pietsch, G. Sauermann, R. Neubert, Untersuchungen zur Hautverträglichkeit von alkoholischen Händedesinfektionsmitteln, *Dermatosen* 42, 6, 241-245, 1994

Ziel der vorliegenden Arbeit war die Untersuchung der Wirkung von alkoholischen Händedesinfektionsmitteln auf die menschliche Hautoberfläche hautgesunder, volarer Unterarme.

Die Untersuchung erfolgte im Rahmen einer Cross-over Studie über einen Beobachtungszeitraum von acht Monaten an 56 randomisiert ermittelten Probanden unter praxisrelevanten Bedingungen. Die Studie fand von September 1992 bis April 1993 statt. Die 56 Probanden waren Mitarbeiter einer pharmazeutischen Firma. Ein Unterarm aller Mitarbeiter wurde volar im Durchschnitt sieben mal pro Arbeitstag im Rahmen der Vorschriften über die hygienische Händedesinfektion behandelt. Der andere Kontrollunterarm blieb während des gesamten Beobachtungszeitraums unbehandelt. Behandelte Areale konnten mit den unbehandelten Arealen verglichen werden. Die Erfassung und Beurteilung möglicher Hautzustandsveränderungen erfolgte durch dermatologische Bewertung und durch sechs weitere Untersuchungsmethoden. Bestimmt wurden: Grad der Schuppung der Haut (Abschuppungsrate), Hautfeuchtigkeit, Haut-pH-Werte, transepidermaler Wasserverlust (TEWL), Hauttemperatur und Hautmikrotopographie. Der Einfluß saisonaler Gegebenheiten wie Außentemperatur und Luftfeuchtigkeit auf unbehandelte wie behandelte Areale konnte durch die vergleichende Versuchsanordnung berücksichtigt werden. Die Abschuppungsrate lag an den behandelten Arealen an den meisten Meßzeitpunkten unter dem Niveau der unbehandelten Areale. Der TEWL lag an den behandelten Arealen zu jedem Meßzeitpunkt hochsignifikant über dem Niveau der unbehandelten Areale.

P. Elsner, H.I. Maibach, Biophysical Properties of Human Male Genital Skin, The 10th International Symposium on Bioengineering & the Skin, Cincinnati, Ohio, June 13-15, 1994

Since many skin diseases, especially sexually transmitted may be localized in genital skin, information about the physiological properties of this specilized skin is of importance for the dermatologist.

L. Celleno, A. Vasselli, M.V. Tolaini, A. Mastroianni, F. Macchia, Verifica di tollerabilità ed accettabilità cosmetica di detergenti cutanei: confronto di metodiche, *Cosmesi Dermatologica* 45, 1995

La detersione cutanea è un atto igienico ma rappresenta altresì un important momento cosmetologico e dermatologico. Infatti solamente se il prodotto utilizzato è cosmetologicamente ben accettato essa risulta un atto gradevole. Inoltre spesso l'uso di tensioattivi o saponi tradizionali si traduce in un'alterazione del film idrolipidico superficiale. Se a questo fa seguito l'esposizione e il danneggiamento della strato corneo, può innescarsi quel meccanismo che conduce alla comparsa della dermatite irritativa da contatto, facilitando anche l'insorgenza della dermatite allergica da contatto (1,2).

H.C. Korting, Rationale der Hautreinigung mit sauren Syndets, 38. Tagung der Deutschen Dermatologen Gesellschaft, Berlin, 29. April - 03. Mai 1995

Seit Jahrzenten sind Seifen zur Hautreinigung eingesetzt worden. Seit Ende der 40er Jahre diesen Jahrhunderts stehen aus andersartigen Netzmitteln, Tensiden, aufgebaute Hautreinigungsmittel zur Verfügung.

E. Weißhaar, R. Sabel, C. Smith, M. Coißbau, E.-M. Röpke, H. Gollnick, Does a New Relipidizing Agent in a Medical Soap Prevent Lipid Loss Induced by Repetitive Washing?, Skin Pharmacology Society: 12th Annual Meeting 1995

Skin care eg choosing a suitable soap is an important factor in preventing skin disease. Various medical soaps claim to minimize the strain put on the skin by repetitive washing. The aim of this study was to determine whether a new relipidising agent in a medical soap which supposedly counteracts lipid loss induced by repetitive washing leads to a significant change in transepidermal waterloss, pH, sebum excretion and 8 epidermal lipids.

J. Welzel, pH and Ions, Biogeninering of the Skin: Methods and Instrumentation, CRC Press 1995

In the early part of the century skin pH was investigated using colorimetric methods. pH indication showed changes in different pH ranges. A large area of skin was required for the use of several indicators. A simplification of this method was the foil colorimetry in which indicator-impregnated sheets of adsorbing strips were placed on the skin with a drop of water.

D.A. Comes, E.J. Fendler, M.J. Dolan and R.A. Williams, Bioengineering Instrumentation: Automation and Use. Skin Research and Technology, Vol. 2, No.4, Nov. 1996

Objective: The increasing complexity and use of bioengineering skin test instrumentation has created a critical need for unified software that controls the instruments, collects and stores data, performs analysis, and generates reports. In this study, user-friendly software programs were developed and applied to perform panel testing on a large number of test subjects utilising bioengineering skin test instrumentation. Methods/Results: Generic software programs were developed to integrate and automate operation, data storage, and data analysis of multiple bioengineering skin instruments. The software was applied to the following instruments:- Courage and Khazaka - Sebumeter SM810, Corneometer CM 820, Skin pH-Meter 900, Tewameter TM210; Minolta Chromameter CR300, and NOVA DPM 9003. Conclusions: Automation of skin bioengineering instrumentation allows evaluation studies to be performed using a large number of test subjects (with multiple variables). This greatly increases the statistical validity of data and overall efficiency, whilst negating the historical constraints which required a large commitment of resources.

J. Woodruff, Testing time, Cosmetics, June 1996

In his continuing series on impending EC cosmetics-legislation, John Woodruff looks at the requirements for proof of efficacy, and takes a trawl around available testing facilities.

N. Issachar, I. Gall, C. Gall, C. Carduner, M.C. Poelman, The Behaviour of Sensitive Skin Against Lactic Acid Aggression, Proceedings of the 19th IFSCC Conference, Sydney.10/96

There is an important need for screening methods which can detect and distinguish the relative discomfort caused by cosmetic formulations for an increasing part of the population. Indeed when certain materials are applied to the skin, some persons report subjective complaints such as burning, stinging, itching, tight feeling, and sometimes, exhibit signs of irritation. This peculiar susceptibility is not hardly documented. The aim of our study was to find a quantitative test to identify subjects who present this unusual susceptibility to cosmetic products, using lactic acid as a stinging reagent. A preselection of reactive subjects "stingers" among volunteers was firstly carried out by application of a 10% aqueous solution of lactic acid on the nasolabial fold. The stinging effect is scored each minute during 10 minutes, over a range from 0 (no stinging) to 3 (severe stinging). The mean values allow to select 15 "stinger" and 15 "stinger" volunteers. The kinetic of skin pH of the stingers and non stingers after lactic acid application under the same conditions was checked. The data pointed out that the kinetic of the pH-sensitive skin is significantly different from normal skin: pH increases faster on sensitive skin than on normal skin. These findings support the suggestions that individuals who behave as stingers may have an enhanced buffering ability, or a more permeable stratum corneum, compared to people with normal

skin. The measurement of the recovery of the cutaneous pH in subjects with sensitive skin versus normal skin could be a useful tool for a better understanding of this phenomenon.

F.L. Ruedisueli, N.J. Eastwood, N.K. Gunn, T.G.D. Watso, Skin pH in Dogs of Different Breeds, Skin Research and Technology, Vol. 2, No. 1, February 1996

Normal skin pH in humans ranges from pH 5.4-5.9, but can vary between anatomical sites. No such pH data are known for dogs. In this study skin pH was measured in dogs of different breeds, demonstrating variation between measuring sites, breeds, sex, and coat colour. All animals were fed the same commercial dry dog food. Skin pH was measured with a flat membrane skin pH meter (Courage and Khazaka, Germany) on the head, pinna, flank, axillar and inguinal region. All sites were clipped except head and pinna. The mean pH for 12 Labradors, measured over 5 days, for flank, head, and pinna were (mean \pm SE) 7.48 ± 0.04 , 8.10 ± 0.06 and 6.11 ± 0.03 , respectively. Inguinal and axillar measurements showed day-to-day variability. For interbreed comparison skin pH on the flank was measured on three male and three female Miniature schnauzers 7.25 ± 0.17 , Springer spaniels 6.65 ± 0.08 , Yorkshire terriers 7.71 ± 0.13 , and Labrador retrievers 7.13 ± 0.10 . The overall data showed effects of site ($p < 0.001$), sex ($p < 0.001$; males > females < 9, neutering ($p < 0.01$; neutered > entire), colour ($p < 0.01$; black > yellow) and breed ($p < 0.01$) and a sex effect within breeds. These findings demonstrate that skin pH measurements are possible in dogs and that the variability due to site, sex, breed, and coat may be important in the aetiology and management of dermatological disorders in relation to susceptibility, hypersensitivity, and treatment response.

K.P. Wilhelm, Client-Server based On-Line Data Acquisition for Skin Bioinstrumentation Devices, proDERM Institut for applied Dermatological Research GmbH. Schenfeld, Germany

During dermatological safety and efficacy studies, huge amounts of data- both instrumental data as well as evaluator scores may accumulate. We have developed an integrational data with on-line data acquisition capability. The program runs in a Macintosh network. A graphical interface facilitates data entry. A multilevel password system secures unauthorised use. In order to comply with GCP/GLP requirements all data entries and any possible changes relating to experimental studies- both scores and instrumental values -are secured in a log file together with date, time, and initials of the person entering the data. The program can at present acquire data from: Chromameter (Minolta), Tewameter, Corneometer, pH-Meter, Sebumeter, Mexameter, (all Courage and Khazaka). However, the open architecture would easily allow to incorporate more instruments with a serial interface. Data can be exported in DOS, windows or Macintosh format for easy import into any spreadsheet or statistics programs. The program has been completely validated and successfully used in a contract research organisation for over 12 months. Automatic data acquisition has proven to be very useful tool to facilitate and speed up data analysis and to enhance the quality and reliability of test results.

S. Dikstein, I. Oreper, Liquid Make-up and Skin Surface pH, Skin Research and Technology, Vol. 2, No. 4, Nov 1996

It was suggested that, if a cosmetic agent changes the skin surface pH outside its normal range for more than 3 hours, then a chronic study is indicated to show lack of undesirable side effects (Biogeng. and Skin 1, 57-58, 1985), since it is desirable to keep any skin parameter within its „representative" or „desired" range.

M.A. Francomano, K. Mantovani, P. Pepe, A. Di Nardo and S. Seidenari, Baseline Biophysical Skin Parameters in Subjects with Sensitive Skin, Skin Research and Technology, Vol. 2, No. 4, Nov 1996.

Aim of the study: to assess the baseline biophysical parameters in subjects with sensitive skin.

G. Yosipovitch, H. I. Maibach MD, Skin Surface pH: A Protective Acid Mantle. Cosmetics & Toiletries Magazine Dec 1996

The skin's surface pH is acidic. Its pH ranges between 4 and 6.

*M. Arens-Corell, **Reinigung und Pflege der Babyhaut**, Kosmetische Medizin 1997 18, 2*

Baby skin is highly sensitive concerning dehydration and irritation. Mild cleansing agents with maximum skin compatibility and adaptation of the pH of the cleansing product to 5.5 in accordance with the developing acid mantle of the skin are necessary. For skin care water-in-oil emulsions with a strong protective effect are predominantly used. Occlusion has to be avoided. Skin compatibility and care effect should be examined by Dermatologists. The diaper region must be protected from urine and feces by mild cleansing and special creams.

*H.M. Ribeiro, L. Nougiera, L. Rodrigues, L. Pereira, J. Morais, **Skin Surface Kinetic Analysis to Assess the Efficacy of Haircare Polymers Applied to Skin Care Formulations**, Poster, IN COSMETICS/ISCD Conference, Düsseldorf 4-7 May 1997*

Stratum corneum (SC) water retention properties are a crucial factor in keeping the skin supple and flexible.

*D.A. Comes, M.J. Dolan, E.J. Fender, R.A. Williams, **Treatment of contact dermatitis in the health care and automotive occupations**, Australian Journal of Dermatology: Abstracts 19th World Congress of Dermatology, Sydney, June 1997*

Irritant and allergic contact dermatitis is a serious problem in many occupations. Among those with the most severe problems are automotive and body shop technicians and health care professionals. However, there is a dearth of studies which objectively characterize the extent of contact dermatitis in these occupations.

*A.O. Barel, R. Lambrecht, P. Clarys, B.M. Morrison Jr., M. Paye, **Comparative study of the effect on the skin of two soap bars in normal use and in the soap chamber test**, Experimental Dermatology Vol 6 No 5, ISICD and ISBS Meeting Rome 2-4 October 1997*

A double-blind study of the normal use during 10 weeks of two soap bars (soap and a syndet) was carried out on 25 female subjects. Eventual skin changes were evaluated by bioengineering measurements during the ten weeks treatment. Characterization of the skin was carried out using measurements of the skin colour, hydration, skin surface pH and TEWL.

*E.J. Fendler, M.J. Dolan, and R.A. Williams, **Characterization and Treatment of Occupational Contact Dermatitis**, GOJO Industries 1997*

*N. Issachar, Y. Gall, M.T. Borell, M.C. Poelman, **pH measurements during lactic acid stinging test in normal and sensitive skin**. Contact Dermatitis, 1997*

Within the last few years, the term "sensitive skin" has been used with greater frequency, because many individuals complain of a peculiar susceptibility when applying commonly used skin care products, such as cosmetics, soaps and sunscreens.

*H.-P. Nissen, S. Sustmann, **EUBOS Sensitive DUSCHÖL F – Körperpflege für sensible und besonders trockene Haut**, Gutachten 1997*

Alkaliseifen-freie Syndets, d.h. Waschpräparate mit neutralem oder einem sogenannten hautneutralen pH-Wert, haben sich als milde Reinigungsmittel für den generellen Gebrauch bewährt. Speziell für Personen mit erhöhter Hautirritabilität, mit Hautproblemen angeborener oder erworbener Art, bietet diese Entwicklung die Möglichkeit einer schonenden Hautreinigung: Durch den neutralen bis leicht sauer eingestellten pH-Wert wird eine alkalische Quellung der Haut, mit all ihren möglichen Folgen, vermieden. Deshalb werden Syndets auch von Dermatologen als Adjuvans therapeutischer Maßnahmen empfohlen (z.B. EUBOS flüssig). Trotz der Vorteile der modernen seifenfreien Körperreinigungsprodukte kann es bei trockener und sehr trockener Haut, jedoch insbesondere auch bei vorgeschädigter

Haut, zu einer weiteren Exsiccation kommen. In Verbindung mit den Waschgewohnheiten (z.B. tägliches Duschen) ist eine Austrocknung der Haut, Schuppung und Jucken vor allem bei Personen mit Hautproblemen, welche den Dermatologen aufsuchen, ein belastendes Problem.

*T. Hariya, K. Inoue, Y. Umino, H. Ichikawa, **Alteration of physiological parameters and the amount of skin sIgA in sensitive skin**, Australian Journal of Dermatology: Abstracts 19th World Congress of Dermatology, Sydney, June 1997*

In recent surveys, more than 30% of healthy female as well as patients suffered from certain skin diseases such as atopic dermatitis or rosacea-like dermatitis believe that they have sensitive skin, and the population of this group has been expanding. It has been reported that a symptom of atopic dermatitis is influenced by exacerbating factors such as physical conditions. In this study, we examined the effects of these exacerbating factors on skin physiological parameters and secretory IgA amount in healthy female volunteers w

*T. Fischer, C. Greif, W. Wigger-Alberti, P. Elsner, **Instrumentelle Methoden zur Bewertung der Sicherheit und Wirksamkeit von Kosmetika**, Kursprogramm Sicherheitsaspekte in der Kosmetik, Basel, Mai 1998*

Durch die Erfordernisse eines Wirksamkeits- und Sicherheitsnachweises für Kosmetika gewinnen nichtinvasive biophysikalische Meßmethoden zunehmend an Bedeutung. Neben der Bestimmung des transepidermalen Wasserverlustes und der Messung der Hautfeuchtigkeit, des Oberflächenfettes, des pH-Werts, und der Elastizität kommen der Bestimmung des Oberflächenreliefs, der Farbe und der Hautdurchblutung große Bedeutung zu. Mit diesen Methoden können u.a. die hautfeuchtigkeitsfördernden, glättenden und straffenden Wirkungen von Topika sowie der Grad der Irritation durch Externa validiert werden. Zur Messung der Vergleichbarkeit dieser unterschiedlichen Funktionsparameter sind standardisierte Meßbedingungen erforderlich.

*R. Ward, **The Human Factor** - SPC March 1998*

With the proposed ban on animal testing on the horizon, Dr. Rachel Ward looks at the ethical aspects of human volunteer testing.

*M. Arens-Corell, J. Welzel, H.H. Wolff, **Beurteilung von Hautreinigungsmitteln für trockene und empfindliche Haut**. Kosmetische Medizin 1/1998.*

Die zunehmende Problematik trockener und empfindlicher Haut in der Bevölkerung macht die Entwicklung geeigneter Reinigungsmittel notwendig. Ihre Hautverträglichkeit und minimierte Austrocknungswirkung kann in dermatologisch kontrollierten Anwendungsbeobachtungen unter Einbeziehung der Messung hautphysiologischer Parameter objektiv geprüft werden. Das Beispiel eines Duschöls und einer Waschemulsion für trockene und empfindliche Haut zeigt, daß durch einen hohen Ölanteil ebenso wie durch die Auswahl milder Syndetsubstanzen bei Anpassung des pH-Wertes im Hautphysiologischen, leicht sauren Bereich die Hautreinigung unter Praxisbedingungen ohne Austrocknung und Irritationen möglich ist.

Einfluß des pH-Wertes von Kosmetika. Kosmetische Praxis 2/98

Der saure Oberflächen-pH-Wert der Haut erfüllt wichtige Schutzfunktionen. Über die Einwirkung von Reinigungsprodukten auf die Residentflora, die Barrierefunktion und die Regeneration der Haut liegen umfassende Untersuchungen vor. Wie abersieht es beim pH-Wert von Hautpflegepräparaten aus, die auf der Haut verbleiben?

Sauer und alkalisch, Kosmetische Praxis 2/98

Der pH-Wert der Hautoberfläche schwankt zwischen 5,0 und 6,0. Da Lösungen mit einem pH-Wert kleiner als 7 sauer reagieren, zeigt die Haut demnach eine saure Reaktion. Dieser Säuremantel

hemmt die Aktivität krankmachender Bakterien und Pilze. Mit ein wichtiger Grund diesen Säureschutzmantel nicht zu zerstören.

*J. Gottfreund, T. Meyer, **Die Bedeutung des pH-Wertes 5,5 in Emulsionen.** Kosmetische Medizin Nr. 3, 1998.*

Es wird die Bedeutung des pH-Wertes 5.5 in Emulsionen dargestellt. In einer W/O-Emulsion wurde der pH-Wert der Wasserphase auf einen Wert von 5,5 eingestellt. Es ließ sich zeigen, daß der durch Umwelteinflüsse tiefe pH-Wert der Haut sich an 5,5 anpaßt. Bei der Auswahl der Rohstoffe für den Fettkörper einer Emulsion müssen die speziellen Bedingungen, die durch den pH-Wert bedingt sind, berücksichtigt werden.

*S.B. Hoath, D.E. Bare, K.A. Munson, M.O. Visscher, R.R. Wickett, **Changes in Stratum corneum Hydration, Acidity, And Optical Properties in Newborn Infants During The First Hours of Life,** 12th ISBS, Boston, 06/98*

Successful adaption following birth in humans require mechanisms for coupling between the infant and the terrestrial environment.

*E. Berardesca, S Lazzarini, F. Pirot, M. Singh, H.I. Maibach, **Racial Differences in pH and TEWL Gradient into Superficial Stratum Corneum,** 12th ISBS, Boston, 06/98*

Purpose of this study was to assess the changes of pH and TEWL gradients in relation to depth into stratum corneum (SC) and possible differences between white and black skin.

*Y. Yazan, M. Seiller, S. Avcier, M. Demirel, **Comparison of Glycolic, Lactic and Glycolic + Lactic Acids in Multiple Emulsion Systems,** 20th IFSCC Congress Cannes, 09/1998*

*M. Arens-Corell, **Einfluss des pH-Wertes von Kosmetika.** Kosmetische Praxis, Sonderdruck 2/98*

Der saure Oberflächen-pH-Wert der Haut erfüllt wichtige Schutzfunktionen. Über die Einwirkung von Reinigungsprodukten auf die Residentflora, die Barrierefunktion und die Regeneration der Haut liegen umfassende Untersuchungen vor. Wie aber sieht es beim pH-Wert von Hautpflegepräparaten aus, die auf der Haut verbleiben?

*D.S. Orth, J. Widjaja, L. Ly, N. Cao, **Stability and Skin Persistence of Topical Products,** Cosmetics & Toiletries, October 1998*

Using several commercially available cosmetic and OTC-drug products, the authors determined the chemical stability of selected topical ingredients in a hydroalcoholic vehicle with 2% hydroquinone.

*F. Morizot, I. Le Fur, E. Tschachler, **Sensitive Skin,** Cosmetics & Toiletries Vol. 113, November 1998*

Studies on skin reactions to irritant substances and topical preparations have a long history. Clinical signs and symptoms of irritant reactions in the dermatological sense are well defined and are synonymous with skin inflammatory reactions.

*U. Bornschein, **Der Schuß ins Waschwasser...** Die Schwester/Der Pfleger 12/98*

Die Ganzkörperwaschung der Patienten durch Pflegenden ist im Krankenhaus eine täglich wiederkehrende Verrichtung. In vielen Einrichtungen ist dafür ein Pflegestandard geschaffen worden. Dabei kommt es oft zu einer Diskussion um einen Waschwasserwechsel, und dies nicht nur aus hygienischen Gesichtspunkten.

*C. Greif, W. Wigger-Alberti, M. Arens-Corell, P. Elsner, **Beurteilung einer Körperlotion für trockene und empfindliche Haut,** Kosmetische Medizin Nr. 5, 1998*

In einer offenen kontrollierten Anwendungstudie über 3 Wochen wurde an 30 Probanden eine Body Milk auf Hautverträglichkeit und Wirksamkeit getestet. Dazu wurden folgende hautphysiologische

Parameter erfaßt: Hautfeuchtigkeit, transepidermaler Wasserverlust, Hautelastizität, pH-Wert sowie Hauttemperatur.

C. Greif, W. Wigger-Alberti, M. Arens-Corell, P. Elsner, Beurteilung einer Körperlotion für trockene und empfindliche Haut, Poster – 5. Tagung der ABD, Aachen 03/99 und Allergologie 3, 03/1999
Durch häufige Reinigungsmaßnahmen kann es zu einer starken Entfettung des Stratum corneum und zu Störungen der epidermalen Permeabilitätsbarriere kommen.

M. Bock, H.J. Schwanitz, Modulation der epidermalen Permeabilitätsbarriere durch die topische Anwendung von CO₂ – imprägniertem Wasser klinische und hautphysiologische Untersuchungen, Allergologie 3, 03/1999
Eine Stabilisierung der epidermalen Permeabilitätsbarriere bzw. der physiologische Wiederaufbau nach Barrierestörungen werden zu den wichtigsten Zielen der Externabehandlung gezählt.

T. Fischer, W. Wigger-Alberti, C. Greif, P. Elsner, Irritative Wirkung von abrasiven Reinigungsmitteln auf die Barrierefunktion der Haut. Allergologie 3, 03/1999

K. Lanzerath, Eine Notwendigkeit für die dermatologische Praxis? Die apparative Bestimmung von Hautparametern, H+G Band 74, Heft 6, 1999
Transepidermaler Wasserverlust (TEWL), Corneometrie, Sebumetrie, Melanin- und Erythembestimmung – Schlagworte, die in der dermatologischen Forschung und Praxis immer mehr an Bedeutung gewinnen.

M. Maruno, F.C. Facco, P.A. Rocha Filho, Hydration, Oily and PH of Skin In Vivo Evaluation After Application of Both Simple and Complex Emulsions Containing Hydrolyzed Proteins, IFSCC Chile May 1999
Cosmetic industry considers skin treatment as a market which is increasing and spreading through cosmetic products as well.

S.H. Perez Damonte, G.M. Cuomo, R.L. Galimberti, Evaluacion Instrumental de la Piel Sensible, IFSCC Chile May 1999
Numerosos pacientes se hacen a la consulta cosmética...

B. Gabard, Dry Skin and the Cosmetic Benefit of Moisturization, 12th ISBS, Boston, 06/98 and Skin Research and Technology, Vol.5 No. 2, May 1999
The importance of water for the functional integrity of skin in general and of the horny layer in particular has been recognized for a long time and is underlined by the wealth of literature published on this subject.

A. Fendl, Einzelheiten der Hautdiagnose. Natürlich schön/Grundlagen der Ganzheitskosmetik, Handwerk und Technik – 1999
Wie ein Mantel schützt der eigene fettige Film die Haut gegen negative Einflüsse von aussen und Wasserverluste von innen.

S. Tamburic, Changing the Skin Surface, Parfümerie & Kosmetik 11/12, 1999
As shown in this article personal care products exert different changes of skin surface pH, depending on their composition and pH status. The alteration in skin pH by soaps and detergents are not seen as a source of irritancy per se, but may be a contributing factor to skin malfunctioning. Skin pre-treatment with an anionic polymer-based lotion has proven to be non-efficient in terms of pH protection. The same lotion used after the washing with soap has shown an instant and profound effect in reducing the skin pH changes.

*M.O. Visscher, S. Maganti, K.A. Munson, D.E. Bare, S.B. Hoath, **Early adaptation of human skin following birth: a biophysical assessment***, Skin Research and Technology, Vol. 5, No. 4, November 1999.

Successful adaptation to postnatal life requires rapid physiological transitions in multiple organ systems. Mechanisms regulating stratum corneum water interactions and evaporative heat loss, for example, are pivotal in making the transition from the warm, aqueous prenatal state to a cold, dry postnatal environment. Understanding these mechanisms is important in formulating skin care guidelines in early infancy.

*S. Tamburic, **Changing the Skin Surface***. Parfümerie + Kosmetik 11/12, 1999

*M. Fischer, I.M. Schneider, R. Neubert, W. Wohlrab, **Über den Einfluss methylverzweigter Fettsäuren auf die Barrierefunktion des Stratum corneum***, Dermatosen in Beruf und Umwelt, 47/221-264, Nov/Dez 1999

Es wurde die Wirkung von methylverzweigtem Fettsäuren (2 % bzw. 5 % 10-Methylpalmitinsäure und 10-Methylhexadec-9-ensäuren als Penetrationsehancer untersucht.

*I. Le Fur, C. Guinot, S. Lopez, F. Morizot, V. Lambert, E. Tschachler, **Age-Related Reference Ranges for Skin Biophysical Parameters in Healthy Caucasian Women***, 13th ISBS Jerusalem, March 2000 and 13th ISBS Jerusalem, March 2000 and Skin Research and Technology, Vol. 6, No. 3, August 2000

Knowledge about the variations of skin biophysical parameters is a prerequisite for the interpretation of results of the skin bioengineering studies.

*V. Lambert, I. Le Fur, C. Guinot, F. Morizot, S. Lopez, E. Tschachler, **Comparaison des Parametres Biophysiques Cutanés en Hiver et en Été chez des Femmes Caucasiennes***, Ilième Congrès de la Société D'Ingénierie Cutanée, Juin 2000

Les modifications environnementales au cour des saisons favorisant la survenue de pathologies cutanée mais sont aussi citées par les femmes comme favorisant l'apparition des signes de sensibilité cutanée.

*N. Vidakovic, M. Primorac, M. Stupar, G. Vuleta, **In Vivo Study: Influence of Polyacrylic Anticellulite Gels on Hydration and pH-Value of the Skin***, SÖFW-Journal 11-2000

The effect on hydration and pH-value of the skin has been investigated on 22 female subjects during the thirty-day treatment. The following formulations have been tested: polyacrylic gel with 2% of caffeine, polyacrylic gel with propylene-glycol plant extract of Ivy – 2%, Horse Chestnut – 2%, Seaweed – 1,5%, as well as polyacrylic gel with caffeine and above-mentioned plant extracts.

*K. O'goshi, M. Iguchi, H. Tagami, **Functional analysis of the stratum corneum of scalp skin: studies in patients with alopecia areata and androgenetic alopecia***, Arch. Dermatol. Res. (2000) , Springer-Verlag

Because of the presence of thick long hairs on the scalp, little information is available concerning the functional characteristics of the stratum corneum (SC) of scalp skin. We therefore conducted a functional study of the SC of lesional scalp skin of patients with alopecia areata and of patients with androgenetic alopecia. We compared the scalp with the cheek and the flexor surface of the forearm (volar forearm). The water barrier function of the scalp SC of both patient groups, in terms of transepidermal water loss (TEWL), was almost comparable to that of the volar forearm, and was far better than that of facial skin.

P. Wirtz, Objektive Beurteilung physiologischer Parameter der Haut von an atopischem Ekzem erkrankten Kindern: eine Untersuchung von pHWert, transepidermalem Wasserverlust und Corneometrie an der Haut gesunder und erkrankter Kinder mit klinisch nicht betroffener und mittels lokalem SCORAD differenzierter ekzematöser Haut, Dissertation zur Erlangung der Doktorwürde der Technischen Universität München, 2000

D. Schmid, A. Lang, T. Allgäuer, C. Bayerl, E.G. Jung, Beurteilung der Veränderung der Hautbeschaffenheit durch die Heilpflanzensäfte Brennnessel und Löwenzahn, Akt. Dermatol. 2000

Wir führten eine Anwendungsbeobachtung über die Beeinflussung von objektiven und subjektiven Parametern der Hautbeschaffenheit durch die Kombination der Heilpflanzensäfte Brennnessel und Löwenzahn bei gesunden Probandinnen durch. Zehn Probandinnen (Versuchsgruppe) nahmen über 6 Wochen die Kombination der Heilpflanzensäfte oral ein, gleichzeitig erhielten sie eine standardisierte Körperpflege mit Basiscreme DAC, weitere 10 Probandinnen (Kontrollgruppe) benutzten lediglich die standardisierte Körperpflege mit Basiscreme DAC.

S. Stenzaly-Achtert, A. Schölermann, J. Schreiber, K.H. Diec, F. Rippke, S. Bielfeld, Axillary pH and influence of deodorants, Skin Research and Technology 2000;6: p. 87-91

A significant pH reduction was shown during the treatment period when compared to the run-in phase. The Deodorant Roll-on induced a reduction of the mean pH values from 6.1 to 5.3, the Deodorant Balsam Spray from 6.5 to 5.7 and the Deodorant Cream from 6.2 to 5.3. During the wash-out period all pH values returned to baseline.

H. Dobrev, Immediate effects of cosmetic series for men "Karo Royal" on the skin water content and pH, 7th National Congress of Dermatology and Venereology, May 2000

Six products of cosmetic series for men "Karo Royal" (Alen Mak, Plodiv) were studied.

C. Fox, Literature and Patent Review: Analytical and Test Methodologies, 1990-2000, Part I. Cosmetics & Toiletries, Vol. 116, No. 4, April 2001-05-21

This article reviews some of the important methodologies published during the past ten years on the subject of cosmetics and toiletries.

I. Gemende, M. Fisher, Begleitende Hauterkrankungen bei Morbus Parkinson - Besonderheiten in der Hautpflege (nur Anfang des Kapitels), in Horst Przuntek & Thomas Müller (Editors), Adjuvante nichtmedikamentöse Therapieansätze bei Morbus Parkinson, Springer, 2000, P. 21-27

Das Erscheinungsbild der vegetativen Störungen bei der Parkinsonerkrankung ist vielgestaltig. Als Zeichen der Hautbeteiligung sind Hyperhidrose und Seborrhoe regelmäßig angeführt, die Frage der veränderten Sebumproduktion wird jedoch sehr selten untersucht. Bei der Beschreibung der Parkinsonerkrankung ist das Salbengesicht ein prägnantes Zeichen.

G. Yosipovitch, A. Maayan-Metzger, P. Merlob, L. Sirota, Skin barrier properties in different body areas in neonates, Pediatrics. 2000 Jul;106(1 Pt 1): p. 105-108

Objective: The aim of the study was to investigate skin barrier function in neonates in different anatomic sites during the first 2 days of life. Design: The study population consisted of 44 healthy full-term newborn infants. Transepidermal water loss (TEWL), stratum corneum hydration (SCH), and skin surface pH were measured in different anatomic sites (forehead, flexor part of forearm, upper back, abdomen, inguinal region, palms, and soles) during the first 10 hours of life and 24 hours later. Measurements were recorded with a Tevamer, a Corneometer, and a skin pH meter with a flat glass electrode. Results were compared with those in 20 healthy adults. Results: TEWL was lower in infants than in adults in the forehead, palms, soles, and higher in the forearms. It was significantly higher on day 1

than on day 2 in the soles, palms, and forearms, and in the forearm, palms, and inguinal region compared with the other anatomic sites. SCH was significantly lower in the infants on the forehead, back, and abdomen, and higher on the forearms and palms; it was significantly higher on the first day of life on the forearms and palms, and lower in the inguinal region. Skin surface pH was significantly higher in the infants in all body sites (>6.6 in most measurements). On day 2, it was significantly lower than on day 1, but still higher than in adults. SCH correlated positively with TEWL in the neonates but not in the adults. None of the variables were related to gestational age, sex, mode of delivery, or body weight. Conclusions: Changes take place in SCH, water loss, and pH in the first 2 days after birth, suggesting that the stratum corneum barrier is still in the process of adapting to extrauterine life. The significant anatomic variability in TEWL and SCH should be taken into account in evaluating the permeation of skin care products and topical medications in newborns.

*D. Iliev, U. Hinnen, P. Elsner, **Skin Bioengineering Methods in Occupational Dermatology**, Skin Bioengineering Vol. 26, March 2001*

Measuring biophysical properties of the skin is not only useful to study cutaneous physiology and pathology but may also be of value for the prediction of eczema risk, for the detection of subclinical eczema and for therapy control in occupational dermatology.

*T. Reuther, S.C. Behrens-Williams, M. Kerscher, **Untersuchungen zur Wirkung von Mometasonfu-roat-Fettcreme auf die epidermale Barriere**. H+G, Supplement 2/2001*

*J.W. Fluhr, H. Dickel, O. Kuss, I. Weyher, T.L. Diepgent, E. Berardesca, **Impact of anatomical location on barrier recovery, surface pH and stratum corneum hydration after acute barrier disruption**, British Journal of Dermatology 2001; 146: p. 770-776*

It is not known whether distinct anatomical locations will respond with different recovery rates following acute barrier challenges. To investigate whether barrier parameters differ at five body sites during recovery from acute disruption. Acute barrier disruption was achieved by tape stripping and by acetone extraction of stratum corneum lipids. Transepidermal water loss (to assess barrier function) capacitance (for stratum corneum hydration) and skin surface pH were measured at each of five different body sites in 14 human volunteers. Individual measurements were obtained every 24 h for 96 h. Lipid-rich skin areas (e.g. the forehead) were the most vulnerable to barrier disruption by either method.

*J.W. Fluhr, J. Kao, M. Jain, S. K. Ahn, K. R. Feingold, P. M. Elias, **Generation of Free Fatty Acids from Phospholipids Regulates Stratum Corneum Acidification and Integrity**, 2001 by The Society for Investigative Dermatology, p. 44-62*

There is evidence that the "acid mantle" of the stratum corneum is important for both permeability barrier formation and cutaneous antimicrobial defense. The origin of the acidic pH of the stratum corneum remains conjectural, however. Both passive (e.g. eccrine/sebaceous secretions, proteolytic) and active (e.g. proton pumps) mechanisms have been proposed. We assessed here whether the free fatty acid pool, which is derived from phospholipase-mediated hydrolysis of phospholipids during cornification, contributes to stratum corneum acidification and function.

*G.G. Hillebrand, M.J. Levine, K. Miyamoto, **The Age-Dependent Changes in Skin Condition in African Americans, Asian Indians, Caucasians, East Asians, and Latinos**, IFSCC Magazine, October/December 2001, Vol. 4, No. 4*

Understanding the similarities and differences in skin characteristics as a function of age, race and geography should aid in the development of skin care products that better meet consumers' skin care needs around the world.

*H. Lambers, H. Pronk, **Biophysical Methods for Stratum Corneum Characterization***, in T. Förster (Editor): *Cosmetic Lipids and the Skin Barrier*, 2001 by Marcel Dekker

There is no doubt that the application of cosmetic lipids has many positive effects on the structure and function of the skin. These effects are pleiotropic, caused either by direct interaction with the epidermis, particularly the stratum corneum, or indirectly, by influencing the physiologic, homeostatic condition of the skin.

*I. Le Fur, A. Reinberg, S. Lopez, F. Morizot, M. Mechkouri, E. Tschachler, **Analysis of Circadian and Ultradian Rhythms of Skin Surface Properties of Face and Forearm of Healthy Women***, *J Invest Dermatol*, Vol. 117, NO. 3 September 2001, p. 718–724

Biologic rhythms of cells and organisms are well documented and have been extensively studied at the physiologic and molecular levels. For the skin, many circadian changes have been investigated but few systematic studies comparing skin at different body sites have been reported. In this study we investigated facial and forearm skin circadian rhythms in eight healthy Caucasian women. Noninvasive methods were used to assess skin capacitance, sebum excretion, skin temperature, transepidermal water loss, and skin surface pH on fixed sites of the face and the volar forearm during a 48 h span under standardized environmental conditions. Using the cosinor or ANOVA methods, circadian rhythms could be detected for sebum excretion (face), transepidermal water loss (face and forearm), skin temperature (forearm), pH (face), and capacitance (forearm). No circadian rhythmicity was found for the other biophysical parameters. In addition to the 24 h rhythm component, rhythms with periods of 8 h were found for sebum excretion, of 8 and 12 h for transepidermal water loss (face and forearm), and of 12 h for skin temperature (forearm). Our study confirms that rhythms of skin surface parameters are readily measurable and that these rhythms differ between different sites. Furthermore, we demonstrate for the first time that, for transepidermal water loss (face and forearm), sebum excretion, and skin temperature (forearm), in addition to circadian rhythms, ultradian and/or component rhythms can be detected.

*I. Le Fur, S. Lopez, F. Morizot, J. Latreille, C. Guinot, E. Tschachler, **Age-Related Reference Ranges for Skin Biophysical Parameters in Healthy Women***, 20th World Congress of Dermatology, Paris

Purpose: The aim of this study was to establish age-related reference ranges in healthy Caucasian women for some widely used skin biophysical parameters.

*I. Le Fur, A. Reinberg, S. Lopez, F. Morizot, E. Tschachler, **Facial Skin Circadian Rhythms of Healthy Women Investigated Using Non-Invasive Methods***, 20th World Congress of Dermatology, Paris

Purpose: The aim of this study was to document around the clock changes in a set of skin biophysical parameters.

*U. Uksal, C. Atasavun, B. Özcelik, S. Utas, A. Ferahbas, **The effects of hormone replacement therapy on the skin of postmenopausal women (abstract)***, 11th Congress of the European Academy of Dermatology and Venereology, Prag 2002

The study was performed to compare skin pH, transepidermal water loss (TEWL), skin surface lipids and hydration in postmenopausal women receiving hormone replacement therapy (HRT) and those who not. Two parallel age-matched groups (each 24) of 48 postmenopausal women evaluated by tewameter, sebumeter, pHmeter and corneometer.

*J.W. Fluhr, A.J. Fowler, J.-P. Hachem, D. Crumrine, P.M. Elias, K.R. Feingold, **Stratum corneum acidification in neonates: impact on permeability barrier homeostasis and integrity/cohesion***, Symposium of the International Society for Bioengineering and the Skin, Baltimore Oct. 24-26, 2002

Mammalian newborn stratum corneum (SC) displays a near-neutral surface pH, which declines during the early post-natal period to adult levels. We developed a model to study the mechanisms and consequences of SC acidification in the neonatal period. In newborn rats the surface pH, measured with

a flat glass electrode (pH-Meter, Courage+Khazaka) declined from an almost neutral pH (6.8) after birth to physiologic levels (5.6) over 5 days.

M.-H. Lee, S.-J. Hong, J.-H. Park, H.-C. Kim, H.-S. Oh, C.-H. Oh, Quantitative evaluation of patch test results – comparing the studies between new skin color analysis technique and other bioengineering tools, Symposium of the International Society for Bioengineering and the Skin, Baltimore Oct. 24-26, 2002

Contact dermatitis is a common problem occurring in the field of dermatology and patch test is the only reliable procedure for the detection of the causative agent. In evaluation of patch test result, visual scoring system is wide being used as a objective method. However, it is well known that variations exist even in the interpretations by experienced dermatologist.

I. Le Fur, S. Lopez, F. Morizot, J. Latreille, C. Guinot, E. Tschachler, Age-related reference ranges for skin biophysical parameters in healthy women, Posters of the 22nd IFSCC Congress, Edinburgh 23.-26. Sep. 2002

The aim of this study was to establish age-related reference ranges in healthy Caucasian women for some widely used skin biological parameters on different body areas.

F. Rippke, V. Schreiner, H.-J. Schwanitz, The acidic milieu of the horny layer, Am J Clin Dermatol 2002; 3 (4): 261-272

The acidic pH of the horny layer, measurable on the skin surface, has long been regarded as a result of exocrine secretion of the skin glands. The 'acid mantle' was thought to regulate the bacterial skin flora and to be sensitive primarily to skin cleansing procedures. In recent years, an increasing number of investigations have been published on the changes in, and constituents and functions of, the pH of the deeper layers of the stratum corneum, as well as on the influence of physiological and pathological factors.

L. Ambroisine, C. Guinot, J. Latreille, E. Mauger, M. Tenenhaus, I. Le Fur, S. Lopez, F. Morizot, E. Tschachler, Relationship between visual and tactile skin characteristics and skin biophysical parameters, Posters of the 22nd IFSCC Congress, Edinburgh 23.-26. Sep. 2002

A. Kramer, T. Bernig, G. Kampf, Clinical double-blind trial on the dermal tolerance and user acceptability of six alcohol-based hand disinfectants for hygienic hand disinfection, Journal of Hospital Infection, 2002, 51: 114-120

Six commercially available alcohol-based hand rubs (AHD 2000, Desderma, Muscasept A, Manorapid (Poly-Alkohol, Spitacid, and Sterillium)) were investigated in a clinical double-blind trial involving 10 participants who had no previous experience of using hand rubs (Group 1) and seven who had substantial professional experience of using hand rubs (Group 2, viro laboratory staff).

I. Le Fur, F. Morizot, S. Lopez, C. Guinot, J. Latreille, E. Tschachler, Seasonal changes in skin biophysical properties in healthy Caucasian women, Congress Stratum Corneum III, Basel, September 2001 and The Essential Stratum Corneum, chapter 60, edited by R. Marks, J.-L. Lévêque, R. Voegeli, Martin Danitz Ltd., London, 2002

The human skin surface has to adapt constantly to changing environmental conditions, such as temperature and relative humidity. Several studies have demonstrated the detrimental effects of winter weather in our countries on the skin and seasonal changes in certain biophysical parameters. The work presented here examines seasonal variations of biophysical parameters on facial skin in Caucasian women in France.

S. Haug, Feuchtigkeit, Fettgehalt und pH-Wert der Haut im Gesicht – Eine Untersuchung zur Festlegung von Normalwerten an definierten Punkten im Gesicht und am Hals, Dissertation an der Technischen Universität München 2002

Das größte Organ des menschlichen Körpers, die Haut, besitzt eine Gesamtfläche von 1,5-2,0 m², die von Körpergröße und Gewicht abhängig ist [1]. Die Haut ist in mehreren Schichten aufgebaut. Das 6-20µm, an Handinnenfläche und Fußsohle zwischen 200-600 µm [54,86], dicke kernlose Stratum corneum (Hornhaut) ist die oberste Schicht der Haut. Es besteht aus 13 Zellschichten [76]. Der Aufbau des Stratum corneum ist dabei ähnlich einer Mauer aus Ziegelsteinen und Mörtel (bricks and mortar-Modell). Die Ziegelsteine entsprechen in dieser Modellvorstellung proteinreichen Korneozyten, die hauptsächlich aus seiner starren Zellohülle [6], Keratinfilamenten [107] und dem interfilamentären Matrixprotein [28] bestehen.

D. Swatschek, W. Schatton, J. Kellermann, W.E. Müller, J. Kreuter, Marine sponge collagen: isolation, characterization and effects on the skin parameters surface-pH, moisture and sebum, Eur J Pharm Biopharm, 2002 Jan;53(1): p. 107-113

A previously described isolation procedure for collagen of the marine sponge *Chondrosia reniformis* Nardo was modified for scaling-up reasons yielding 30% of collagen (freeze-dried collagen in relation to freeze-dried sponge). Light microscope observations showed fibrous structures. Transmission electron microscopy studies proved the collagenous nature of this material: high magnifications showed the typical periodic banding-pattern of collagen fibres. However, the results of the amino acid analysis differed from most publications, presumably due to impurities that still were present. In agreement with earlier studies, sponge collagen was insoluble in dilute acid mediums and all solvents investigated. Dispersion of collagen was facilitated when dilute basic mediums were employed. The acid-base properties of the material were investigated by titration. Furthermore, a sponge extract was incorporated in two different formulations and compared with their extract-free analogues and a commercially available collagen containing product with respect to their effects on biophysical skin parameters. None of the preparations had a noticeable influence on the physiological skin surface pH. Skin hydration increased only slightly. However, all tested formulations showed a significant increase of lipids measured by sebumetry.

G. Yosipovitch, J. Hu, The Importance of Skin pH, Skin & Aging, March 2003, p. 89

It's well known that the skin is the first line of defense against all elements, such as microorganisms, wind and pollutants. And it's the acid mantle, a fine film with a slightly acidic pH on the surface of the skin, which provides a protection for the skin. It plays a very important role as an integral part of the barrier function of the stratum corneum.

R. Huei Chen, W. Yuu Chen, Skin hydration effects, film formation time, and physicochemical properties of a moisture mask containing *Monostroma nitidum* water-soluble mucilage, Journal of Cosmetic Science, Vol. 54, No. 1, Jan./Feb. 2003

The objectives of the study were to explore the effects of using the water-soluble mucilage of *Monostroma nitidum* to replace the humectant and half of the thickening agent on the rheological properties, color, storage stability, water-holding capacity, and film formation time of moisture masks thus prepared. Results showed that moisture masks containing water-soluble mucilage were pseudoplastic fluids.

M. Setaro, A. Sparavigna, It is possible to define a "biological age" of the skin?, Skin Research and Technology, Vol. 9, No. 2, May 2003

The evaluation of global skin performance as compared to anagraphical age of the subject is until today dependent on clinical evaluation. By doing so, "pre-clinic" alterations of skin aging, are often missed, losing the possibility to set up adequate strategies of prevention and treatment. Non-invasive

evaluations based on the measurements of skin parameters allow to monitor functional alterations of the skin with age in objective, sensitive specific and reproducible way.

L.P.L. van de Vijver, E. Boelsma, R.A. Bausch-Goldbohm, L. Roza, Subjective skin condition and its association with objective skin measurements, *Cosmetics & Toiletries*, Vol. 118, No. 7, July 2003

From a group of 302 volunteers, the authors obtained both selfreported subjective evaluations of skin condition and objective measurements of skin conditions, and then looked for correlations between the subjective and objective kin measures.

H. Lambers, H. Pronk, S. Piessens, E. Voss, Natural human skin surface pH is on average below 5, *Gordon Conference*, Aug. 2003

The acidic surface pH and the pH gradient over the stratum corneum (SC) are important for optimal condition of the skin, supporting the following functions: regulation of skin microflora, thereby preventing pathogenesis, optimal structure and function of the lipid barrier, optimal stratum corneum homeostasis.

P-A. Wendling, G. Dell'Acqua, Skin biophysical properties of a population living in Valais, Switzerland, *Skin Research and Technology* 2003, 9, 306-311

On average we observed low values of skin capacitance that identify subjects with dry skin. Measures of skin visco-elasticity ratios were also particularly low, while skin pH and sebum content were in the normal range. Age was correlated with a decrease of skin elasticity and sebum content, but there was no correlation with hydration or pH.

S.-J. Choi, M.-G. Song, W.-T. Sung, D.-Y. Lee, J.-H. Lee, E.-S. Lee, J.-M. Yang, Comparison of Transepidermal Water Loss, Capacitance, and pH Values in the Skin Between Intrinsic and Extrinsic atopic Dermatitis Patients, *J Korean Med Sci* 2003, 18, 93-6, p. 93-96

Atopic dermatitis (AD) is characterized by an intensely pruritic skin disease with typical distribution and morphology. The age of onset is nearly always within the first 5 yr of life, and lifetime prevalence in children is roughly 10 to 15% in industrialized countries.

M. I. Nogueira de Camargo Harris, Propriedades biomecânicas da pele, *Pele: estrutura, propriedades e envelhecimento*, Editora Senac, Sao Paulo, 2003

A biometrologia cutânea, ramo da ciência que avalia quantitativamente as propriedades biomecânicas da pele, tem encontrado na cosmetologia um importante aliado, pois o apelo mercadológico dos produtos destinados aos cuidados com a pele e com os cabelos tem-se baseado cada vez mais em evidências científicas e técnicas sensíveis, precisas e validadas, ao invés de serem fundamentadas em especulações.

E. Hernandez, Bioengineering in Dermatology and Cosmetology: Methods, Studies and Prospects, *SÖFW-Journal*, 129. Jahrgang, 11-2003

One of the trends in modern dermatology and its perspectives for the near future are skin bioengineering and imaging. The 1st joint meeting of two scientific societies focusing on measurements and visualisation of skin function, structure and physiology – the International Society for Skin Imaging (ISSI) – took place in Hamburg, May 21-24, 2003. Before that, the meetings and conferences organised by these societies had been held separately.

P. M. Devesa, C. M. Willis, J. W. R. Capper, External auditory canal pH in chronic otitis externa, *Clin. Otolaryngol.* 2003, 28, 320-324

Abstract: Several risk factors have been postulated to play a part in the progression of acute into chronic otitis externa, including changes towards alkalinity of the skin pH of the external auditory canal. These changes have been previously reported to occur in the acute stage, and their persistence may

predispose to a chronic status of this condition. This prospective control study was designed to look at this possible relationship in more depth, by comparing the external auditory canal pH of individuals with chronic otitis externa, but with no current exacerbation, with an age-/sex-matched control group. Analysis of the data revealed a significantly higher external auditory canal pH in the chronic otitis externa group ($P < 0.004$) when compared with the controls, with no concomitant difference in body skin pH. Within this chronic otitis externa cohort, a statistically significant correlation was found between external auditory canal pH and the severity of the condition, as assessed using a multiparameter scoring system ($r = 0.562$; $P < 0.02$). Importantly, the pH was not related to the length of time since the last exacerbation. There was a significant age relationship present within our sample. Younger patients displayed more severe chronic otitis externa ($r = -0.813$; $P < 0.001$), with correspondingly higher external auditory canal pH values ($r = -0.550$; $P < 0.02$). The results suggest that alkaline ear canal skin is a local risk factor for the progression into chronic otitis externa, occurring, in this study, with greater severity in younger individuals.

H. Ranc, A. Elkhyat, C. Servais, B. Launay, P. Humbert, Coefficient de friction et mouillabilité de la muqueuse linguale : influence d'une couche de mucus salivaire, Nestlé Research Center, Nestec Ltd., Lausanne, Suisse

Les aliments, une fois en bouche, sont cisailés et comprimés entre la langue et des surfaces telles que les dents et le palais. La tribologie appliquée aux surfaces interagissant en bouche devrait permettre d'expliquer certains phénomènes physio-chimique qui régissent la perception orale de la structure des aliments.

G. Korinth, T. Goen, K.-H. Schaller, W. Uter, J. Angerer, H. Drexler, Vergleichende Untersuchung zur Belastung und Beanspruchung am Arbeitsplatz durch Reinigungsmittel auf Mineralöl- und auf Pflanzenölbasis unter besonderer Berücksichtigung akuter und Chronischer Hauterkrankung, Abschlussbericht zur Feldstudie „Alternative Reinigungsmittel“ der Universität zu Erlangen, Dezember 2003

E. Camel, L. Arnaud-Boissel, L. Basset, S.K. Tan, J.-P. Guillot, Do Skin Moisturization, pH Colour, Water Loss, Lipids or Age, Phototype and Racial Origin (Asian/Caucasian) Affect S.P.F.?, Personal Care Ingredients Asia, Guangzhou, March 2004

The aim of these studies was first to investigate the possible reasons inducing S.P.F. variations during clinical testing, as regards specific cutaneous parameters (skin colour, hydration, barrier function, pH, surface lipids ...), and secondly to assess the effect of racial origin (Asian/Caucasian) in a large range of sunscreen products (S.P.F. 4 to 30).

A. Elkhyat, C. Courderot-Masuyer, S. Mac-Mary, S. Courau, T. Gharbi, P. Humbert, Assessment of spray application of Saint GERVAIS water effects on skin wettability by contact angle measurement comparison with bidistilled water, Skin Research and Technology 10, p. 283-286, 2004

The skin is responsible for protecting the body from physical, chemical and microbial injuries. The stratum corneum is the top layer of the epidermis and it plays a key role in helping to contain moisture. When the skin becomes damaged, it's ability to perform these functions is compromised. Dry skin is a common form of skin damage. Contact angle 0 between a surface and water is a good indicator of hydrophobic or hydrophilic tendency of surfaces.

H. Lambers, S. Piessens, A. Bloem, H. Pronk, P. Finkel, E. Voss, Natural skin surface pH is on average below 5, which is beneficial for its resident flora, Skin Research and Technology 10, Abstracts, 2004

The acidic surface pH as well as the pH gradient over the gradient over the stratum corneum (SC) are important for a good skin condition, supporting optimal structure and function of the lipid barrier and SC homeostasis.

A.L. Agero, V.M. Verallo-Rowell, A randomized double-blind controlled trial comparing extra virgin coconut oil with mineral oil as a moisturizer for mild to moderate xerosis, Dermatitis, 2004 Sep;15(3): p. 109-116

Background: Xerosis is a common skin condition (1) characterized by dry, rough, scaly, and itchy skin, (2) associated with a defect in skin barrier function, and (3) treated with moisturizers. People in the tropics have effectively used coconut oil as a traditional moisturizer for centuries. Recently, the oil also has been shown to have skin antiseptic effects. A moisturizer with antiseptic effects has value, but there are no clinical studies to document the efficacy and safety of coconut oil as a skin moisturizer. Objective: This study aimed to determine the effectivity and safety of virgin coconut oil compared with mineral oil as a therapeutic moisturizer for mild to moderate xerosis. Methods: A randomized double-blind controlled clinical trial was conducted on mild to moderate xerosis in 34 patients with negative patch-test reactions to the test products. These patients were randomized to apply either coconut oil or mineral oil on the legs twice a day for 2 weeks. Quantitative outcome parameters for effectivity were measured at baseline and on each visit with a Corneometer CM825 to measure skin hydration and a Sebumeter SM 810 to measure skin lipids. For safety, transepidermal water loss (TEWL) was measured with a Tewameter TM210, and skin surface hydrogen ion concentration (pH) was measured with a Skin pH Meter PH900. Patients and the investigator separately evaluated, at baseline and at each weekly visit, skin symptoms of dryness, scaling, roughness, and pruritus by using a visual analogue scale and grading of xerosis. Results: Coconut oil and mineral oil have comparable effects. Both oils showed effectivity through significant improvement in skin hydration and increase in skin surface lipid levels. Safety was demonstrated through no significant difference in TEWL and skin pH. Subjective grading of xerosis by the investigators and visual analogue scales used by the patients showed a general trend toward better (though not statistically evident) improvement with coconut oil than with mineral oil. Safety for both was further demonstrated by negative patch-test results prior to the study and by the absence of adverse reactions during the study. Conclusion: Coconut oil is as effective and safe as mineral oil when used as a moisturizer.

I. Arsic, S. Tamburic, S. Bulatovic, I. Homsek, G. Vuleta, Exploring moisturising potential of naturals: The cases of St. John's wort, chamomile and blackthorn, Euro Cosmetics 3-2005, p. 14-21

The application of plant extracts in cosmetics and toiletries has been a distinct trend over the last decade and, given consumers' interests in naturals, will probably continue. Both cosmetic and dermatological practices have benefited from the use of new and re-discovered plants, as well as plant biotechnology extracts.

A. Bornkessel, M. Flach, M. Arens-Corell, P. Elsner, J. W. Fluhr, Functional assessment of a washing emulsion for sensitive skin: mild impairment of stratum corneum hydration, pH, barrier function, lipid content, integrity and cohesion in a controlled washing test, Skin Research and Technology, 2005-11, May, p. 53-60

Sensitive skin has been described as a skin type with higher reactivity than normal skin and exaggerated reactions to external irritants. Washing with soaps is harmful for barrier-related parameters.

G. Korinth, T. Göen, H.M. Koch, T. Merz, W. Uter, Visible and subclinical skin changes in male and female dispatch department workers of newspaper printing plants, Skin Research and Technology 2005-11, May, p. 132-139

Irritant hand dermatitis is one of the major occupational diseases. Approximately 90% of all cases of hand eczema are caused by occupational exposure. It is a well-established fact that wet work and skin exposure to detergents or solvents often trigger irritant contact dermatitis. Even water can be a skin irritant itself.

*D. Kowatzki, C. Machold, K. Krull, P. Elsner, J.W. Fluhr, **Regeneration kinetic of sweating, Stratum Corneum hydration, Surface pH, Sebum production and mechanical properties is not altered by regular sauna bathing***, Presentation on the ISBS Meeting 2005 in Philadelphia and Skin Research and Technology 2005, 11 (abstracts)

Wellness and especially sauna bathing are of growing interest in modern health care. The positive effect of sauna for general health is well documented. However, to our knowledge no controlled studies have been published on the effect of sauna on skin physiology.

*J.W. Fluhr, M. Breternitz, M. Flach, P. Elsner, **Acute experimentally induced barrier disruption by tape stripping is influenced by pressure, time and anatomical location: Integrity and Cohesion assessed by sequential tape stripping***, Presentation on the ISBS Meeting 2005 in Philadelphia and Skin Research and Technology 2005, 11 (abstracts)

Tape stripping is a well-known procedure in stratum corneum physiology research. Adhesive films are pressed to the surface of SC and then removed. The superficial layers of SC adhere on the film and are accessible for further investigations. Although this method is widely used, only few information about standardization are known.

*A.S.G. Ansel, **Schadstoffe und Allergene in der Innenraumluft: Untersuchung zur Beeinflussung von Hautfunktion und allergologischer Reaktivität bei Patienten mit atopischem Ekzem***, Dissertation 2005 an der Technischen Universität München

Da sich besonders in den modernen westlichen Ländern ein starker Anstieg allergischer Erkrankungen verzeichnen lässt, werden insbesondere Umweltfaktoren als eine mögliche Ursache für die Zunahme der Allergien diskutiert. Ring [96] und der Rat von Sachverständigen für Umweltfragen [10] nennen als mögliche Gründe die Wirkung von Umweltverunreinigungen, die Zunahme von Aeroallergenen in Außen undInnenluftbereich, das Auftreten neuer Allergene, die geringere Stimulation des kindlichen Immunsystems (weniger Infektionen, Parasiten, Impfungen) und einen westlichen Lebensstil. In dem Gutachten wird außerdem darauf hingewiesen, dass die luftgetragenen Allergenträger des Innenraumes und der Außenluft die häufigsten und wichtigsten natürlichen Umweltfaktoren für die Auslösung und Unterhaltung atopischer Erkrankungen sind.

*S. Son, S. Park, S. Ha, G. Park, G. Lee, C. Oh, **Analysis of the skin hydration states using high resolution magnetic resonance microscope***, Presentation on the ISBS Meeting 2005 in Philadelphia and Skin Research and Technology 2005, 11 (abstracts)

Magnetic Resonance (MR) technique have been rapidly developed, and Magnetic Resonance Image (MRI) is now the most versatile non-invasive diagnostic tool with a much higher resolution than other imaging modalities such as conventional X-ray, or Computed Tomography (CT).

*R. Voegeli, J. Heiland, S. Doppler, T. Schreier, **Efficient and Simple Quantification of Stratum Corneum Proteins on Tape Strippings***, Presentation on the ISBS Meeting 2005 in Philadelphia and Skin Research and Technology 2005, 11 (abstracts)

Tape stripping is established as a common technique in dermatological research and is used in a broad range of applications. However, a concurrent colorimetric determination of protein content and enzyme activity on the same tape is circumstantial.

*S. Williams, M. Davids, Ti. Reuther, D. Kraus, M. Kerscher, **Gender Difference of in vivo Skin Surface pH in the Axilla and the Effect of a Standardized Washing Procedure with Tap Water***, Skin Pharmacol Physiol. 2005; 18: p. 247-252

The purpose of our study was to evaluate the axillary skin surface pH and explore potential gender-related differences together with the influence of a washing procedure in healthy subjects. After a run-in period, the skin surface pH was measured in vivo in 10 men and 10 women under standardized

conditions in three distinct locations of each axilla (at baseline and up to 6 h after washing). Potential interfering influences were thoroughly excluded.

C. Uhl, Neue Wege in der Hautdiagnostik, Kosmetische Praxis, Juni 2005

Der Einstieg in die professionelle Hautberatung ist stets das persönliche Gespräch mit dem Kunden. Dabei ist es entscheidend, neben der Beurteilung des optischen Eindrucks der Haut herauszufinden, welche individuellen Lebensgewohnheiten vorliegen. Genetische Disposition, Ernährung, Risikofaktoren wie Rauchen, Stress oder hoher Alkoholkonsum, sportliche Aktivitäten, Schlafverhalten und Alter beeinflussen entscheidend den Hautzustand und müssen daher in die Beratung mit einbezogen werden. Basis einer qualitativen und auf die Bedürfnisse des Kunden zugeschnittenen Körperkosmetik ist die Bestimmung des individuellen Hautzustands.

Diese Information ist unentbehrlich, um eine fundierte Hautberatung durchzuführen. Auf dieser Diagnose soll der gesamte Pflegeplan aufgebaut werden, der essentiell für den Erfolg der Behandlung und damit für die Zufriedenheit der Kunden ist. Lesen Sie, welche Methoden es gibt und wie man vorgeht.

J.W. Fluhr, D. Kelterer, S. Fuchs, M. Kaatz, R. Grieshaber, P. Kleesz, P. Elsner, Additive impairment of the barrier function and irritation by biogenic amines and sodium lauryl sulphate: a controlled in vivo tandem irritation study, Skin Pharmacol Physiol, 2005 Mar-Apr;18(2): p. 88-97

Biogenic amines are potential irritants e.g. in fish-, meat-, milk- and egg-processing professions like cooks, butchers and bakers. The aim of this study was to test the irritative and barrier-disrupting properties of the biogenic amines ammonium hydroxide (AM), dimethylamine (DMA) and trimethylamine (TMA). A repeated sequential irritation of 30 min twice per day was performed over a total of 4 days (tandem repeated irritation test) on the back of 20 healthy volunteers of both sexes with AM, DMA, TMA and sodium lauryl sulphate (SLS). The epidermal barrier function was assessed with a Tewameter TM 210, stratum corneum surface pH was measured with a Skin-pH-Meter 900, inflammation was assessed with a Chromameter CR-300 on the a* axis for redness and a visual score was recorded. All tested biogenic amines (AM, DMA and TMA) induced a barrier disruption and a pH increase paralleled with a 1-day-delayed onset of inflammatory signs. These effects were further enhanced and accelerated by a sequential application of SLS together with the biogenic amines, and inflammation occurred earlier than with the single compounds. Acetic acid (AA) in contrast did only show mild barrier disruption and no significant inflammatory signs. Our system allowed a ranking of the different compounds in their irritative potential in the tandem irritation with SLS: SLS > NaOH > TMA > AA > AM > DMA. The results are suggestive that in the food-processing industry the simultaneous contact with biogenic amines and harmful detergents like SLS should be minimized.

E. Houben, K. de Paepe, V. Rogiers, Skin condition associated with intensive use of alcoholic gels for hand disinfection: a combination of biophysical and sensorial data, Contact Dermatitis 2006: 54, p. 261-267

Hand hygiene of healthcare workers (HCWs) is of major concern to avoid nosocomial infections (1-4). Therefore, hospitalwide infection control programmes prescribe disinfection of the hands after each patient contact (5, 6).

H. Lambers, S. Piessens, A. Bloem, H. Pronk, P. Finkel, E. Voss, J. Fluhr, Natural skin surface pH is on average below 5, which is beneficial for its resident flora, International Journal of Cosmetic Science, October 2006, Volume 28, Issue 5, Pages 311-387

The acidic surface pH as well as the pH gradient over the stratum corneum (SC) are important for a good skin condition, supporting optimal structure and function of the lipid barrier and SC homeostasis (refs. 1, 2). The acidic surface pH is also an important determinant for the growth conditions of both resident (normally found on the skin) as well as transient (opportunistic, potentially pathogenic) microflora. *Staphylococcus epidermidis* (*S. epidermidis*) is a typical example of the resident flora, representing more than 80% of total microflora of "dry" body areas like arms, legs and lower torso; *Staphylococcus aureus* (*S. aureus*) is a typical example of the potentially pathogenic transient flora (ref. 3).

D. Khazaka, Objective Measurement at all Stages of the treatment, 5th Asia Pacific Conference on Antiaging Medicine, Bali, September 2006

The days are over when a dermatologist only looked at the skin to make a diagnosis and to decide about the following treatments and to recommend skin care products to use. For almost 20 years now there is scientific equipment available to measure different parameters on the skin, such as hydration and sebum level, pH, elasticity, pigmentation skin texture and wrinkles and many more.

R. Voegeli, A.V. Rawlings, S. Doppler, T. Schreier, Profiling of Serine Protease Activities in Human Stratum Corneum, Oral Presentation on the 24th IFSCC Congress, Osaka, Oct. 2006

Epidermal serine proteases are involved in numerous physiological and pathological reactions in cells and tissues such as proliferation, differentiation, lipid barrier homeostasis and tissue remodeling. Most importantly proteolysis of corneodesmosomes is a crucial event prior to desquamation. Reduced expression of kallikrein 7 (stratum corneum chymotryptic enzyme or SCCE) and kallikrein 5 (stratum corneum tryptic enzymes or SCTE) has been observed in the outer layers of the stratum corneum (SC) in dry skin whereas increased total SC activities are reported following a challenge to the skin with ultraviolet radiation or surfactants.

M.K. Kim, S.Y. Choj, H.J. Byun, C.H. Huh, K.C. Park, R.A. Patel, A.H. Shinn, S.W. Youn, Comparison of sebum secretion, skin type, pH in humans with and without acne, Arch Dermatol Res. 2006 Aug;298(3): p. 113-9

Differences of skin type and pH between subjects with and without acne have not been investigated. In addition, the relationship between sebum secretion and pH in these populations has not been determined. This study assessed the differences in objective and subjective skin types between these two groups. Secondly, this study evaluated the difference in pH on five facial areas (forehead, nose, chin, right and left cheeks) between the two populations. Lastly, the relationship between pH and sebum secretion was analyzed in each population. Sebum casual levels (CL) of the five facial areas in 36 Koreans with acne and 47 Koreans without acne were measured by using a Sebumeter SM 815 and subjects were classified into objective skin types by CL. Subjects reported the type of skin they believed they had, which determined the subjective skin type. The pH levels of the five facial areas were measured by the Skin-pH-Meter PH 905. Data were assessed with adequate statistical tests depending on data type and distribution. Among the five areas, the nose of the subjects with acne showed a significantly higher CL, compared to the subjects without acne. This difference in CL on the nose resulted in the difference in CL on the T-zone and mean facial sebum excretions (MFSE). Although CL differed, objective skin types did not differ between the two groups ($P > 0.05$), but the subjective skin types differed significantly ($P = 0.001$). In addition, the objective skin types were significantly different than the subjective skin types in subjects with acne ($P = 0.001$), whereas the two skin types did not differ in subjects without acne. Subjects with acne actually overestimated their skin types and stated their skin types were "oilier" than they were. In respect to pH, none of the five areas differed significantly between the two groups. Among the five sites in subjects with acne, CL showed a significant negative correlation with pH on the left ($r(2) = 0.12$) and right ($r(2) = 0.15$) cheeks, which resulted in a significant negative correlation on the U-zone ($r(2) = 0.14$). In contrast, in subjects without acne, there was a significant negative correlation between CL and pH on the forehead ($r(2) = 0.10$) and chin ($r(2) = 0.16$), which led to a significant negative correlation on the T-zone ($r(2) = 0.14$).

G. Yosipovitch, M.I. Duque, T.S. Patel, Y. Ishiiji, D.A. Guzman-Sanchez, G. Dawn, B.I. Freedman, Y.H. Chan, D. Crumrine, P.M. Elias, Skin barrier structure and function and their relationship to pruritus in end-stage renal disease, NDT Advance Access published online on June 25, 2007

The relationship between dry skin and uraemic pruritus remains controversial. In addition, there is a lack of published data describing the structure and function of the stratum comeum (SC) in end stage renal disease (ESRD). The purpose of the present study was to assess the function and structure of the skin barrier in patients with ESRD and to correlate any abnormalities with uraemic pruritus.

A. Firooz, F. Gorouhi, P. Davari, M. Atarod, S. Hekmat, M. Rashighi-Firoozabadi, A. Solhpour, **Comparison of hydration, sebum and pH values in clinically normal skin of patients with atopic dermatitis and healthy controls**, 2007, Clinical and Experimental Dermatology 32, Journal compilation, p. 320-334

The water content of the stratum corneum and skin surface lipids forms a balance that is important for the appearance and function of the skin. An impaired balance may lead to the clinical manifestations known as “dry skin”, which is particularly seen in patients with atopic dermatitis (AD).

H. Lambers, S. Piessens, A. Bloem, H. Pronk, P. Finkel, **Natural skin surface pH is on average below 5, which is beneficial for its resident flora**, IFSCC Magazine, Vol. 10, No. 1/2007, p. 84

Variable skin pH values are being reported in literature, all in the acidic range but with a broad range from pH 4,0 to 7,0. In a multicentre study (N=330), we have assessed the skin surface pH of the volar forearm before and after refraining from showering and cosmetic product application for 24h.

L. Ambroisine, K. Ezzedine, A. Elfakir, S. Gardinier, J. Latreille, E. Mauger, M. Tenenhaus, C. Guinot, **Relationships between visual and tactile features and biophysical parameters in human facial skin**, Skin Research Technology 2007; 13: p. 176-183

Skin properties, such as colour, hydration and texture, can be studied on a qualitative basis by a clinical assessment or on a quantitative basis using techniques that measure biophysical properties of the skin. The aim of this study was to explore the links between facial skin features and a range of skin biophysical parameters using multivariate method.

W. Pratchyapruit, K. Kikuchi, P. Gritiyangasan, S. Aiba, H. Tagami, **Functional analyses of the eyelid skin constituting the most soft and smooth area on the face: contribution of its remarkably large superficial corneocytes to effective water-holding capacity of the stratum corneum**, Skin Research and Technology 2007; 13; p. 169-175

The eyelid constitutes a unique area on the face because of its soft, smooth and thin skin distinct from that of other facial portions. Its softness facilitates their easy compliance to blinking movement, which is indispensable to protect the wet surface of the eyeball. Moreover, the skin of the eyelid does not show any prominent follicular orifices of any oily appearance even in adults.

D. Segger, U. Aßmus, M. Brock, J. Erasmy, P. Finkel, A. Fitzner, H. Heuss, U. Kortemeier, S. Munke, T. Rheinländer, H. Schmidt-Lewerkühne, **Multicenter Study on Measurement of the Natural pH of the Skin Surface**, IFSCC Magazine, Vol. 10, No. 2/2007, p. 107-110

Characterization of the skin's natural state is very important for understanding skin functions and describing disturbances of skin function. In the field of cosmetics and dermatologicals the natural pH of the skin surface plays an important role in the development of products with a skin neutral pH.

R. Voegeli, J. Heiland, S. Doppler, A.V. Rawlings, T. Schreier, **Efficient and simple quantification of stratum corneum proteins on tape strippings by infrared densitometry**, Skin Research and Technology 2007, 13; p. 242-251

The analysis of stratum (SC) components is a widely accepted method to determine “skin health” status or to follow the effects of topical treatments. These analytes are normally corrected to the amount of SC removed which can be determined gravimetrically or by extraction of SC proteins and their subsequent analysis.

M. Kerscher, T. Reuther, G. Schramm, **Chlormadinonacetat enthaltende Mikropille verbessert unreine Haut**, Frauenarzt 48 (2007), Nr. 4, S. 373-378

Moderne Mikropillen zeichnen sich besonders durch eine Reihe von Zusatznutzen aus. Den wichtigsten stellt die Verbesserung des Hautbildes dar. Für die Chlormadinonacetat-haltige Mikropille

Belara wurde in klinischen, kontrollierten Studien bei leichter bis mittelschwerer Akne die Überlegenheit im Vergleich zu einer Levonorgestrel-haltigen Mikropille und zu Plazebo nachgewiesen

*S. Marrakchi, H.I. Maibach, **Biophysical parameters of skin: map of human face, regional, and age-related differences***, Contact Dermatitis 2007; 57, p. 28-34

The face showed anatomical variation on reaction to chemicals, which could be related to differences in biophysical parameters. 10 young human volunteers (24-34 years) and 10 old volunteers (66-83 years) were studied to prepare a map of the human face based on regional variations and age-related differences by measuring various biophysical parameters.

*A. Firooz, F. Gorouhi, P. Davari, S. Hekmat, M. Atarod, M. Rashighi Firoozabadi, A. Solhpour, **Comparison of hydration, sebum and pH values in clinically normal skin of patients with atopic dermatitis and healthy controls***, Clinical and Experimental Dermatology 2007; 32, p. 321-322

The water content of the stratum corneum and skin surface lipids forms a balance that is important for the appearance and function of the skin. An impaired balance may lead to the clinical manifestations known as "dry skin", which is particularly seen in patients with atopic dermatitis (AD).

*S. An, E. Lee, S. Kim, G. Nam, H. Lee, S. Moon, I. Chang, **Comparison and correlation between stinging responses to lactic acid and bioengineering parameters***, Contact Dermatitis 2007; 57; p. 158-162

Sensitive skin has been described as a skin type showing higher reactivity than normal skin. By our consumer surveys, approximately 30% of the subjects believe that they have sensitive skin. However, consumer-perceived cutaneous reactions are usually scientifically unconfirmed.

*G. Feller-Heppt, C. Wagner, S. Ugurel, **Wirksamkeit und Patientenzufriedenheit verschiedener Pflegecremes bei Atopikern und Neurodermitispatienten im erscheinungsfreien Intervall***, Kosmetische Medizin 5/2007, S. 28-34

Bei Neurodermitispatienten stehen vor allem die Symptome trockene Haut und ausgeprägter Juckreiz im Vordergrund. Hierdurch kommt es zu vermehrtem Kratzen und nachfolgend möglicherweise zum Eintritt infektiöser Erreger bei gestörter Hautbarrierefunktion und gestörter zellulärer Immunität. Ein neuer Ekzemschub kann entstehen und den Juckreiz noch verstärken.

*C. Bayerl, T. Walker, M. Arens-Corell, **Dermatologically controlled in-use test of sebamed soap-free washing bar in a daily care unit***, 21st World Congress of Dermatology, Buenos Aires, Argentina

Suitability and tolerability of a soap-free washing bar for cleansing was evaluated in patients with skin diseases. Recruitment of volunteers included consecutive patients of an outpatient, daily care unit of a dermatological hospital.

*N. Garcia Bartels, A. Mieczko, H. Proquitté, R. Wauer, T. Schink, U. Blume-Peytavi, **Influence of Bathing in Newborns: A Prospective, Randomized Clinical Study on Skin Barrier During the First Four Weeks of Life***, 21st World Congress of Dermatology, Buenos Aires, Argentina

Background: The adapting process of skin barrier to extra-uterine life and the influence of bathing on term neonates's skin is not completely understood. Thus, we investigated the effect of bathing on skin barrier during the first four weeks of life. Methods: Monocenter, prospective, randomised study with 57 healthy full-term newborns (32 boys and 25 girls).

*G. Maaß, **Anwendungsstudie der sebamed TROCKENE HAUT Produkte bei Kindern mit atopischem Ekzem***, Kosmetische Medizin 6/2007, S. 288-290

Es erfolgte in einer vierwöchigen Anwendungsuntersuchung eine klinische Überprüfung der sebamed TROCKENE HAUT Pflegeprodukte – Waschlotion, Pflegelotion, Tagescreme und Nachtcreme – bei

Kindern mit atopischem Ekzem anhand von quantitativen Meßgrößen, von klinischen Befundurteilen sowie von qualitativen Beurteilungen der Pflegewirkungen.

G. Nakahami, H. Sanada, C. Konya, A. Kitagawa, E. Tadaka, Y. Matsuyama, Evaluation of a new pressure ulcer preventive dressing containing ceramide 2 with low frictional outer layer, JAN Journal Compilation 2007

Aim. This paper is a report of an evaluation of the effectiveness of a newly developed dressing for preventing persistent erythema and pressure ulcer development and improving the water-holding capacity without increasing the skin pH in bedridden older patients. Background. Shear forces and skin dryness play important roles in persistent erythema and pressure ulcer development. To eliminate these risks, we developed a dressing to reduce shear forces and improve the water-holding capacity. However, the effects of this dressing in clinical settings remain unknown. Method. An experimental bilateral comparison study was conducted at a hospital in Japan 2004 with 37 bedridden older patients at risk of pressure ulcer development.

S. Uhlig, Irritabilität und Regeneration der Epidermalen Permeabilitätsbarriere in Abhängigkeit vom Weiblichen Zyklus und dem Psychischen Wohlbefinden - Hautphysiologische und psychologische Untersuchungen, Dissertation zur Erlangung der Doktorwürde der Universität Osnabrück, 2007

N. Akhtar, G. Ahmed, M. Ahmed, N. Ranjha, A. Mahmood, Grapefruit Extract Cream: Effects on Melanin and Skin, Cosmetics and Toiletries Magazine, Vol. 123, No. 1/January 2008, p. 55-68
Emulsions are thermodynamically unstable systems defined as microscopic dispersions of liquid droplets contained within another liquid, with a diameter ranging from 0.5 to 100 µm. Emulsions usually consist of mixtures of an aqueous phase with various oils or waxes.

M.O. Ferreira, M.H. Amaral, P.C. Costa, M.F. Bahia, Assessment of Age-Related Differences in Skin Surface, Hydration, Sebum and pH, IFSCC Barcelona 2008

Skin is the body's largest organ and constitutes a formidable physical barrier that protects us from the environment [1]. It is composed of two main layers: the epidermis and the dermis. The stratum corneum is the outermost layer of the epidermis and is the most important in terms of protection against damage and aesthetic appearance of the skin. The hydrolipidic film of the stratum corneum, which consists mainly of sebum excreted by the sebaceous glands and moisture components excreted with sweat, protects the skin from drying out, keeps it supple and due to the natural acid protection barrier it prevents the penetration of harmful external substances.

M.O. Ferreira, M.H. Amaral, P.C. Costa, M.F. Bahia, Study of the Inter-Relations between Skin Surface Parameters, Hydration, Sebum and pH, IFSCC Barcelona 2008

Skin is the body's largest organ and constitutes a formidable physical barrier that protects us from the environment [1]. Several biophysical techniques are commonly used to study the skin properties and to measure the in vivo skin effects of cosmetics, topical medicaments and chemical irritants [2,3]. The Corneometer® (a capacitance method) measures skin hydration, the Sebumeter® (a photometric method) measures the sebum of the skin and the Skin-pH Meter® (a potentiometric method) measures the pH of the skin [4]. The Visioscan® VC98 connected to the software SELS (Surface Evaluation of the Living Skin) can measure several skin surface parameters [5]. This apparatus consists of a special b/w video sensor chip with very high resolution, an objective and an UVA-light source.

R. Voegeli, A.V. Rawlings, J.W. Fluhr, S- Doppler, T. Schreier, Serine Proteases, Skin Function and Homeostasis, Ifscs Barcelona 2008

Several proteases were shown to be present in the epidermis and especially in the stratum corneum (SC). Among these enzymes the serine proteases have a wide spectrum of specificities and

functions and play important roles in numerous physiological and pathological processes [1]. In skin they are involved in epidermal proliferation, differentiation, lipid barrier homeostasis and tissue remodeling. Most importantly, kallikreins, together with other enzymes, are involved in the proteolysis of corneodesmosomal proteins, a crucial event prior to desquamation [2].

*E. Kim, S. Kim, H. Lee, S. Moon, I. Chang, **The alkaline pH-adapted skin barrier is disrupted severely by SLS-induced irritation**, IFSCC Barcelona 2008*

Human stratum corneum is a multilayer barrier composed of corneocytes and specialized intercellular lipids rendering the skin poorly permeable to water and other polar compounds. The horny layer assists in maintain a constant internal milieu with a pH of 7.4 in viable epidermis that contrasts with the pH of 4-6 found on most parts of human skin[1]. The 'acid mantle' of the stratum corneum first described by Schade & Marchionini in 1928[2], was originally thought of as a thin film composed of fatty acids, amino acids, and other organic acids deposited on the skin surface.

*S.H. Pérez Damonte, C.L. Selem, C. Groisman, **Bi-Functional Study of Ion Calcium in the Skin**, IFSCC Barcelona 2008*

The Calcium ion has an important function in the skin. Its gradient plays a role in regulating epidermal growth and differentiation *in-vivo*. In the intact epidermis, the extra cellular calcium content is low in both, malpighi and spinosum strata, but increases from the inner to the outer layer of the stratum granulosum [1]. Also, the calcium ion participates in the formation of the epidermal desmosomes, fibroblasts and keratinocytes, which provide the integrity and firmness of the skin [2]. All of these factors are important for the correct function of the epidermal barrier.

*S.H Pérez Damonte, A.M. Martín, M. E. Daraio, **Safety Assessment for Nickel in Cosmetics**, IFSCC Barcelona 2008*

Many environmental chemicals produce contact hypersensitivity or local inflammatory responses in the skin. Nickel released from metal objects is well known as a sensitizing agent in humans. Since the initial damage caused by nickel remains to be the leading cause of skin disorders such as allergic contact dermatitis worldwide, the aim of this study is to investigate if the content of nickel in cosmetics could produce such reactions.

*P. Davari, F. Gorouhi, S. Jafarian, Y. Dowlati, A. Firooz, **A randomized investigator-blind trial of different passes of microdermabrasion therapy and their effects on skin biophysical characteristics**, International Journal of Dermatology 2008, 47, p. 508-513*

Microdermabrasion (MDA) was developed in 1980s, and rapidly became a popular modality in superficial skin resurfacing. Its safety, simplicity, no need for anesthesia, prompt recovery and modest equipment costs hold a wide appeal for both physicians and patients. This non-invasive mechanical technique is used in management of fine rhytides, mottled pigmentation, clogged pores, acne, acne scars, and stretch marks.

*E. Houben, R.Adam, J.-P. Hachem, Di. Roseeuw, V. Rogiers, K. de Paepe; **Clinical scoring and biophysical evaluation of nasolabial skin barrier damage caused by rhinorrhea**; Contact Dermatitis 2008, 59; 296-300*

Suffering from an acute viral cold – caused by rhinoviruses or coronaviruses – probably is the most common illness known. A common cold usually is mild and self-limiting. Apart from an overall discomfort, cold symptoms are sneezing, serous nasal secretion, and obstruction of nasal breathing caused by the swelling and inflammation of the sinus membranes. These symptoms occur 2-3 days after the infection and usually last for 7-10 days. In acute viral rhinitis, only the symptoms can be treated and common over-the-counter medication for a cold may already be effective.

H. Hariry, Untersuchung zum postpartalen Verlauf des Hautoberflächen-pH-Wertes von Säuglingen atopischer und nicht atopischer Familien zur Beurteilung des pH-Wertes als Prädiktor und pathogenetischen Faktors bei der atopischen Dermatitis; Gütersloh 2008

Einleitung: 1.1 Definition und Epidemiologie der atopischen Dermatitis: Der Begriff Atopie bezeichnet eine genetisch determinierte Disposition gegen harmlose exogene und auch vermutlich endogene Substanzen ohne klar ersichtlichen Grund sensibilisiert zu werden. In dessen Folge entwickeln sich die als atopische Trias bekannten Krankheitsbilder: die allergische Rhinokonjunktivitis, das allergische Asthma bronchiale und die atopische Dermatitis. Atopische Erkrankungen haben in den letzten Jahrzehnten signifikant zugenommen und betreffen gegenwärtig weltweit etwa 20% der Bevölkerung in den Industrienationen (114). Zwillingsstudien und Familienstudien haben gezeigt, dass die Disposition zu atopischen Erkrankungen erblich ist (269). Die atopische Dermatitis ist eine der wichtigsten Erkrankungen im Fachgebiet der Dermatologie und Berufsdermatologie und gilt als ein wesentlicher Kofaktor berufsbedingter Handekzeme (58,276). Die Erkrankung erfasst 15% bis 20% der Kinder in Industrieländern und stellt eine enorme Belastung für die Betroffenen und das Gesundheitssystem dar. Die atopische Dermatitis ist durch ihren besonderen Verlauf, typische klinische Merkmale wie extremen Juckreiz und weitere assoziierte Zeichen von übrigen Ekzemen unterscheidbar (276).

T. Reuther, S. Schröder, M. Kerscher, Analysis of site- dependent differences of transepidermal water loss, skin capacitance and skin surface pH using both, T-test and correlation analysis, Abstract, EADV Paris 09/2008

Transepidermal water loss (TEWL), skin capacitance (SC) and skin surface-pH (pH) are today standard parameters for assessing skin barrier function. While there are many studies analysing the relationship between absolute values from different sites using t-test investigations providing information from the analysis of such data using correlation analysis are very rare. Therefore the aim of the present study was to analyze TEWL, SC and pH of the forearm (FA) and the forehead (FH) using and comparing t-test and correlation analysis.

P. Davari, F. Gorouhi, S. Jafarian, Y. Dowlati, Yahya, A. Firooz, A randomized investigator-blind trial of different passes of microdermabrasion therapy and their effects on skin biophysical characteristics, International Journal of Dermatology, Volume 47, Number 5, May 2008, p. 508-513

Background: Microdermabrasion (MDA) is a safe, simple, and beneficial technique for superficial skin resurfacing. Despite its popular usage, few studies have assessed the efficacy of different MDA protocols applied at the present time. Objectives: To assess the effects of MDA generally, as well as to compare the effects of two vs. three passes of MDA in each session for a total number of six therapeutic sessions on skin biophysical characteristics.

J. Dissemond, pH-Wert und chronische Wunden, *derm* (14) 2008, S. 486-490

Der pH-Wert beschreibt logarithmisch die reziproke Konzentration von freien Wasserstoffionen und ist somit ein Maß für die Stärke der sauren bez. basischen Wirkung einer wässrigen Lösung. Der Begriff pH-Wert leitet sich von den lateinischen Wörtern potentia (Kraft) und hydrogenium (Wasserstoff) ab. Die Skala der pH-Werte reicht von 0 bis 14, wobei der Mittelwert von 7 als neutral bezeichnet wird.

J.W. Wiechers, Formulating at pH 4-5: How Lower pH Benefits the Skin and Formulations, *Cosmetics and Toiletries magazine;* Vol. 123, No. 12/December 2008

Most skin products are formulated around pH 6 but the latest research in skin biology suggests the skin is significantly more acidic – around 4,7. Here, the author shows how formulating for this natural pH can enhance the skin penetration of actives, reduce the amount of preservatives required, and increase chemical stability.

D. Voegeli, The Effect of Washing and Drying Practices on Skin Barrier Function, J Wound Ostomy Contenance Nurs., 2008; 35(1): p. 84-90

Purpose: The aim of this study was to explore the potential contribution to skin damage caused by standard washing and drying techniques used in nursing. Design: An experimental cohort design was used, with healthy volunteers (n = 15) receiving 6 different washing and drying techniques to the volar aspect of the forearm. Subjects underwent 3 washing and drying techniques on each arm; each technique was repeated twice, separated by a 2-hour rest period. Methods: Skin integrity was assessed by measuring transepidermal water loss (TEWL), skin hydration, skin pH, and erythema. Comparisons were made between washing with soap or water alone, and drying using a towel (rubbing and patting) or evaporation. The significance of any difference was assessed by nonparametric analysis. The study was approved by the local research ethics committee, and all volunteers gave informed consent. Results: TEWL was seen to increase following each type of wash, and increased further following repeated washing. Drying of the skin by patting with a towel increased TEWL to give readings identical to those obtained from wet skin. There was an increase in skin pH with all washing and drying techniques, particularly when soap was used. Erythema also increased with repeated washing, particularly when soap was used. No significant changes were observed in skin hydration as measured by a corneometer, although there was a tendency for the values to decrease with washing. Conclusions: These data suggest that washing with soap and water and towel drying has a significant disrupting effect on the skin's barrier function. There is tentative evidence to suggest that a cumulative effect may exist with damage increasing as washing frequency increases. Drying the skin by patting with a towel offers no advantage to conventional gentle rubbing as it leaves the skin significantly wetter and at greater risk of frictional damage.

A. Helmke, D. Hoffmeister, N- Mertens, S. Emmert, J. Schuette, W. Vioel, The acidification of lipid film surfaces by non-thermal DBD at atmospheric pressure in air, New Journal of Physics 11 (2009) 115025

We studied the acidifying efficiency of a cold atmospheric pressure plasma treatment and ambient air as a working gas on lipid films. Acidification of a thin water film could be observed on plasma-treated surfaces of wool wax, pork sebum and human lipids. This pH shift was partly attributable to NO_x species and to the formation of nitric acid in the upper layers of the substrates. The acidic compounds on the lipid surfaces resulted in pH shifts for up to 2 h after plasma exposure, which might be beneficial for pH-targeted therapies in dermatology.

S. Gong, C. Lv, K.R. Feingold, X. Zhang, S. Xin, C. Tu, L. Dui, P.M. Elias, M. Man, Variation of skin surface pH, sebum content and stratum corneum hydration with age and gender in Chinese population, Journal of Investigative Dermatology (2009), Volume 129

Evidence suggests the importance of skin biophysical properties in predicting diseases and in developing appropriate skin care. The results to date of studies on skin surface pH, stratum corneum (SC) hydration, and sebum content in various gender and ages have been inconclusive in part due to small sample size. Additionally, little is known about skin physical properties of Asian, especially Chinese, subjects.

D. Khazaka, C. Uhl, More than 2 decades of bioengineering for efficacy testing and product recommendation, Household and Personal Care TODAY, No. 1/2009

Due to high competition in the cosmetic and growing customer expectations, in the past two decades there has been a continuous development of new cosmetic products with more efficient ingredients covering new effects on the skin. Simultaneously to this, there was an increasing demand for new measuring techniques to substantiate the new product claims. The field of skin bioengineering has consequently been immensely enriched in the last years by inventing new physical and optical measurement methods for all kind of skin parameters.

M. Yamaguchi, Y. Tahare, T. Makino, T. Shimizu, A. Date, Comparison of Cathepsin L activity in cheek and forearm stratum corneum in young female adults, Skin Research and Technology 2009; 15; 370-375

Noninvasive determination of skin surface proteolytic activity may be useful for the diagnosis of human disease and the potential of skin. The cathepsin family is one of the metabolizing enzymes of the skin cell and it includes aspartic protease cathepsin D and cysteine proteases cathepsin B, H, and L. Cathepsin L is a lysosomal cysteine protease with a major role in intercellular protein catabolism.

K. de Paepe, E. Houben, R. Adam, J.-P. Hachem, D. Roseeuw, V. Rogiers, Seasonal Effects on the Nasolabial Skin Condition, Skin Pharmacol Physiol 2009; 22: 8-14

In the present work, nasolabial skin condition and the influence of seasonal changes during autumn and winter were studied in 16 healthy female volunteers. Apart from visual scoring of erythema and skin scaliness, transepidermal water loss (TEWL), skin hydration, apparent skin pH, skin colour and skin desquamation were biophysically measured. The study results showed that nasolabial TEWL was significantly higher during wintertime than in autumn.

R. Adam, B. Schnetz, P. Mathey, M. Pericoi, Y. de Prost, Clinical Demonstration of Skin Mildness and Suitability for Sensitive Infant Skin of a New Baby Wipe, Pediatric Dermatology 1-8; 2009

Over the past decade, baby wipes have become established as leading cleansing devices for the diaper area. Despite this fact, few publications have reported clinical data on the dermatologic effects of baby wipes. Although basic performance requirements of a moist tissue, such as cleaning and removal of fecal matter from the skin, are largely met by current products, modern baby wipes can address further aspects of skin care in the diaper area via usage of effective cosmetic product application.

N. Krueger, S. Luebberding, M. Oltmer, M. Streker, M. Kerscher, Age-related changes in skin mechanical properties. Quantitative evaluation of 120 female subjects in a trial with a strict design, ISBS Besancon, 2009

The most commonly used method to determine the mechanical ability of skin is the creep test using suction chamber devices. Until now there is no scientific consensus upon which skin deformation parameters are particularly suitable to describe age related changes in human skin mechanics. The aim of this study was to examine common mechanical skin parameters to find those best representing the influence of aging.

A. Elkhyat, Y. Afifi, B. Hassam, P. Humbert, Human skin wettability cartography, ISBS Besancon, 2009

For decades the surface hydrophobicity has been reported to play an important role in many biological processes, such as cellular adhesion, contact inhibition, elasticity, functionality of tissue membranes, functioning of intracellular structures, and adhesion of infectious microorganisms. The skin affinity with water is estimated by measuring of its water contact angle. To establish a cartography of skin's wettability by Ow measuring at nine sites. The hydration and lipidic index (HI, LI) and the skin pH are measured.

W. Siyu, L. Li, Effect of sweating by exercise on stratum corneum hydration, skin surface sebum content and pH value, ISBS Besancon, 2009

The physiological indexes of skin include stratum corneum hydration, skin surface sebum content and pH value, which could reflect physiological state of the local and systematic organism, and also could be affected by many factors from internal or external changes. Many studies have been put on these physiological indexes, but there is no report of studying on effect of sweating by exercise on sebum, hydration and pH value of face skin. To observe the effect of sweating by exercise on stratum corneum hydration, skin surface sebum content and pH value of forehead and pars zygomatica of

healthy individuals of different ages in order to collect the numerical data as the reference for exterior use drugs and before / after sports' cosmetics.

G. Stamatias, J. Nikolovski, Non-invasive optical methods for the study of infant skin, ISBS Besancon, 2009

Until recently, the study of infant skin in vivo has been limited to simple non-invasive techniques focusing on skin surface properties such as stratum corneum (SC) hydration, trans-epidermal water loss, and SC pH. With this work we demonstrate the development of non-invasive optical methods adapted for measurements on infant skin and the use of such methods to document skin maturation changes during the first years of life. Optical methods can be classified into methods relating to spectroscopy, microscopy, macroimaging, or a combination of the above. Skin spectroscopy can be achieved in vivo with the use of fiber optic probes that can come in contact with the skin site of interest.

J. K. Kim, J. H. Cho, Change of external auditory canal pH in acute otitis externa, Annals of Otolaryngology, Rhinology & Laryngology 118 (11); 769-772, 2009

Abstract: Objectives: We investigated (1) the correlation between the degree of acute otitis externa (AOE) and a change of pH and (2) the recovery of pH after acidification compared to an antibiotic otic solution in AOE. A change of pH in the external auditory canal (EAC) is very important for the pathogenesis of otitis externa. Therefore, not only an antibiotic otic solution, but also acidification, is known to be a good treatment for AOE. However, pH has only been investigated in chronic otitis externa, and not in AOE. **Methods:** This was a prospective randomized control study. Forty adult patients (56 ears) with AOE and 40 normal control subjects (80 ears) participated in this study. The severity of disease was graded as mild, moderate, or severe. The pH of each EAC was then measured. The patients were randomly assigned into 2 groups: one for vinegar irrigation and the other for topical antibiotics. The pH of the diseased ears was measured at 1 and 2 weeks after the treatment.

S. Gardinier, S. Guéhenneux, J. Latreille, C. Guinot, E. Tschachler, Variations of skin biophysical properties after recreational swimming, Skin Research and Technology 2009; 15; pp. 427-432

Sensations of itching and skin tightness are frequently reported after recreational swimming in pool water. Our objective was to measure the potential changes occurring at the skin surface under such conditions. Nine women participated in this study, which consisted of two periods. During a 4-day control period, basal biophysical skin parameters were assessed every morning. On the first day, measurements were also performed in the afternoon. The second study period followed the same study design as for the control period, except that, on the first day, women swam for 1 h in a public pool, between the measurements performed in the morning and the afternoon.

S.W. Youn, J.H. Kim, J.E. Lee, S.O. Kim, K.C. Park, The facial red fluorescence of ultraviolet photography: is this color due to Propionibacterium acnes or the unknown content of secreted sebum?, Skin Research and Technology 2009; 15; p.230-236

Red fluorescence of the face induced by ultraviolet light is thought to be due to *Propionibacterium acnes*. However, recently there are reports correlating this red fluorescence with the amount of facial sebum secretion. This study was performed to investigate the relationship between the areas of facial red fluorescence with culture results of *P. acnes* and the amount of sebum secretion. Nineteen patients with acne were included. *P. acnes* cultures were done on specimens obtained from areas with red fluorescence.

H. Zhai, H.P. Chan, S. Farahmand, H.I. Maibach, Measuring human skin buffering capacity: an in vitro model, Skin Research and Technology 2009; 15: p. 470-475

It has been thought that skin possesses buffering capacity. This study measured the skin buffering capacity against two model solutions of acid and base at three concentrations with an in vitro system. Ten microliters of model base (sodium hydroxide – NaOH) and acid (Hydrochloric acid – HCl)

solutions at concentrations of 0.025, 0.05 and 0.1 N was applied to human cadaver skin placed onto glass diffusion cells.

*L.-C. Gerhardt, A. Lenz, N.D. Spencer, T. Münzer, S. Derler, **Skin-textile friction and skin elasticity in young and aged persons***, Skin Research and Technology 2009; 15, p. 288-298

The mechanical properties of human skin are known to change with ageing, rendering skin less resistant to friction and shear forces, as well as more vulnerable to wounds. Until now, only few and contradictory results on the age-dependent friction properties of skin have been reported. This study has investigated in detail the influence of age on the friction of human skin against textiles. In vivo skin-friction measurements on a force plate were combined with skin analyses concerning elasticity, hydration, pH value and sebum content.

*A. Mieczko, **Investigation of skin physiological parameters in term neonates and evaluation of the influence of bathing on skin barrier function in newborns during the first four weeks of life***, 2010 Universitätsbibliothek der Freien Universität Berlin

Ultrastructural studies have shown that the epidermis of full-term infants born after 40 weeks of gestation is morphologically indistinguishable from that of adults. It was therefore assumed that the biophysical properties are similar as well. The present study investigated skin physiology in neonates, especially the barrier function during the first 4 weeks of life and the influence of bathing and washing.

*T. Lihoreau, C. Vidal, A. Jeudy, A. Elkhyat, S. Mac-Mary, J.M. Sainthillier, J. Jung, H. Bourdin, P. Humbert, **Skin Sebum Excretion and Sleep Apnea***, ISBS 2010 Buenos Aires, Argentina

The sleeping apnea syndrome is a common disorder that affects 5% of the population, but its diagnosis is underestimated because physicians forget to ask key questions, and the establishment of polysomnography is cumbersome. But given the relationship between excretion of sweat and some brain dysfunctions (eg Parkinson's disease ...), we wanted to evaluate sebaceous excretion in a population suffering from sleeping troubles, particularly sleep apnea, compared to a control group. Methodology: A preliminary study was then carried out on 26 volunteers (11 women, 15 men, average age = 46.2 years +/-14.8, average Body Mass Index (BMI) = 26.4 kg/m³+/-5.6); they were sorted in two different populations (apnea versus, n=14, and no apnea syndrome, n=12). Skin and apnea parameters were compared between both groups: a polysomnographic record was done during the night; concerning the skin parameters, the records -realized on the wakening of the patient- concerned sebum excretion (Sebumeter SM 810, Courage & Khazaka), hydration index (Corneometer CM820, Courage & Khazaka), pH (Skin-pH-meter pH900, Courage & Khazaka).

*T. Ilknur, M.Ü. Biçak, P. Eker, H. Ellidokuz, S. Özkan, **Effects of the 810-nm diode laser on hair and on the biophysical properties of skin***, Journal of Cosmetic and Laser Therapy, 2010; 12: 269–275

Introduction: Laser therapy is clinically effective in hair removal; however, despite the development of various strategies, laser procedures still present a risk of adverse effects due to the overheating of the skin. *Objective* : To investigate the effects of 810-nm diode laser treatment on hair and on the biophysical properties of skin by using various non-invasive techniques on various parameters, including hair analysis, surface color changes, integrity of skin barrier, sebum production rate and pH level. *Methods*: In this randomized, right – left comparison study, 35 women with axillary hair received single-session diode laser therapy. Hair analysis and biophysical properties of the skin were assessed before treatment and at weeks 2, 4 and 6 after the therapy. *Results*: Hair density and thicknesses statistically significantly decreased after the first post-treatment evaluation. Regarding comparison of the biophysical properties of the skin, there was no statistically significant difference in the assessments, except for the increase determined during the second week in the erythema index in the laser-treated areas. *Conclusion*: The findings of this study showed that the diode laser can perform a significant reduction in the hair amount without significant epidermal damage, at least for a short period.

C. Try, R. Messikh, A. Elkhyat, J.M. Sainthillier, C. Vidal, T. Lihoreau, S. Mac-Mary, A. Jeudy, P. Humbert, Biometrological Assessment of Sweat Secretion. Clinical Study of Oral Oxybutynin in Primary Hyperhidrosis, ISBS 2010 Buenos Aires, Argentina

Primary hyperhidrosis may be a disabling condition causing emotional stress and negative impact on a patient's quality of life. Oral anticholinergics are some of the treatments available. There are few published data on the use of the anticholinergic drug oxybutynin given orally in the treatment of hyperhidrosis. To evaluate the efficacy and the safety of oral oxybutynin in the treatment of primary hyperhidrosis. From January to June 2010, patients with primary hyperhidrosis were treated with oral oxybutynin in the Department of Dermatology, Besançon, France, and attended follow-up. Treatment was started with oxybutynin 2.5 mg three times daily during 3 days. The 3 following days, the dose of oxybutynin was increased at 5 mg per day. Patients then took 7.5 mg of oxybutynin per day during 24 days. The study lasted 1 month from the first day of oxybutynin treatment. Patients were evaluated every two weeks by clinical and biometrologic methods. The following parameters were assessed on the palm and plant: degree of sweating was determined by measuring Trans Epidermal Water Loss (TEWL) using a double-probe Tewameter (TM 300; Courage+Khazaka), skin temperature (Thermometer® ST500), skin pH (pH-meter, PH 900) and skin hydration (Corneometer®, CM 825).

W. Siyu, L. Li, Effect of sweating by exercise on stratum corneum hydration, skin surface sebum content and pH value, Skin Research and Technology 2010, 16; p. 489

The physiological indexes of skin include stratum corneum hydration, skin surface sebum content and pH value, which could reflect physiological state of the local and systematic organism, and also could be affected by many factors from internal or external changes. Many studies have been put on these physiological indexes, but there is no report of studying on effect of sweating by exercise on sebum, hydration and pH value of face skin. To observe the effect of sweating by exercise on stratum corneum hydration, skin surface sebum content and pH value of forehead and pars zygomatica of healthy individuals of different ages in order to collect the numerical data as the reference for exterior use drugs and before/after sports' cosmetics.

C. Selem, N. Delic, Sphagnum Magellanicum Peat. Characterization and Proposal for Cosmetics Uses, IFSCC 2010 Buenos Aires, Argentina

This paper focuses on the characterization of Sphagnum Magellanicum peat, its properties and the different uses in cosmetic products. Studies were conducted to analyze the organic, inorganic and microbiological content of this material. The results determined that it is an important source of polyphenols with antioxidant capacity. It has anti-inflammatory action and is safe in contact with skin. It has germicide properties. Humic substances have a large capacity to retain multivalent ions forming metal-organic complexes acting as a natural organic sequestrant. Because the intensity of UV light absorption it can be used in the formulation of coloured sunscreen emulsions and taking into account the other properties tested in the development of others cosmetic products. Considering the results obtained we found that Sphagnum Magellanicum peat has interesting properties for being used in the cosmetic industry coupled with the benefit of this raw material which has the important property of being natural and organic.

J. Liu, W.Y. Man, C.Z. Lv, S.P. Song, Y.J. Shi, P.M. Elias, M.Q. Man, Epidermal Permeability Barrier Recovery Is Delayed in Vitiligo-Involved Sites, Skin Pharmacol Physiol, 2010; 23: p. 193–200

Background/Objectives: Prior studies have demonstrated that both the skin surface pH and epidermal permeability barrier function vary with skin pigmentation types. Although melanin deficiency is the main feature of vitiligo, alterations in cutaneous biophysical properties in vitiligo have not yet been well defined. In the present study, stratum corneum (SC) hydration, the skin surface pH and epidermal permeability barrier function in vitiligo were evaluated. Methods: A total of 30 volunteers with vitiligo comprising 19 males and 11 females aged 13–51 years (mean age: 27.91 ± 2.06 years) were enrolled in this study. The skin surface pH, SC hydration, melanin/erythema index and transepidermal water loss (TEWL) were measured by respective probes connected to a Courage-Khazaka MPA5. SC integrity

was determined by measuring the TEWL following each D-Squame application. The barrier recovery rate was assessed at 5 h following barrier disruption by repeated tape stripping. Results: In addition to SC hydration, both melanin and erythema index were significantly lower in vitiligo lesions than in contralateral, nonlesional sites, while no difference in skin surface pH between vitiligo-involved and uninvolved areas was observed. In addition, neither the basal TEWL nor SC integrity in the involved areas differed significantly from that in the uninvolved areas. However, barrier recovery in vitiligo-involved sites was significantly delayed in comparison with uninvolved sites (40.83 ± 5.39% vs. 58.30 ± 4.71%; $t = 2.441$; $p < 0.02$). Conclusion: Barrier recovery following tape stripping of the SC is delayed in vitiligo. Therefore, improvement in epidermal permeability barrier function may be an important unrecognized factor to be considered in treating patients with vitiligo.

U. Wehler, Hautphysiologische Untersuchungen zu repetitiven Handschuhokklusionen; Osnabrück, Mai 2011

EINLEITUNG: Berufsbedingte Hauterkrankungen nehmen in Deutschland die führende Position unter den gemeldeten berufsbedingten Krankheiten ein (DGUV 2009). Als ein Risikofaktor für chronische, irritative Kontaktdermatitiden werden repetitive Handschuhokklusionen mit hautphysiologischen Auswirkungen auf die Epidermale Barriere (z.B. Exsikkationseffekte, Barrierschädigungen und Verschiebungen des HautoberflächenpH-Wertes) angeführt (FLUHR et al. 2005; FROSC/JOHN 2006; GRAVES et al. 1995; JUNGBAUER et al. 2004a, 2004b und 2004c; RAMSING/AGNER 1996b; TSAI/MAIBACH 1999; WULFHORST et al. 2010; ZHAI/MAIBACH 2002). In der einschlägigen Literatur wird der hautschädigende Einfluss von Langzeit-Okklusionen jedoch kritisch diskutiert, da widersprüchliche Studienergebnisse vorliegen (FLUHR et al. 1999b; RAMSING/AGNER 1996a und 1996b; WETZKY et al. 2009a). Hardening-Effekte werden als ein Erklärungsansatz für die Kompensation hautschädigender Okklusionseffekte angegeben, die auch im Kontext von Spontanremissionen irritativer Dermatitis trotz konstanter äußerer Risikofaktoren diskutiert werden (ELIAS et al. 2001; LAMMINTAUSTA/MAIBACH 1990; WATKINS/MAIBACH 2009; WULFHORST 1996a, 1996b, 1996c und 2000).

J. Herfs, Sinn und Zweck der kosmetischen Hautanalyse; Manuell oder apparativ?, Beauty Forum 09/2011 p. 68-70

Was ist Diagnose? Aus dem Griechischen übersetzt, bedeutet das Wort „Beurteilung“. Der ebenfalls griechische Begriff Analyse bedeutet: Bestimmung, Untersuchung, Zergliederung und Auflösung – man möchte also den Dingen auf den Grund gehen. Der sich daraus ergebende Befund ist die Arbeitsgrundlage für die Kosmetikerin. Doch was ist für eine erfolgreiche und nutzbringende Hautanalyse wichtig? Sind es die vielen kostspieligen Geräte, die notwendig sind, um eine professionelle Beurteilung durchzuführen? Oder ist es das geschulte Auge oder gar die feingefühlige Hand der Kosmetikerin, die vieles über das Hautgeschehen wahrnimmt? Auf keinen Fall fehlen dürfen Erfahrung und kompetentes Wissen, um negative Hautveränderungen detektivisch aufzuspüren.

J. Blaak, R. Wohlfart, N.Y. Schürer, Treatment of Aged Skin with a pH 4 Skin Care Product Normalizes Increased Skin Surface pH and Improves Barrier Function: Results of a Pilot Study, Journal of Cosmetics, Dermatological Sciences and Applications, 2011, 1, p. 50-58

Abstract: The physiological skin surface pH is just below 5. With age the skin surface pH increases up to 6. An increased pH correlates with reduced barrier integrity/cohesion. The present pilot study assesses possible normalization of an increased skin surface pH of the elderly and improvement of barrier function via application of ≈pH 4.0 skin care products. Baseline skin surface pH was determined in elderly (80+ years old; $n = 15$) compared to middle aged adults (31 - 50 years old; $n = 15$). The effect of o/w emulsions at pH-values of 3.5, 4.0, 4.5 and 5.5 on the skin surface pH was determined in both groups. Further, the effect of a 4-week treatment with a pH 4.0 skin care product on the skin surface pH, skin hydration and barrier integrity was assessed. Thirteen elderly females were involved in this home-in-use test. Increased baseline skin surface pH of the elderly normalizes to the physiological pH of 4.5 - 5.0 over 7 hours after single application of o/w-emulsions with a given pH of 3.5 or 4.0. A 4 week

treatment employing the pH 4.0 skin care product improves the epidermal barrier integrity of the elderly significantly ($p = 0.005$). Reduction of the increased baseline skin surface pH of the elderly is accompanied by improved epidermal barrier integrity. Skin care products for the elderly have to be adjusted in the pH range of 3.5 to 4.0.

L. Massoudy, Klinische Untersuchung zu postnatalen Adaptionsprozessen der Hautphysiologie und zum Einfluss von Pflegeprodukten auf die Hautbarriere in der Windelregion bei reifen Neugeborenen, Dissertation zur Erlangung der Doktorwürde der Charité Universitätsklinik Berlin, November 2011

Die Hautbarriere reifer Neugeborener: Die Haut eines reifen Neugeborenen mit einem Gestationsalter von mindestens 37 vollendeten Schwangerschaftswochen zeigt in anatomischer Hinsicht eine vollständige Entwicklung. Lediglich die epidermodermale Vernetzung, die Papillen und Reteleisten, die ein Ineinandergreifen der Dermis und Epidermis bewirkt, ist im Vergleich zum Erwachsenen vermindert.

S. Murdan, G. Milcovich, G.S. Goriparthi, An assessment of the human nail plate pH, *Skin Pharmacol Physiol*, 2011;24(4): p. 175-181

Purpose of Study: To measure the pH of the surface of healthy nail plates. Procedures: The surface pH of human fingernails and big toenails was measured in vivo using a skin pH meter. The influence of washing, anatomical site (fingers/toes), side (left/right), digit (digits 1-5) and gender was determined. The pH of the nail interior was also measured. Results: The pH of the nail plate surface was around 5, with toenails having a significantly higher pH than fingernails. Immediately after hand washing, the nail surface pH increased significantly, from $pH\ 5.1 \pm 0.4$ to 5.3 ± 0.5 . However, this was not sustained with time, and the pH returned to prewashing levels within 20 min. Gender had an influence on unwashed, but not washed, nail plate pH. The pH of the nail plate interior was lower than that of its surface. Conclusions: It was possible to measure nail plate pH, and baseline values are provided.

T. Knor, A. Meholjić-Fetahović, A. Mehmedagić, Stratum corneum hydration and skin surface pH in patients with atopic dermatitis, *Acta Dermatovenerol Croat*. 2011;19(4): p. 242-247

Atopic dermatitis (AD) is a chronically relapsing skin disease with genetic predisposition, which occurs most frequently in preschool children. It is considered that dryness and pruritus, which are always present in AD, are in correlation with degradation of the skin barrier function. Measurement of hydration and pH value of the stratum corneum is one of the noninvasive methods for evaluation of skin barrier function. The aim of the study was to assess skin barrier function by measuring stratum corneum hydration and skin surface pH of the skin with lesions, perilesional skin and uninvolved skin in AD patients, and skin in a healthy control group. Forty-two patients were included in the study: 21 young and adult AD patients and 21 age-matched healthy controls. Capacitance, which is correlated with hydration of stratum corneum and skin surface pH were measured on the forearm in the above areas by SM810/CM820/pH900 combined units (Courage AND Khazaka, Germany). The mean value of water capacitance measured in AD patients was 44.1 ± 11.6 AU (arbitrary units) on the lesions, 60.2 ± 12.4 AU on perilesional skin and 67.2 ± 8.8 AU on uninvolved skin. In healthy controls, the mean value was 74.1 ± 9.2 AU. The mean pH value measured in AD patients was 6.13 ± 0.52 on the lesions, 5.80 ± 0.41 on perilesional skin, and 5.54 ± 0.49 on uninvolved skin. In control group, the mean pH of the skin surface was 5.24 ± 0.40 . The values of both parameters measured on lesional skin were significantly different (capacitance decreased and pH increased) from the values recorded on perilesional skin and uninvolved skin. The same held for the relation between perilesional and uninvolved skin. According to study results, the uninvolved skin of AD patients had significantly worse values of the measured parameters as compared with control group. The results of this study suggested the skin barrier function to be degraded in AD patients, which is specifically expressed in lesional skin.

Y. Zheng, H.I. Maibach, **In Vitro Buffering Capacity of Human Skin Layers**, *Cosmetics & Toiletries* Vol.127, No.6/June 2012

Normal stratum corneum (SC) is acidic, with typical pH ranges from 4 to 6, and while skin exposed to aqueous acid or alkaline solutions exhibits changes in pH, it may rapidly restore to the base-line values. This phenomena is called buffering capacity. Many factors contribute to skin's buffering capacity including kreatin, proteins, sweat, SC thickness, free amino acids and other water-soluble epidermis constituents. Previous studies demonstrate that skin buffering capacity can be measured in vitro by applying several concentrations of hydrogen chloride (HCl) and sodium hydroxide (NaOH) on skin and evaluating the pH change pre-and post-dosing. Here, the authors employed this technique to evaluate the buffering capacity of skin layers including intact SC, denuded SC and dermis skin samples.

P. Msika, W. Fluhr, N. Lachmann, C. Baudouin, C. de Belilovsky, **What are the differences in skin physiology in neonates and children of different age groups compared to adults? A randomized in vivo study**, IFSCC 2012, 15-18 Oct. 2012, Sandton, South Africa

The skin of neonates and children has anatomical and physiological differences to adults with respect to water content, and perspiration, light sensibility, percutaneous permeability, susceptibility to infections and irritants and topical treatments. The aim of the present study was to investigate non-invasively physiologic skin parameters (transepidermal water loss (TEWL), stratum corneum (SC) hydration, surface pH and the biochemical skin composition (water profile and bulk NMF) to characterize neonatal skin in comparison to different children age groups and adults.

W. Voss, I. Bunge, **Dermatological Reports on Cosmetics: Intensions and Possibilities**, IFSCC 2012, 15-18 Oct. 2012, Sandton, South Africa

Dermatological reports and claims in accordance with scientific criteria are of decisive value for the safety and efficacy of cosmetics. Whether a cosmetic product is well tolerated or causes irritations or allergic reactions must be proven by dermatological tests. The value of dermatological reports directly depends on the respectability of the commissioned dermatologists. Pitfalls occur, whenever non qualified scientific results are generously used for advertising campaigns like "dermatologically tested", "allergy tested", "hypo-allergen" etc. Additionally a lot of reports are scientifically insufficient. Dermatological reports on cosmetics therefore must be valid in methodology and practical execution. With Dermatest you benefit from more than 30 years of testing experience and dermatological expertise.

M. Estanqueiro, G. Bossolani, M.H. Amaral, J. Conceicao, D. Santos, J.M. Sousa Lobo, J.B. Silva, C.S.F. Gomes, **Characterizing and Evaluating the Effectiveness of Volcanic Pumice Exfoliants**, *Cosmetics & Toiletries* magazine Vol. 127, No. 11 November 2012

Human skin, more specifically facial skin, periodically needs a deep cleansing to remove not only the oily particles resulting from secretions, but also dead skin caused by desquamation of the epidermis. Cleansers are designed to remove dirt, sweat, sebum and oils from the skin, which helps to promote normal exfoliation and thereby rejuvenates the skin. However, the use of cleansers can lead to a reduction in the level of the natural moisturizing factor (NMF) of skin. Factors that reduce the water content can lead to changes in skin's viscoelasticity. Further, harsh cleansers such as soaps can induce dryness, leading to scaly and rough skin. These effects may be much more severe during winter months when the air is cold and dry.

M. Borlu, Z. Karaca, H. Yildiz, F. Tanriverdi, B. Demirel, G. Elbuken, I. Cakir, H.S. Dokmetas, R. Colak, K. Unluhizarci, F. Kelestimur, **Acromegaly is associated with decreased skin transepidermal water loss and temperature, and increased skin pH and sebum secretion partially reversible after treatment**, *Growth Horm IGF Res.* 2012 Apr;22(2): p. 82-6

Background: Acromegaly is characterized by an acquired progressive somatic disfigurement, mainly involving the face and extremities, besides many other organ involvement. Wet and oily skin was

described in acromegaly patients and it was attributed to hyperhidrosis and increased sebum production but this suggestion has not been evaluated with reliable methods. Objective: The aim of this study was to examine the skin parameters of patients with acromegaly using measurements of skin hydration, sebum content, transepidermal water loss, pH and temperature and particularly the effects of 12 months of treatment on these parameters. Methods: 52 patients with acromegaly and 24 healthy control subjects were included in this two blinded prospective study. Skin properties were measured on forehead and forearm by Corneometer CM825, Sebumeter SM810, Tewameter TM210 and Phmeter PH900 as non-invasive reliable measuring methods. Serum GH, IGF-1 and all measurements of skin properties on forehead and forearm were repeated at the end of the 3, and 6 months of therapy in 20 cases. Patients were treated with appropriate replacement therapy for deficient pituitary hormones. Results: The sebum content and pH of the skin of acromegalic patients were significantly higher and transepidermal water loss and skin temperature were found to be significantly lower in acromegalic patients when compared to the control group both on forehead and forearm. GH and IGF-1 levels were positively correlated with sebum levels and negatively correlated with skin temperature on both forehead and forearm. The sebum levels of the patients were significantly decreased both on forehead and forearm at 3rd and 6th months of treatment. Conclusion: The present study demonstrated increased sebum secretion, decreased transepidermal water loss, alkali and hypothermic skin surface in patients with acromegaly by reliable methods for the first time. These data suggest that GH and/or IGF-I may have a modulatory role on several skin characteristics which can be at least partially reversible with treatment.

C. Try, R. Messikh, A. Elkhyat, F. Aubin, P. Humbert, Utilisation de oxybutynine a la posologie de 7,5 mg par jours dans le traitement des hyperhidroses primitives, Rev Med Liège 2012; 67: 10: p. 520-526

Oxybutynin is being increasingly being prescribed in the treatment of hyperhidrosis but currently, there is no precise dosage for this treatment. Nine patients were treated for primary hyperhidrosis resistant to conventional therapies with oxybutynin between January to May 2010. The treatment was progressively increased at 7.5 mg per day. Oxybutynin efficacy was evaluated by iodine starch test and biometrological measurements at 2 and 4 weeks of treatment. Hyperhidrosis Disease Severity Scale (HDSS) and Dermatology Life Quality Index (DLQI) were obtained for each patient. The means of HDSS and DLQI were respectively 3.2 ± 0.7 and 17.0 ± 5.1 before treatment and were 1.8 ± 0.4 and 4.6 ± 4.4 at 4 weeks of treatment. Oxybutynin at 7.5 mg per day significantly decreased intensity and area of sweat for palms but not for soles. Trans Epidermal Water Loss, conductance, pH and Skin temperature were modified with treatment. Oxybutynin at 7.5 mg per day has improved patient's quality of life. Efficiency of oxybutynin in primary palmar hyperhidrosis was proved by biometrological measurements and iodine starch test. (*Article in French*)

A. Costa, L. Lindmark, L.H. Fávoro Arruda, E. Cancio Assumpção, F. Sayuri Ota, M. de Oliveira Pereira, S.S. Barros Langen, Clinical, biometric and ultrasound assessment of the effects of daily use of a nutraceutical composed of lycopene, acerola extract, grape seed extract and Biomarine Complex in photoaged human skin, An Bras Dermatol. 2012; 87(1): p. 52-61

Background: The use of nutraceuticals has become frequent in the cutaneous approach to photoaging. Objectives: To assess the clinical efficacy of a nutraceutical product composed of lycopene, acerola extract, grape seed extract and Biomarine ComplexT in photoaged human skin. Methods: 50 women, from 35 to 60 years of age, phototypes I to III, were assessed. For 120 days, they associated the nutraceutical product with the use of a sunscreen FPS15. On days 0 (D0), 30 (D30), 60 (D60), 90 (D90) and 120 (D120) they were evaluated and underwent Medical Assessments and Self-Assessment and cutaneous biometric analyses (corneometry, sebumetry and pH-metry) in the skin of the left zygomatic region and the upper medial side region of the left arm; on days 0 (D0), 30 (D30) and 120 (D120) the skin of the same regions was analyzed by ultrasound. On days 0 (D0) and 120 (D120) skin biopsies were performed in the areas where instrumental evaluation was performed (to evaluate collagen and elastic fibers). Results: There was an improvement of the general status of the skin of all volunteers by the Medical and Volunteer Self- Assessments; increased parameters of cutaneous hydration, reduction

of pH, increasing of ultrasound density and a histological increment of collagen and elastic fibers (both on the face and arm); there was a reduction of seborrhea (only on the face) .Conclusions: The daily use of a nutraceutical product containing lycopene, acerola extract, grape seed extract and Biomarine ComplexT showed an important adjuvant effect to counteract skin photoaging.

D.G. Mercurio, **Clinical scoring and instrumental analysis to evaluate skin types**, *Clinical and Experimental Dermatology* 2013, 38, 302–309

Background. The biology of the skin is very complex, and there are a number of methods used to classify the different skin types. It is possible to measure or quantify the characteristics of the specific skin types, using a variety of techniques that can objectively evaluate the properties of the skin in a noninvasive manner.

K. Fritz, **Skin physiologic changes before and after laser treatment**, IMCAS, Congress of Plastic Surgery and Dermatology, Lecture number: 5462

The aim of the study was to compare the changes of the biophysical properties and to objectify the effects of treatments with various lasers on skin physiology. Few studies have been reported to compare the effects of various lasers on the skin physiology which could result in a customized skin care post treatment recommendation. The recent development of various biophysical devices has made it possible to have more accurate and objective assessment methods. The functional properties of the skin are measured by utilizing non invasive techniques, including the assessments for, skin color, trans-epidermal water loss (TEWL) and skin hydration and pH (Courage and Khazaka).

C. Uhl, D. Khazaka, **Techniques for globally approved skin testing**, *Personal Care* April 2013

In efficacy testing and claim support for cosmetic products, objective measurement systems became indispensable long ago, especially since subjective clinical assessments are often prone to bias and inter-observer variation. Without suitable instrumentation it is close to impossible to determine what a product is really doing for the skin. Those objective measurement methods and subjective evaluations are mutually dependent. No measurement can be performed without the subjective evaluation of the results by the user of such instrumentation. However, a pure subjective evaluation of the skin without appropriate measurement techniques is not able to achieve accurate results either. This relationship becomes clearer when looking for example at skin colour measurements. Subjectively, the human brain cannot process slight changes in colour, especially when the colours are not viewed side by side, but at different points in time. Instrumental measurement however will clearly detect such slight changes. The achieved result must then be interpreted in context with the expected outcome or the hypothesis. For this, you will always need a knowledgeable and experienced person because 'a fool with a tool is still a fool', as the late Albert Kligman used to say. This relationship between objective measurement and subjective evaluation is not only true for the determination of differences in skin colour, but also for all other skin measurement parameters important for the cosmetic industry.

U. Aßmus, B. Banowski, M. Brock, J. Erasmy, A. Fitzner, U. Kortemeier, S. Langer, S. Munke, H. Schmidt-Lewerkühne, D. Segger, G. Springmann, C. Wood, J. Blaak, **Impact of Cleansing Products on the Skin Surface pH**, *IFSCC Magazine* 1/2013

The physiological acidic skin surface pH (SS-pH) was first described by Heuss [1], and so far many variables values have been reported. Recent multicenter studies determined the normal skin surface pH on the forearm to be below 5 [2-3]. In the stratum corneum the pH ranges from below 5 in the outer layers to approximately 7 at the interface to the viable epidermis [4]. The stratum corneum pH regulates at least three epidermal functions: the antimicrobial barrier. Permeability barrier homeostasis and barrier integrity/cohesion [reviewed in 5]. Alterations of the physiological stratum corneum pH lead to abnormal epidermal barrier function. The relevance of an acidic skin surface pH as an antimicrobial barrier has been demonstrated frequently.

A.B. Stefaniak, J. du Plessis, S.M. John, F. Eloff, T. Agner, T.-C. Chou, R. Nixon, M.F.C. Steiner, I. Kudla, D.L. Holness, International guidelines for the in vivo assessment of skin properties in non-clinical settings: part 1. pH, Skin Research and Technology 2013; 19: 59-68

Background: Skin surface pH is known to influence the dissolution and partitioning of chemicals and may influence exposures that lead to skin diseases. Non-clinical environments (e.g. workplaces) are highly variable, thereby presenting unique measurement challenges that are not typically encountered in clinical settings. Hence, guidelines are needed for consistent measurement of skin surface pH in environments that are difficult to control. Methods: An expert workshop was convened at the 5th International Conference on Occupational and Environmental Exposure of Skin to Chemicals to review available data on factors that could influence the determination of skin surface pH in non-clinical settings with emphasis on the workplace as a worst case scenario.

S.H. Youn, C.W. Choi, J.W. Choi, S.W. Youn, The skin surface pH and its different influence on the development of acne lesion according to gender and age, Skin Research and Technology 2013; 19: 131-136

Background: Skin pH is one of the important physiological parameters of the skin. Changes in the pH play a role in the pathogenesis of several skin diseases, including acne. Purpose: To assess the correlation between the pH and the age, and between the pH and the development of acne lesions, in a large acne patients group. We also evaluated the difference between the genders. Methods: A total of 540 patients clinically diagnosed with acne vulgaris were included. The clinical digital photographs were taken, and the acne lesions counted. The pH was measured, using the skin-pH-meter. Area-weighted pH was calculated and statistical analysis was performed, according to age and gender.

S. Ollmar, I. Nicander, P. Åberg, J. Bolinder, Facts and artefacts regarding correlation between skin electrical impedance spectroscopy (EIS) and blood glucose, Journal of Physics: Conference Series 434 (2013) 012071

Abstract. Earlier observations on possible co-variation between skin EIS and blood glucose prompted us to map and include other factors at play in the predictive model. Skin pH would be one such factor. A cohort of 20 diabetics was investigated, taking around 30 measurements spread over each of two different days 2-21 days apart. Each measurement comprises skin EIT in the frequency range 1kHz to 2.5MHz, skin pH, and immediately evaluated blood samples. There is a co-variation for some, but not all, test persons. The relationship gets stronger on the group level by adding pH-information, but is still poor or non-existent for some test persons. Non-invasive EIS measurements on skin is influenced by skin hydration, blood glucose, skin pH, body location, season, environmental factors, and variables not yet understood. Since impedance related parameters are used to estimate skin hydration, users of such devices should be aware that skin pH may influence as much as the water content of the stratum corneum.

M. Bayer, G. Schlippe, W. Voss, Tests on Cosmetics: Requirements and Successful Implementations, Cosmetic Science Technology 2013

Abstract: Dermatological tests in accordance with scientific criteria are of decisive value for the safety and efficacy of cosmetics. The latest alterations to European legislation emphasise this fact. Whether a cosmetic product is well tolerated or causes irritations or allergic reactions must be proven by dermatological tests. The range of test methods starts with simple questionnaires and ends with complex physiological measurements. The quality of dermatological reports directly depends on the seriousness of the commissioned dermatologists. Pitfalls occur whenever non qualified scientific results are generously used for advertising campaigns such as 'dermatologically tested', 'allergy tested', 'hypoallergenic' etc. Additionally many reports on cosmetics therefore must be valid in scientific methods and practical execution.

R.S. Teixeira, L.A. Araújo, D.G. Mercúrio, P.M.B.G. Maia Campos, Application of biophysical techniques to evaluate the efficacy of a gel with zinc pca, University of Sao Paulo, 2013

The biophysical and skin imaging techniques are effective tools to help characterize the skin type and to evaluate the clinical efficacy of products cosmetics because they are non-invasive methods and enable to evaluate the products directly in human skin.

L. Rigano, A. Bonfigli, S. Cherel, R. Walther, Quillaja saponin normalises dermal sebaceous imbalance, Personal Care November 2013

Abstract: Saponin rich extracts of the Chilean soapbark tree *Quillaja saponaria* were traditionally used by the Mapuche Indians for washing and for medical practices. Intense research in recent decades has further proven the applicability of quillaja extracts in food, feedstock and pharma. Due to their exceptional ability as a non-irritant tensioactive, quillaja extracts are widely used in cosmetics as a cleanser, foaming agent, emulsifier and dispersing agent, but its objective efficacy as a bioactive in skin treatment was never studied. Thus the aim of this study was to confirm the property of quillaja saponins to improve the condition of sensitive, greasy and acne-prone skin.

S. Luebberding, N. Krueger, M. Kerscher, Skin physiology in men and women: in vivo evaluation of 300 people including TEWL, SC hydration, sebum content and skin surface pH, IFSCC Magazine Volume 16, Number 4 2013

Objectives: Evidence is given that differences in skin physiological properties exist between men and women. However, despite an assessable number of available publications, the results are still inconsistent. Therefore, the aim of this clinical study is the first systematic assessment of gender-related differences in skin physiology in men and women, with a special focus on changes over lifetime.

S. Luebberding, N. Krueger, M. Kerscher, Age-related changes in skin barrier function – Quantitative evaluation of 150 female subjects, International Journal of Cosmetic Science, 2013, 35, 183–190

Synopsis: The protection against water loss and the prevention of substances and bacteria penetrating into the body rank as the most important functions of the skin. This so-called 'skin barrier function' is the natural frontier between the inner organism and the environment, and is primarily formed by the epidermis. An impairment of the skin barrier function is often found in diseased and damaged skin. An influence of ageing on skin barrier function is widely accepted, but has not been conclusively evaluated yet. Therefore, the aim of this clinical study was to assess the potential influence of ageing on skin barrier function, including transepidermal water loss (TEWL), stratum corneum hydration, sebum content and pH value. One hundred and fifty healthy women aged 18–80, divided into five age groups with 30 subjects each, were evaluated in this study. TEWL, hydration level, sebum secretion and pH value of hydro-lipid acid film were measured with worldwide acknowledged biophysical measuring methods at cheek, neck, décolleté, volar forearm and dorsum of hand. Whereas TEWL and stratum corneum hydration showed only very low correlation with subject's age, the sebum production decreased significantly with age, resulting in the lowest skin surface lipids levels measured in subjects older than 70 years. The highest skin surface pH was measured in subjects between 50 and 60 years, whereas the eldest age group had the lowest mean pH. The dorsum of the hand was the location with the highest TEWL and lowest stratum corneum hydration in all age groups. The results show that only some parameters related to skin barrier function are influenced by ageing. Whereas sebum production decreases significantly over lifetime and skin surface pH is significantly increased in menopausal woman, TEWL and stratum corneum hydration show only minor variations with ageing.

M.L. Kmieć, A. Pajor, G. Broniarczyk-Dyła, Evaluation of biophysical skin parameters and assessment of hair growth in patients with acne treated with isotretinoin, Postep Derm Alergol 2013; XXX, 6: p. 343–349

Introduction: Treatment of the severe forms of acne vulgaris remains a challenge. Isotretinoin is a drug often used in these cases. Retinoids affect the mechanisms that play a role in the pathogenesis of acne, reduce the production of sebum and sizes of the sebaceous glands. However, isotretinoin appears to have undesirable side effects in the skin, mucous membranes and hair. Aim: The aim of this study was to assess the effect of acne vulgaris treatment with isotretinoin on biophysical skin parameters: skin sebum and stratum corneum hydration levels, transepidermal water loss values, pH, erythema and hair growth parameters: total number, density and proportion of anagen hair. Material and methods: The study included thirty patients with acne types: papulopustular, conglobata and phlegmonosa. Patients were treated with isotretinoin at a dose of 0.5–1.0 mg/kg/day for a period of 4–7 months. The measurements of skin biophysical parameters were performed before and after the treatment using Sebumeter SM815, Corneometer CM825, Tewameter TM300, MX Mexameter MX18 and Skin-pH-Meter PH908. Hair growth parameters were evaluated with FotoFinder Dermoscope using the TrichoScan Professional V3.0.8.76 software. Results: The results of biophysical skin parameter measurements after the treatment showed a reduction in the severity of seborrhea. However, the skin was dry, which confirmed a lowered degree of stratum corneum hydration and an increase in transepidermal water loss values. Moreover, severity of erythema, an increase in pH value, and variations in selected hair growth parameters: decrease in total count, density and proportion of anagen hair were demonstrated. Conclusions: The reduction in the skin sebum levels was observed after the treatment. There was dryness of the skin, which was confirmed by biophysical skin parameter measurements. Changes in the hair growth parameters showed telogen ephelium hair loss.

M.P. Szczepanik, P.M. Wilkołek, M. Pluta, Ł.R. Adamek1, M. Gołyński, Z.J.H. Pomorski, W. Sitkowski, The examination of biophysical skin parameters (transepidermal water loss, skin hydration and pH value) in different body regions in Polish ponies, Polish Journal of Veterinary Sciences Vol. 16, No. 4 (2013), p. 741–747

The purpose of this study was to evaluate transepidermal water loss, skin hydration and skin pH in normal polish ponies. Twelve ponies of both sexes were examined in the study. Measurements were taken from seven different sites: the neck region, the shoulder, thorax, lumbar, inguinal, lip region and the pinna. In each of the regions transepidermal water loss (TEWL), skin hydration and skin pH were measured. For transepidermal water loss, the lowest values were observed in the pinna (10.54 g/hm²), while the highest values were observed in the lip region (30.98 g/hm²). In the case of skin hydration the lowest values were observed for the thorax region (1.96 CU), and the highest for the lip region (48.28 CU). For skin pH, the lowest results were obtained in the pinna (7.03), and the highest in the lumbar region (8.05).

J. Kottner, L. Ludriksone, N.G. Bartels, U. Blume-Peytavi, Do Repeated Skin Barrier Measurements Influence Each Other's Results? An Explorative Study, Skin Pharmacology and Physiology 2014; 27:90-96

Abstract: Background: Biophysical skin measurement techniques are widely used to quantify the skin barrier function. In clinical research usually several parameters are subsequently measured in the same skin areas. In this study, possible interfering effects of subsequent measurement procedures on transepidermal water loss (TEWL), stratum corneum hydration (SCH) and skin surface pH were investigated. Methods: An exploratory study was conducted. Twelve young (mean age 32.9 ± 7.2 years) and 12 elderly (mean age 68.3 ± 2.5 years) subjects without any skin diseases were enrolled. The parameters TEWL, skin surface pH, SCH, sebum content, and surface evaluation of living skin were obtained successively in pairs from 4 contralateral volar forearm skin areas.

Hand- und Hautschutz, Publikation der Berufsgenossenschaft Rohstoffe und Chemische Industrie, Januar 2014

C. Soica, C. Oprean, F. Borcan, C. Danciu, C. Trandafirescu, D. Coricovac, Z. Crăiniceanu, C.A. Dehelean, M. Munteanu, The Synergistic Biologic Activity of Oleanolic and Ursolic Acids in Complex with Hydroxypropyl- γ -Cyclodextrin, *Molecules* 2014, 19, p. 4924-4940

Abstract: Oleanolic and ursolic acids are natural triterpenic compounds with pentacyclic cholesterol-like structures which gives them very low water solubility, a significant disadvantage in terms of bioavailability. We previously reported the synthesis of inclusion complexes between these acids and cyclodextrins, as well as their in vivo evaluation on chemically induced skin cancer experimental models. In this study the synergistic activity of the acid mixture included inside hydroxypropyl-gamma-cyclodextrin (HPGCD) was monitored using in vitro tests and in vivo skin cancer models. The coefficient of drug interaction (CDI) was used to characterize the interactions as synergism, additivity or antagonism. Our results revealed an increased antitumor activity for the mixture of the two triterpenic acids, both single and in complex with cyclodextrin, thus proving their complementary biologic activities.

M. Schario, L. Lünemann; A. Stroux, A. Reissauer, T. Zuberbier, U. Blume-Peytavi, N. G. Bartels, Children with dry skin and atopic predisposition: daily use of emollients in a participant-blinded randomized, prospective trial, *Skin Pharmacology and Physiology* 2014; 27; p. 208-216

Abstract: Background: Dry skin reflects a skin barrier defect which can lead to atopic dermatitis. Little is known about the distinct effects of emollient use in children with dry skin and atopic predisposition. Objectives: We investigated the effects of daily application of pressed ice plant juice (PIPJ)- based emollients and petrolatum-based emollients. Methods: Children aged 2-6 years with dry skin and atopic predisposition were randomized into 2 groups: group 1 received emollients containing PIPJ and natural lipids, while group 2 received petrolatum-based emollients. Skin condition and biophysical properties of the skin barrier were assessed at inclusion and weeks 4, 12 and 16.

S. Luebberding, N. Krueger, M. Kerscher, Age-Related Changes in Male Skin: Quantitative Evaluation of One Hundred and Fifty Male Subjects, *Skin Pharmacol Physiol* 2014; 27: p.9-17

Background/Purpose: Modern men have changed their beauty and grooming habits, which has resulted in an increasing demand for cosmetics for men. However, very little information is available about the dermatological needs of male skin. Therefore, the aim of this present clinical study was to conduct the first systematic assessment of the skin physiology of men with special attention to lifetime changes. **Methods:** A total of 150 healthy male subjects (aged 20- 70 years) were selected following strict criteria, including age, sun behavior and smoking habits. Transepidermal water loss (TEWL), hydration level, sebum production and pH values were measured with worldwide-acknowledged biophysical measuring methods at the forehead, cheek, neck, volar forearm and dorsum of hand. **Results:** TEWL and sebum production vary by localization, but generally not with increasing age, whereas stratum corneum (SC) hydration decreases significantly at the face and neck. The greatest decrease was assessed at the forehead. Skin surface pH significantly increases with aging in the face.

S. Rösler, Hautphysiologie im Säuglingsalter: Einfluss von Babyschwimmen mit und ohne anschließender Anwendung einer Pflegelotion auf die Hautbarriere von Säuglingen im Alter von 3 bis 6 Lebensmonaten, Dissertation zur Erlangung der Doktorwürde der Charité Universitätsklinik Berlin, 2014

M. Streker, L. Kleine-Börger, M. Kerscher, Efficacy of a novel formulation for eyelashes revitalization – results of a pilot study, University of Hamburg

Background: Long lashes are associated with attractiveness. Lash grow has been reported following an accumulation of prostaglandin after application of eye drops. The aim of this single-center, randomized trial was to determine the revitalizing effect of a new lash serum by using a clinical score, a

patients' satisfaction questionnaire and biophysical measurements over a study period of 12 weeks (figure 1). Material and methods: 30 adult healthy volunteers (26 woman, 4 men) wishing longer and fuller lashes were enrolled. Study specific exclusion criteria were lash extensions and colored lashes. Primary endpoint was to evaluate the effects of the lashes serum by using a five-point rating scale (figure 2). Both patients and blinded evaluator were asked to rate the effect according to standardized clinical photographs (Fotofinder Systems, Teachscreen Software GmbH, Bad Birnbach, Germany). To evaluate skin tolerance, pH-value, corneometry and lacrimal fluid's lipid content were measured (all Courage+Khazaka, Cologne, Germany).

*E.J. Kim, J.Y. Han, H.K. Lee, Q.Q. He, J.C. Cho, L. Wei, X. Wang, L. Li, L. Wei, H. Liang, X. Gao, B.J. Kim, G.W. Nam, **Effect of the regional environment on the skin properties and the early wrinkles in young Chinese women**, Skin Research and Technology 2014; 20: 498-502*

Background: There are ethnic differences in the skin characteristics, also the skin is susceptible to be influenced by the external environment such as UV radiation and the climates. It can be shown that the skin in same race or twins varies by the environment. Objectives: This study was designed to investigate the skin characteristics and the early wrinkles of young Chinese women from four different regions, and to identify the correlation among the wrinkles, the other skin characteristics, and environmental conditions. Methods: A total of 441 healthy Chinese women aged between 20 and 35 years participated in the study: 110 from Beijing, 110 from Shanghai, 111 from Wuhan, and 110 from Guangzhou. The skin hydration, sebum contents, TEWL, pH, elasticity, and wrinkles were measured on the cow's feet area.

*G.W. Nam, E.J. Kim, Y.C. Jung, C.B. Jeong, K.H. Shin, H. K. Lee, **Differences in Skin Properties of Korean Women at the Initial Aging Phase**, Journal of Cosmetics, Dermatological Sciences and Applications, 2014, 4, p. 44-52*

Many studies on aging have focused on evaluating differences between older and younger people, but only a few have focused on differences in skin properties among subjects from the same age group according to their skin aging status. In this study, we evaluated the facial skin condition and life style factors in 110 Korean women aged 25 to 35 in an attempt to evaluate factors which may affect the skin aging status in the initial aging phase. The facial skin condition of 110 healthy Korean women was assessed over two successive 6-month periods, summer and winter. Using clinical assessments including aging, wrinkles and skin's elasticity values, the subjects were divided into 7 groups. Then, various facial skin conditions and life style factors were examined between a severe aging group and mild aging group. In the severe aging group, the mean value pH was lower and the mean value of water content was slightly lower than that of women in the mild aging group. Also, the seasonal site variation in water content and sebum secretion level were significantly higher in the severe aging group than in the mild aging group. Topical sunscreen using percentage was not significantly different between the two groups. However, the number of cosmetic subject use was slightly higher in the mild aging group than in the severe aging group. The study suggested that there were several differences in skin characteristics between women in the severe aging group and in the mild aging group at the initial aging phase. Seasonal site variation between cheek and forehead was the most dominant differences. We also considered that life style factors such as cosmetic use could affect skin aging status.

*N. Aghazadeh, A. Firooz, A. Rajabi Estarabadi, P. Hejazi, **The effects of water exposure on biophysical properties of normal skin**, Skin Research and Technology 2015; 21: 131-136*

Background: Water exposure is an influential factor in some common dermatoses. It has also been shown that water has an effect on barrier function and biophysical properties of skin. The aim of this study was to evaluate the effect of water immersion on biophysical properties of normal skin.

P. Todorova, P. Grant-Ross, S. Tamburic, Biomimetic vs. Traditional Skin Moisturization: An In vivo Comparison, www.cosmeticsandtoiletries.com, April 2015

The stratum corneum's (SC's) functional status depends on it being in a plasticized state, which relies on adequate water-holding and waterproofing abilities. These abilities will depend on the state of the skin barrier, which is crucial to human survival. Daily life presents a number of challenges for this protective layer of the body. These include the use of simple cleansers, UV damage, environmental conditions, aging and skin diseases. Of these, the effects of aging and the environment were the main focus for the present study, which was conducted over winter months in a Nordic country and employed elderly female volunteers.

Klinische Studie bezüglich der Wirksamkeit und Verträglichkeit (Auszug), Institut Dermatologie an der Universität Hamburg (2013), *Ästhetische Dermatologie* 8, 2015

Fragestellungen: Eruiert werden sollten der Vitalisierungseffekt für die Wimpern, die Patientenzufriedenheit sowie biophysikalische Messergebnisse. Untersuchungskriterien und Methoden: Ausschlusskriterien waren gefärbte Wimpern und künstliche Wimpernverlängerungen. Entsprechend einer 5-Punkte-Skala wurden die Effekte untersucht. Die Bewertung geschah sowohl durch die Probanden als auch durch neutral externe Auswertung basierend auf standardisierten klinischen Photographien (Fotofinder Systems/Deutschland). Zusätzlich wurde die Patientenzufriedenheit ausgewertet. Zur Bestimmung der Hauttoleranz wurden eingesetzt: pH-Wert-Messung, Corneometrie und die Messung des Lipidgehaltes in der Tränenflüssigkeit (alles durchgeführt mit Geräten von Courage & Khazaka, Köln).

A. Tuzuner, S. Akdagli, T. Sen, et al., An objective analysis of sebum, pH and moisture levels of the external ear canal skin, *American Journal of Otolaryngology* (2015) 424-428

Abstract: Objective: To determine sebum, pH and moisture levels of external ear canal skin, and compare the patients who complain of ear itching and the normal population for these parameters. And evaluate the improvement subjectively in the ones given dexamethasone sodium phosphate (DSP) cream or placebo-water in oil emulsion type cream, and to determine the changes in sebum, pH and moisture levels after the treatment. Methods: 32 females with the complaint of isolated external ear canal itching and 42 healthy women were included in this randomized prospective controlled study. The sebum, pH and moisture levels of ear skin of the patients and the controls were determined from baseline and following treatment. Patients used DSP in their right and the placebo in their left ears for 15 days. Subjective analysis of itching level was measured at baseline, and on 15th and 30th days using visual analog scale (VAS).

A. Ratz-Łyko, J. Arct, K. Pytkowska, S. Majewski, In vivo and ex vivo evaluation of cosmetic properties of seedcakes, *J Cosmet Laser Ther.* 2015 Apr;17(2): p. 109-15

The seedcakes are a potential source of natural bioactive substances: antioxidants, protein, and carbohydrates. Thus, they may scavenge free radicals and have an effect on the stratum corneum hydration and epidermal barrier function. The aim of the study was to evaluate the in vivo and ex vivo properties of emulsions with the seedcake extracts using the pH meter, corneometer, tewameter, methyl nicotinate model of micro-inflammation in human skin, and tape stripping of the stratum corneum. The in vivo and ex vivo studies showed that the emulsions with *Oenothera biennis*, *Borago officinalis*, and *Nigella sativa* seedcake extracts have anti-inflammatory and antioxidant activity. The 6-week topical application of the emulsions with the *B. officinalis* and *N. sativa* seedcakes significantly reduced skin irritation and influenced the improvement of the skin hydration and epidermal barrier function compared with placebo. The seedcakes due to their antioxidant and anti-inflammatory activities have potential application in anti-aging, moisturizing, mitigating, and protective cosmetics.

M. Mehrbani, R. Choopani, A. Fekri, M. Mehrabani, M. Mosaddegh, M. Mehrabani, **The efficacy of whey associated with dodder seed extract on moderate-to-severe atopic dermatitis in adults: A randomized, double-blind, placebo-controlled clinical trial**, J Ethnopharmacol, 2015 Aug 22;172: p. 325-32

Ethnopharmacological Relevance: Atopic dermatitis is a common chronic inflammatory skin condition that is on the rise and adversely affects quality of life of the affected individual. Dry skin and pruritus, major characteristics of this disease, are associated with the dysfunction of the skin barrier. Though mild cases of the disease can be controlled with antihistamines and topical corticosteroids, moderate-to-severe cases often require treatment with immunomodulatory drugs, which have many side effects. It is now more common to use complementary and alternative medicines in the treatment of atopic dermatitis. In traditional Iranian medicine, the use of whey with the aqueous extract of field dodder (*Cuscuta campestris* Yunck.) seeds in severe and refractory cases of atopic dermatitis is common and has no side effects. The aim of this study was to assess the efficacy and safety of whey associated with dodder seed extract in the treatment of moderate-to-severe atopic dermatitis in adults. Materials and Methods: The study was a randomized, double-blind placebo control trial that was conducted on 52 patients with moderate-to-severe atopic dermatitis for 30 days. In this study patients received freeze dried whey powder with spray dried water extract of field dodder or the placebo for 15 days. At baseline (week zero), after the end of the 15 day treatment period (week three) and 15 days after stopping the drug or placebo (follow-up/week five), patients were evaluated in terms of skin moisture, elasticity, pigmentation, surface pH and sebum content on the forearm with Multi Skin Test Center® MC1000 (Courage & Khazaka, Germany) and the degree of pruritus and sleep disturbance in patients were also recorded. Results: 42 patients completed 30 days of treatment with the medicine and the follow-up period. At the end of the follow-up period a significant increase in skin moisture and elasticity in the group receiving whey with dodder was observed compared with the placebo group ($p < 0.001$). There was a significant difference between the two groups regarding the pruritus after 15 days of receiving treatment or the placebo ($p < 0.05$), and at the end of the 30-day study period the difference was clearly significant ($p < 0.001$). Sleep disturbance showed significant changes at the end of follow-up period ($p < 0.05$). There was no significant difference between the two groups concerning changes in skin pigmentation, however, a significant decrease was observed in the group receiving whey associated with dodder seed extract over time ($p < 0.001$). There were no significant alterations in skin surface pH and the amount of sebum between the two groups. Temporary side effects were reported including anorexia and mild gastrointestinal problems in drug use. It is noteworthy that in this study despite the fact that patients received whey with dodder for just 15 days, moisture and elasticity of the skin continued to increase in the second half of the study (follow-up period). This shows that the effect of whey with dodder is not transient and this drug really helped skin barrier reconstruction and accelerated the healing process of skin. This positively influenced the skin parameters and consequently the improvement of pruritus and sleep disturbance. Conclusions: The results indicate that whey associated with dodder seed extract can serve as a promising alternative for the treatment of moderate-to-severe atopic dermatitis.

T. Jaeger, M. Rothmaier, H. Zander, J. Ring, J. Gutermuth, M.D. Anliker, **Acid-coated Textiles (pH 5.5–6.5) – a New Therapeutic Strategy for Atopic Eczema?**, Acta Derm Venereol 2015; 95: p. 659–663

Increased transepidermal water loss (TEWL) and decreased skin capacitance are characteristic features of the disturbed epidermal barrier in atopic eczema (AE). The “acid mantle”, which is a slightly acidic film on the surface of the skin has led to the development of acidic emollients for skin care. In this context, the effect of citric acid-coated textiles on atopic skin has not been examined to date. A textile carrier composed of cellulose fibres was coated with a citric acid surface layer by esterification, ensuring a constant pH of 5.5–6.5. Twenty patients with AE or atopic diathesis were enrolled in the study. In a double-blind, half-side experiment, patients had to wear these textiles for 12 h a day for 14 days. On day 0 (baseline), 7 and 14, tolerability (erythema, pruritus, eczema, wearing comfort) and efficacy on skin barrier were assessed by TEWL skin hydration (corneometry/ capacitance), pH and clinical scoring

of eczema (SCORAD). Citric acid-coated textiles were well tolerated and improved eczema and objective parameters of skin physiology, including barrier function and a reduced skin surface pH, with potential lower pathogenic microbial colonisation.

M. Zajac, M.P. Szczepanik, P.M. Wilkotek, Ł.R. Adamek, Z.J.H. Pomorski, W. Sitkowski, M. Gołyński, Assessment of a correlation between Canine Atopic Dermatitis Extent and Severity Index (CADESI-03) and selected biophysical skin measures (skin hydration, pH, and erythema intensity) in dogs with naturally occurring atopic dermatitis, The Canadian Journal of Veterinary Research, 2015

Atopic dermatitis is a common allergic skin disease in dogs. The aim of this study was to examine the possibility of a correlation between biophysical skin variables: skin hydration (SH), skin pH, and erythema intensity measured in 10 different body regions and both total Canine Atopic Dermatitis Extent and Severity Index (CADESI-03) and CADESI measured in a given region (CADESI L). The study was conducted using 33 dogs with atopic dermatitis. The assessment of the biophysical variables was done in 10 body regions: the lumbar region, right axillary fossa, right inguinal region, ventral abdominal region, right lateral thorax region, internal surface of the auricle, interdigital region of right forelimb, cheek, bridge of nose, and lateral site of antebrachium. Positive correlations were found between SH and CADESI L for the following regions: the inguinal region ($r = 0.73$) and the interdigital region ($r = 0.82$), as well as between total CADESI and SH on digital region ($r = 0.52$). Also, positive correlations were reported for skin pH and CADESI L in the lumbar region ($r = 0.57$), the right lateral thorax region ($r = 0.40$), and the lateral antebrachium ($r = 0.35$). Positive correlations were found in the interdigital region between erythema intensity and the total CADESI-03 ($r = 0.60$) as well as the CADESI L ($r = 0.7$). The results obtained suggest that it may be possible to use skin hydration, pH, and erythema intensity to assess the severity of skin lesion but positive correlation was only found in < 13.3% of possible correlations and usage of these measures in dogs is limited.

M. Lee, Y. Jung, E. Kim, H.K. Lee, Comparison of skin properties in individuals living in cities at two different altitudes: an investigation of the environmental effect on skin, J Cosmet Dermatol. 2016 Sep 11

Background: Skin properties vary depending on exogenous factors. Various studies have been used for comparing skin properties between cities for studying environment influence on skin properties. However, for comparison of skin properties between cities, various environmental factors have to be considered. Objectives: The purpose of this study therefore was to compare skin properties in individuals of the same ethnicity and sex (Indonesian women) between different altitudes and to interpret the environmental effect on skin. Methods: In this study, we reanalyzed the data obtained from previous study. The data were for healthy Sundanese Indonesian females [($n = 136$) at Jakarta ($n = 49$) and Bandung ($n = 87$)], and the data consisted of published data (skin hydration, sebum level, pH, elasticity, and transepidermal water loss) and unpublished data [skin color (L^* , a^* , and b^*)]. The skin parameters were measured on Indonesian females aged 20-34 using C+K devices (corneometer, sebumeter, pH meter, and cutometer), Delfin vapometer, and Minolta spectrophotometer, respectively. Results: Sundanese Jakarta (low-altitude) females had higher sebum level and greater redness (a^*) value in the forehead than Sundanese Bandung (high-altitude) females. In contrast, Bandung females had higher skin pH, brighter skin color, and greater forehead skin elasticity than Jakarta females. Conclusions: The skin properties can be influenced by changing altitude because different altitudes have different environments such as air temperature, humidity, UV radiation, and so on, and it is also necessary to investigate the factors which can influence with perceived skin condition such as skin type and skin concerning.

J. Eo, Y.K. Seo, J.H. Baek, A.R. Choi, M.K. Shin, J.S. Koh, Facial skin physiology recovery kinetics during 180 min post-washing with a cleanser, Skin Research and Technology 2016; 22: 148-151

Background/Purpose: Facial cleansing is important to clean and exfoliate the skin while maintaining optimal physiologic function. However, there is insufficient data on the very early stage of skin change after applying soap or cleansing foam. We investigated the recovery kinetics of facial skin physiology during 180 min after exposure to the cleanser.

M.Q. Man, R. Sun, G. Man, D. Lee, Z. Hill, P.M. Elias, Commonly Employed African Neonatal Skin Care Products Compromise Epidermal Function in Mice, *Pediatr Dermatol.*, 2016 Jul 11

Background: Neonatal mortality is much higher in the developing world than in developed countries. Infections are a major cause of neonatal death, particularly in preterm infants, in whom defective epidermal permeability barrier function facilitates transcutaneous pathogen invasion. The objective was to determine whether neonatal skin care products commonly used in Africa benefit or compromise epidermal functions in murine skin. Methods: After twice-daily treatment of 6- to 8-week-old hairless mice with each skin care product for 3 days, epidermal permeability barrier function, skin surface pH, stratum corneum hydration, and barrier recovery were measured using a multiprobe adapter system physiology monitor. For products showing some benefits in these initial tests, the epidermal permeability barrier homeostasis was assessed 1 and 5 hours after a single application to acutely disrupted skin. Results: All of the skin care products compromised basal permeability barrier function and barrier repair kinetics. Moreover, after 3 days of treatment, most of the products also reduced stratum corneum hydration while elevating skin surface pH to abnormal levels. Conclusion: Some neonatal skin care products that are widely used in Africa perturb important epidermal functions, including permeability barrier homeostasis in mice. Should these products have similar effects on newborn human skin, they could cause a defective epidermal permeability barrier, which can increase body fluid loss, impair thermoregulation, and contribute to the high rates of neonatal morbidity and mortality seen in Africa. Accordingly, alternative products that enhance permeability barrier function should be identified, particularly for use in preterm infants.

A. Firooz, H. Zartab, B. Sadr, L. Naraghi Bagherpour, A. Masoudi, F. Fanian, Y. Dowlati, A. Hooshang Ehsani, A. Samadi, Daytime Changes of Skin Biophysical Characteristics: A Study of Hydration, Transepidermal Water Loss, pH, Sebum, Elasticity, Erythema, and Color Index on Middle Eastern Skin, *Iranian Journal of Dermatology*, Dec. 2016

Background: The exposure of skin to ultraviolet radiation and temperature differs significantly during the day. It is reasonable that biophysical parameters of human skin have periodic daily fluctuation. The objective of this study was to study the fluctuations of various biophysical characteristics of Middle Eastern skin in standardized experimental conditions. Materials and Methods: Seven biophysical parameters of skin including stratum corneum hydration, transepidermal water loss, pH, sebum, elasticity, skin color, and erythema index were measured at three time points (8 a.m., 12 p.m. and 4 p.m.) on the forearm of 12 healthy participants (mean age of 28.4 years) without any ongoing skin disease using the CK MPA 580 device in standard temperature and humidity conditions. Results: A significant difference was observed between means of skin color index at 8 a.m. (175.42 ± 13.92) and 4 p.m. (164.44 ± 13.72 , $P = 0.025$), between the pH at 8 a.m. (5.72 ± 0.48) and 4 p.m. (5.33 ± 0.55 , $P = 0.001$) and pH at 12 p.m. (5.60 ± 0.48) and 4 p.m. (5.33 ± 0.55 , $P = 0.001$). Other comparisons between the means of these parameters at different time points resulted in nonsignificant P values. Conclusion: There are daytime changes in skin color index and pH. Skin color index might be higher and cutaneous pH more basic in the early morning compared to later of the day.

S.A. Kim, B.R. Kim, M.Y. Chun, S.W. Youn, Relation between pH in the Trunk and Face: Truncal pH Can Be Easily Predicted from Facial pH, *Ann Dermatol* 28(2) p. 216-221, 2016

Background: The clinical symptoms of facial and truncal acne differ. Skin surface acidity (pH), which is affected by sebum secretions, reflects the different clinical characteristics of the face and trunk. However, no studies have been conducted on truncal sebum production and skin pH. Objective: We evaluated the differences and relationship between pH values of the face and trunk. We also evaluated the relationship between pH and the quantity of sebum produced in the trunk. Methods: A total of 35

female patients clinically diagnosed with truncal acne were included. We measured pH on the face and truncal area using the Skin-pH-Meter PH 905[®]. We measured truncal sebum secretions using the Sebumeter SM 815[®]. Statistical analysis was performed to evaluate the correlations and differences between pH and sebum. Results: Facial pH was significantly higher than chest and back pH values. The correlation between pH on the trunk and the face was significant. We used linear regression equations to estimate truncal pH using only measured pH from the chin. There was no significant relationship between truncal sebum secretion and pH. Conclusion: This was the first study that evaluated the differences and correlations between facial and truncal pH. We found that facial pH can predict truncal pH. In addition, we conclude that differences in pH and sebum secretion between the face and trunk are one of the reasons for differences in acne symptom at those sites.

*S. Xin, L. Ye, G. Man, C.Lv, P.M. Elias, M.-Q. Man, **Heavy Cigarette Smokers in a Chinese Population Display a Compromised Permeability Barrier**, BioMed Research International, Volume 2016*

Cigarette smoking is associated with various cutaneous disorders with defective permeability. Yet, whether cigarette smoking influences epidermal permeability barrier function is largely unknown. Here, we measured skin biophysical properties, including permeability barrier homeostasis, stratum corneum (SC) integrity, SC hydration, skin surface pH, and skin melanin/erythema index, in cigarette smokers. A total of 99 male volunteers were enrolled in this study. Smokers were categorized as light-to-moderate (<20 cigarettes/day) or heavy smokers (≥20 cigarettes/day). An MPA5 was used to measure SC hydration and skin melanin/erythema index on the dorsal hand, forehead, and cheek. Basal transepidermal water loss (TEWL) and barrier recovery rates were assessed on the forearm. A Skin-pH-Meter pH900 was used to measure skin surface pH. Our results showed that heavy cigarette smokers exhibited delayed barrier recovery after acute abrogation (1.02% ± 13.06 versus 16.48% ± 6.07), and barrier recovery rates correlated negatively with the number of daily cigarettes consumption (p = 0.0087). Changes in biophysical parameters in cigarette smokers varied with body sites. In conclusion, heavy cigarette smokers display compromised permeability barrier homeostasis, which could contribute, in part, to the increased prevalence of certain cutaneous disorders characterized by defective permeability. Thus, improving epidermal permeability barrier should be considered for heavy cigarette smokers.

*C.W. Bradley, D.O. Morris, S.C. Rankin, C.L. Cain, A.M. Mistic, T. Houser, E.A. Mauldin, E.A. Grice, **Longitudinal evaluation of the skin microbiome and association with microenvironment and treatment in canine atopic dermatitis**, J Invest Dermatol, 2016 June ; 136(6): p. 1182–1190*

Host-microbe interactions may play a fundamental role in the pathogenesis of atopic dermatitis (AD), a chronic relapsing inflammatory skin disorder characterized by universal colonization with *Staphylococcus*. To examine the relationship between epidermal barrier function and the cutaneous microbiota in AD, this study employed a spontaneous model of canine AD (cAD). In a cohort of 14 dogs with cAD, the skin microbiota was longitudinally evaluated with parallel assessment of skin barrier function at disease flare, during antimicrobial therapy and posttherapy. Sequencing of the bacterial 16S ribosomal RNA gene revealed decreased bacterial diversity and increased proportions of *Staphylococcus* (*S. pseudintermedius* in particular) and *Corynebacterium* in comparison to a cohort of healthy control dogs (n=16). Treatment restored bacterial diversity with decreased *Staphylococcus* proportions, concurrent with decreased cAD severity. Skin barrier function, as measured by corneometry, pH, and transepidermal water loss (TEWL) also normalized with treatment. Bacterial diversity correlated with TEWL and pH, but not corneometry. These findings provide insights into the relationship between the cutaneous microbiome and skin barrier function in AD, the impact of antimicrobial therapy on the skin microbiome, and highlight the utility of cAD as a spontaneous non-rodent model of AD.

*S. P. Cannavo, F. Guarneri, R. Giuffrida, E. Aragona, C. Guarneri, **Evaluation of cutaneous surface parameters in psoriatic patients**, Skin Research and Technology 2017; 23: 41-47*

Purpose: The purpose of this study was to compare cutaneous surface parameters in lesional and non-lesional skin of psoriatic patients and in corresponding areas of control subjects.

E. Hahnel, U. Blume-Peytavi, C. Trojahn, G. Dobos, A. Stroux, N. Garcia Bartels, I. Jahnke, A. Lichterfeld-Kottner, H. Neels-Herzmann, A. Klasen, J. Kottner, **The effectiveness of standardized skin care regimens on skin dryness in nursing home residents: A randomized controlled parallel-group pragmatic trial**, *International Journal of Nursing Studies* 70 (2017) 1–10

Background: Aged residents of institutional long-term care facilities are at high risk for developing skin and tissue diseases. Besides various common skin problems, dry skin (xerosis cutis) is one of the most frequent skin conditions in this setting.

A. Samadi, S.A. Nasrollahi, M. Shamsipour, A.A. Akhlaghi, A.M. Mohammadi, A. Firooz, **Safety and Efficacy Assessment of a Sanitary Pad Containing Potassium Alum in Comparison to Ordinary Pads: A Cross-Over Trial**, *Current Women's Health Reviews*, 2017, 13, p. 52-57

Background: The cutaneous effects and suitability of a sanitary pad have been studied globally. Potassium alum has been used in menstrual pads as an antiseptic, astringent, deodorizer and antiperspirants. The aim of this study is to assess safety and suitability of a sanitary pad containing potassium alum (test) in comparison of simple pads (control) on healthy women residing in Iran. Methods: This was a phase III cross-over study design, conducted on 16 healthy women over the course of two menstrual periods. The levels of erythema, fissuring, edema and papule formation as well as burning, and itching sensations have been evaluated based on clinical observations and interviews. Measurement of pH and swabs for bacteria counting of vulvar skin were also performed. The subjects used one type of sanitary pad during their first menstrual period and then used the other type during their subsequent menstrual period. Then the evaluations were repeated and the subjects were asked to complete self-assessment questionnaires about product suitability. *Results*: All the volunteers (age: 18-50, mean: 37.43) completed the study. No signs of irritation were found in the clinical observations or in the interviews for either product. No significant difference from baseline was found in the number of total bacteria for either product but the vulvar areas were significantly more acidic after using product with potassium alum. The majority of subjects preferred the sanitary pad with potassium alum (p-value = 0.0416). Conclusion: Both types of sanitary pads used in this trial were same, however, the pad with Potassium alum was preferred by the participants for greater suitability.

S.A. Nasrollahi, H. Hassanzade, A. Moradi, M. Sabouri, A. Samadi, M.N. Kashani, A. Firooz, **Safety Assessment of Tretinoin Loaded Nano Emulsion and Nanostructured Lipid Carriers: A Non-invasive Trial on Human Volunteers**, *Current Drug Delivery*, 2017; 14(4): p. 575-580

Background and Aim: Topical application of tretinoin (TRE) is followed by a high incidence of side effects. One method to overcome the problem is loading TRE into lipid nanoparticles. The potential safety of the nanoparticle materials has been always considered as a major concern. In this in vivo study, changes in human skin biophysical parameters including hydration, TEWL, erythema, and pH have been used to determine the safety of tretinoin loaded nano emulsion (NE) and nanostructured lipid carriers (NLC). Method: TRE loaded NE and NLC were prepared using a high pressure homogenizer. Skin biophysical parameters were measured on the volar forearms of twenty healthy volunteers, before and after applying TRE-NE and TRE-NLC lotions. All the measurements were done using respective probes of MPA 580 Cutometer®. Result: We obtained particles of nanometric size (<130 nm) with narrow distribution and optimal physical stability. None of the formulations made any statistically significant change in any of the measured skin properties. P-values were 0.646, 0.139, 0.386, 0.169 after applying TRE-NE and 0.508, 0.051, 0.139, 0.333 after applying TRE-NLC, respectively. Conclusion: Both formulations are reasonably safe to apply on human skin and topical application of TRE-NE and TRE-NLC had almost similar effects on skin biophysical parameters.

S.A. Koppes, F. Charles, L.A. Lammers, M. Frings-Dresen, S. Kezic, T. Rustemeyer, Efficacy of a cream containing ceramides and magnesium in the treatment of mild to moderate atopic dermatitis: a randomized, double-blind, emollient- and hydrocortisone-controlled trial, in S.A. Koppes: *Stratum Corneum Biomarkers for Inflammatory Skin Diseases*, Amsterdam 2017

The aim of this randomized controlled trial was to assess the efficacy of a cream containing ceramides and magnesium (Cer-Mg) in the treatment of mild to moderate atopic dermatitis and to compare it with hydrocortisone and a commonly used emollient (unguentum leniens; cold cream). A total of 100 patients, randomized into 2 groups, were treated for 6 weeks simultaneously (left vs. right side of the body) with either Cer-Mg and hydrocortisone (group I) or Cer-Mg and emollient (group II). The primary outcome was a reduction in severity of lesions as assessed by (local) SCORAD (SCORing Atopic Dermatitis). Levels of trans-epidermal water loss (TEWL), skin hydration, and natural moisturizing factors (NMF) were then measured. After 6 weeks, group I showed comparable significant improvement in SCORAD and TEWL, while in group II, the decrease in SCORAD and TEWL was significantly greater after Cer-Mg compared with emollient. Finally, Cer-Mg cream was more effective in improving skin hydration and maintenance of levels of NMF than hydrocortisone and emollient.

K. Ogai, M. Matsumoto, M. Aoki, R. Ota, K. Hashimoto, R. Wada, M. Kobayashi, J. Sugama, Wash or wipe? A comparative study of skin physiological changes between water washing and wiping after skin cleaning, *Skin Research and Technology* 2017; 23: p. 519-524

Background/purpose: Presently, skin-cleaning agents that claim to be removed by water or wiping alone are commercially available and have been used for the purpose of bed baths. However, there is a lack of knowledge on how water washing and wiping differently affect skin physiological functions or ceramide content. The aim of this study was to compare the effects of water washing and wiping on skin physiological functions and ceramide content. Methods: Three kinds of the cleaning agents with different removal techniques (ie, water washing and wiping) were used in this study. Skin physiological functions (ie, transepidermal water loss, skin hydration, and skin pH) and skin ceramide content were measured before and after seven consecutive days of the application of each cleaning agent. Results: No significant differences in skin physiological functions or ceramide content were observed between water washing and wiping. Conclusion: Cleaning agents that claim to be removed by water washing or wiping do not affect skin physiological functions or ceramide content by either removal method.

E. Hahnel, U. Blume-Peytavi, C. Trojahn, J. Kottner, Associations between skin barrier characteristics, skin conditions and health of aged nursing home residents: a multicenter prevalence and correlational study, *BMC Geriatrics* (2017) 17:263

Background: Geriatric patients are affected by a range of skin conditions and dermatological diseases, functional limitations and chronic diseases. Skin problems are highly prevalent in elderly populations. Aim of this study was to investigate possible associations between health, functional and cutaneous variables in aged long-term care residents. Methods: This observational, cross-sectional, descriptive prevalence study was conducted in a random sample of 10 institutional long-term care facilities in Berlin. In total, n = 223 residents were included. Demographic and functional characteristics, xerosis cutis, incontinence associated dermatitis, pressure ulcers and skin tears were assessed. Stratum corneum hydration, transepidermal water loss, skin surface pH and skin temperature were measured. Data analysis was descriptive and explorative. To explore possible bivariate associations, a correlation matrix was created. The correlation matrix was also used to detect possible collinearity in the subsequent regression analyses. Results: Mean age (n = 223) was 83.6 years, 67.7% were female. Most residents were affected by xerosis cutis (99.1%; 95% CI: 97.7% - 100.0%). The prevalence of pressure ulcers was 9.0% (95% CI: 5.0% - 13.0%), of incontinence associated dermatitis 35.4% (95% CI: 29.9% - 42.2%) and of skin tears 6.3% (95% CI: 3.2% - 9.5%). Biophysical skin parameters were not associated with overall care dependency, but with age and skin dryness. In general, skin dryness and measured

skin barrier parameters were associated between arms and legs indicating similar overall skin characteristics of the residents. Conclusion: Prevalence of xerosis cutis, pressure ulcers and skin tears were high, indicating the load of these adverse skin conditions in this population. Only few associations of demographic characteristics, skin barrier impairments and the occurrence of dry skin, pressure ulcers, skin tears and incontinence-associated dermatitis have been detected, that might limit the diagnostic value of skin barrier parameters in this population. Overall, the measured skin barrier parameters seem to have limited diagnostic value for the reported skin conditions except xerosis cutis.

*E. Hahnel, U. Blume-Peytavi, C. Trojahn, G. Dobos, A. Stroux, N. Garcia Bartels, I. Jahnke, A. Lichterfeld-Kottner, H. Neels-Herzmann, A. Klasen, J. Kottner, **The effectiveness of standardized skin care regimens on skin dryness in nursing home residents: A randomized controlled parallel-group pragmatic trial**, International Journal of Nursing Studies 70 (2017) 1–10*

Background: Aged residents of institutional long-term care facilities are at high risk for developing skin and tissue diseases. Besides various common skin problems, dry skin (xerosis cutis) is one of the most frequent skin conditions in this setting. Objectives: To investigate the effectiveness of two structured skin care regimens in comparison to routine skin care on xerosis cutis in nursing home residents. Design: A multi-center, pragmatic, randomized, controlled, investigator blinded study with three parallel groups. Settings: The study was conducted in a random sample of ten out of 291 institutional long-term care facilities of the federal state of Berlin, Germany. Participants: Long-term care residents being 65+ years affected by dry skin were included. Methods: The residents were allocated into one of three study groups. Two interventional groups used standardized skin care regimens, consisting of a body wash and twice daily applications of leave-on products for eight weeks. The third control group performed skin care as usual. All participating residents were examined at baseline and after 4 and 8 weeks. Xerosis cutis was measured with the Overall Dry Skin score. Instrumental skin barrier measurements were performed at baseline and after 8 weeks. Diaries were used to document washing and skin care frequencies. Results: In total, 133 residents were included and allocated to one of the three groups. Mean age was 83.8 (SD 8.3) years, 65.4% were female and most residents had care levels I (42.9%) or II (42.9%) according to the German Social Code Book XI. Mean Barthel score was 46.8 (SD 24.2) and mean Braden score was 17.6 (SD 3.7). Leg skin areas were drier compared to arms and trunk areas. At the end of the study the Overall Dry Skin scores in the intervention groups were lower compared to the control group. There were statistically significant improvements of skin dryness in both intervention groups compared to the control group over time. Conclusions: The results of this pragmatic trial indicate that structured skin care regimens are effective in reducing skin dryness in aged nursing home residents within eight weeks.

*K.C. Bernhöft, M. Streker, M. Kerscher, **Evaluation einer kosmetischen Maske bestehend aus einem Puder (27% Vitamin C, 4% Emblica Extrakt) und einer Lösung (40% Glykolsäure, 10% Zitronensäure) in Kombination mit einem Produkte-Set zur Reduktionfazialer Hyperpigmentierung***

Fragestellung: Wie effektiv ist die Anwendung einer kosmetischen Peelingmaske in Kombination mit einem Produkte Set für zuhause bei der Reduzierung von Hyperpigmentierung bei Frauen? Methodik: In dieser Pilotstudie wurden 2×12 Probandinnen, insgesamt 24, zwischen 25 und 60 Jahren in je einem Zeitraum von 12 Wochen untersucht. Die Peelingmaske wurde 6x mit je einem Abstand von 10–14 Tagen auf dem gesamten Gesicht nach einem speziellen Behandlungsablauf angewendet. Während des gesamten Studienzeitraums wurden die Probandinnen dazu angehalten das ausgegebene Produkte Set zuhause anzuwenden. Zur Evaluation der direkten Hautreaktion wurde eine Probanden Befragung, als auch eine Experten Einschätzung, zu jeder Visite eingeholt. Zusätzlich wurde zur Effekt Feststellung die standardisierte Photographie (Visia, complexing analysis), Mexametrie und Probanden Befragungen vor Beginn der Studie, an Tag 42 und an Tag 84 angewendet. Die Verträglichkeit der Behandlung, die Corneometrie, der transepidermale Wasserverlust, als auch der pH Wert wurden mittels biophysikalischer Messungen festgehalten. Ergebnis: Die Probanden stellten in den Befragungen eine Verbesserung der Hauttextur, Ebenmäßigkeit und des gesamt Erscheinungsbildes der Haut fest. Größtenteils sind die Hyperpigmentierungen nach Anwendung der Peelingmaske und des Produkte

Sets zurückgegangen. Die Hautfarbe, gemessen an Melanin und Hämoglobin (Erytheme) ist schwächer geworden, verglichen zu den Vorab-Messungen. Die Hautverträglichkeit gemessen an den biophysikalischen Werten ist gegeben gewesen. Schlussfolgerung: Die Anwendung der Peelingmaske, wie auch der Heimpflege-Produkte war verträglich und konnte eine Verbesserung der Haut erreichen. Dies lässt darauf schließen, dass ein oberflächliches, kosmetisches Fruchtsäurepeeling, in diesem Fall in Form einer Peelingmaske, mit einem ergänzendem Produkte Set für zuhause, eine zufriedenstellende und verträgliche Alternative zu aufhellenden Produkten auf dem Markt darstellt.

S.A. Nasrollahi, H. Hassanzade, A. Moradi, M. Sabouri, A. Samadi, M.N. Kashani, A. Firooz, Safety Assessment of Tretinoin Loaded Nano Emulsion and Nanostructured Lipid Carriers: A Non-invasive Trial on Human Volunteers, Curr Drug Deliv. 2017; 14(4): p. 575-580

Background and Aim: Topical application of tretinoin (TRE) is followed by a high incidence of side effects. One method to overcome the problem is loading TRE into lipid nanoparticles. The potential safety of the nanoparticle materials has been always considered as a major concern. In this in vivo study, changes in human skin biophysical parameters including hydration, TEWL, erythema, and pH have been used to determine the safety of tretinoin loaded nano emulsion (NE) and nanostructured lipid carriers (NLC). Method: TRE loaded NE and NLC were prepared using a high pressure homogenizer. Skin biophysical parameters were measured on the volar forearms of twenty healthy volunteers, before and after applying TRE-NE and TRE-NLC lotions. All the measurements were done using respective probes of MPA 580 Cutometer®. Results: We obtained particles of nanometric size (<130 nm) with narrow distribution and optimal physical stability. None of the formulations made any statistically significant change in any of the measured skin properties. P-values were 0.646, 0.139, 0.386, 0.169 after applying TRE-NE and 0.508, 0.051, 0.139, 0.333 after applying TRE-NLC, respectively. Conclusion: Both formulations are reasonably safe to apply on human skin and topical application of TRE-NE and TRE-NLC had almost similar effects on skin biophysical parameters.

C. Prakash, P. Bhargava, S. Tiwari, B. Majumdar, R. Kumar Bhargava, Skin Surface pH in Acne Vulgaris: Insights from an Observational Study and Review of the Literature, Journal of Clinical and Aesthetic Dermatology, July 2017, Volume 10, Number 7

Objective: Recurrent and chronic course of acne vulgaris, despite effect-proven therapies, point to an underfocused aspect in its pathogenesis and management. This study aims to assess in subjects with and without acne, the skin surface pH, a parameter that cumulatively represents functioning of various units of skin, including the barrier. Methods: A total of 200 patients with acne and 200 age- and sexmatched controls were included. Under basal conditions, facial skin pH was derived from five sites using a skin pH-meter. The relation between skin pH and acne was evaluated according to sex. Results: There were more subjects with normal skin pH in the control group compared to the case group, and the majority of acne occurrences in the case group were related to high skin pH ($p=0.000$). Mean pH among cases was higher than normal reference value (pH 4.5–5.5 for women, 4–5.5 for men) and that of controls ($p<0.001$). No significant association was observed between sex and skin pH in either cases or controls ($p>0.05$). Conclusion: Increased facial skin pH in patients with acne at basal conditions mirrors a chronic state of stratum corneum instability, which could be predisposing individuals to acne occurrence and/or recurrences. It could possibly be a common domain via which the classical pathomechanisms might be acting in acne. Integrating measures that maintain stratum corneum pH during therapy might prove worthwhile.

Xi Li, C. Yuan, L. Xing, P. Humbert, Topographical diversity of common skin microflora and its association with skin environment type: An observational study in Chinese women, Scientific Reports, (2017) 7:18046

This study evaluated cutaneous microbial distribution, and microbial co-occurrence at different body sites and skin environments in Chinese women (39.6 ± 11.9 years, $N=100$) during the winter season. Microbial distribution (*Propionibacterium acnes*, *Staphylococcus aureus*, *Staphylococcus epi-*

dermidis, *Lactobacillus*, Pseudomonadaceae, and *Malassezia furfur*), association with biomarkers (antimicrobial peptides: LL-37, β -defensins [HBD-2, HBD-3]), and claudin-1) and skin biophysical parameters (transepidermal water loss, pH, skin scaliness and roughness, sebum and hydration levels) were also determined. Skin sites (glabella [GL], hand-back [HB], interdigital web-space [IS], antecubital fossa [AF], volar forearm [VF], back [BA]) were classified as normal, oily or dry based on two-step cluster analysis and exposed or unexposed (uncovered or covered by clothes, respectively) based on seasonal apparel. Pseudomonadaceae and *Staphylococcus aureus* had the highest and lowest detection rate respectively at all sites. Cluster analysis identified skin sites as 'normal' (HB, BA, AF, VF), 'dry' (IS) and 'oily' (GL). Bacterial alpha diversity was higher in exposed (HB, IS, and GL) compared with unexposed sites (BA, AF and VF). Co-occurrence of *Staphylococcus aureus* with any of the other five microorganisms was lower in dry and oily skin versus normal skin. Skin exposure, biophysical/barrier profile and biomarkers were found to be associated with bacterial distribution and co-occurrence.

Y. Borzykh, T. Momot, Restoration of the skin epidermal barrier after alkaline peeling procedure (article in Ukrainian), Les Nouvelles Esthetiques (Ukraine), 4 (104)/2017

A damaged epidermal barrier is like an open gate for various microorganisms, allergens etc. Therefore, its protection and recovery should be an integral part of skin treatment procedures – in particular, after peeling. In this article, the authors provide insight into the results of a clinical study, the purpose of which was to study the recovery rate of the epidermal barrier after alkaline peeling application, and also give their recommendations.

K. Yonezawa, M. Haruna, M. Matsuzaki, M. Shiraishi, R. Kojima, Effects of moisturizing skincare on skin barrier function and the prevention of skin problems in 3-month-old infants: A randomized controlled trial, Journal of Dermatology 2018; 45: p. 24–30

An effective newborn skincare protocol has not been established. We aimed to evaluate the effects of moisturizing skincare, including using lotion and reducing routine bathing. Our hypothesis was that moisturizing skincare would improve skin barrier function. This randomized controlled trial included 227 healthy Asian newborns between 1 week and 3 months old. We compared moisturizing skincare (bathing every 2 days and using lotion daily; intervention, n = 113) to daily bathing without lotion (control, n = 114). We assessed the skin barrier function (transepidermal water loss [TEWL], stratum corneum hydration [SCH], skin pH and sebum secretion) as a primary outcome at 3 months old. We also assessed the incidence of skin problems according to parents' diary reports. Compared with the control, the intervention group had a lower face TEWL (mean standard deviation, 14.69 7.38 vs 17.08 8.26 g/m² per h, P = 0.033), higher face SCH (60.38 13.66 vs 53.52 14.55, P = 0.001) and higher body SCH (58.89 12.96 vs 53.02 10.08, P < 0.001). Compared with the control, newborns in the intervention group had significantly lower rates of diaper dermatitis between birth and 1 month old (6.3% vs 15.9%, P = 0.022), and tended to have lower rates of body skin problems between 1 and 3 months (42.1% vs 55.2%, P = 0.064). Moisturizing skincare was effective for improving skin barrier function and preventing newborns' diaper dermatitis. The results of our study may help parents make informed decisions about newborn skincare.

J.W. Fluhr, Atopic Dermatitis and the Barrier, ISBS Conference San Diego, May 2018

The epidermis is the interface of the human body to the potentially harmful environment with exogenous stressors like chemicals, UV radiation other physical impact. The epidermal barrier is recognized as a central key pathophysiologic element in inflammatory skin diseases such as atopic dermatitis (AD). Some bases of an impaired barrier have been elucidated on the molecular level e.g. mutation in genes encoding for filaggrin and lipid processing defects. Recently, alterations in the microbiome composition and its relation to altered barrier function were reported. Multiple non-invasive biophysical measurement instruments are used to assess skin physiology especially in inflammatory skin diseases associated with an altered epidermal barrier e.g. transepidermal water loss, stratum corneum hydration, surface pH, inflammatory signs and surface parameters. Clinical scores for AD disease activity are widely used but rely entirely on subjective criteria in assessing both the severity of lesions and the extent

of involvement. Noninvasive biophysical instruments are available and introduced into clinical evaluation of chronic diseases and treatment effects. In AD objective scores including biophysical measurements have been published. Quantifying barrier function, stratum corneum hydration, erythema, scaling, and sub-epidermal edema as well as estimates of involved body surface areas are implemented in assessing the severity of AD. Sensitivity and reliability of these severity scores have been published involving computer assisted software and measurement devices. New models are now developed to use standardized approaches in AD in clinical studies. Recently, non- or minimalinvasive methods have been used in different AD research areas. These methods include multidimensional imaging, in vivo multiphoton spectroscopy, optical coherence tomography, atomic force microscopy, near-infrared spectroscopy (NIR), in vivo Raman micro-spectroscopy and in vivo reflectance Raman spectroscopy. The state of the art of established non-invasive novel methods and their value/limitations in AD research will be discussed. The combination of established approaches with cutting edge methods will allow to gain a deeper understanding of barrier related inflammatory skin diseases. Eventually biomarkers can be derived from these studies for diagnostic and preventive purposes as well as monitoring of disease activity during specific treatment regimens.

*M. Strunk, T. Heichel, S.M. John, **Regeneration des physiologischen Hautoberflächen-pH nach Anwendung von Hautreinigungsmitteln***, Poster auf dem 13. Dermatologisches Alpenseminar, Grainau, Mai 2018

Der sog. Säureschutzmantel der Haut stellt einen wesentlichen Bestandteil der epidermalen Barriere gegenüber pathogener mikrobieller Besiedelung der Hautoberfläche dar und (Abb. 1). Auch Enzymsysteme, die an der Ausbildung der epidermalen Barriere beteiligt sind, sind auf ein saures Milieu angewiesen. Physiologisch liegt der pH der Hautoberfläche zwischen 4,5 und 5,75 (Abb. 2). Durch Hautwaschungen mit Hautreinigungsmitteln unterschiedlicher pH-Wert-Einstellungen wird der physiologische pH-Wert der Hautoberfläche bei jeder Hautreinigung negativ beeinflusst (erhöht), wobei – bei unzureichender Regenerationszeit – die negativen Effekte kumulieren können (Abb. 3). In der vorliegenden Studie wurden sowohl der Einfluss als auch die Regenerationsdauer einer einmaligen Handreinigung bei Verwendung von vier Hautreinigungsmitteln mit unterschiedlichen pH-Werten evaluiert.

*H.-J. Kim, H. Kim, J.J. Kim, N.R. Myeong, T. Kim, T. Park, E. Kim, J.-Y. Choi, J. Lee, S. An, W.J. Sul, **Fragile skin microbiomes in megacities are assembled by a predominantly niche-based process***, Science Advanced 2018; 4

Given the higher incidence of skin diseases in more urbanized populations and its association with the skin microbiome, we questioned how the skin microbiome differed depending on the degree of urbanization. Skin microbiomes of 231 healthy subjects in five large cities in China varied mainly with environment and socioeconomic status of the cities in question. The differences among microbiomes could be explained by the predominantly niche-based assembly of microbial communities, which was supported by a dominance test, b-null deviation, and edge-length abundance distribution. Networks among microbes in larger cities were more fragile, which may contribute to the higher incidence of skin diseases in more urbanized environments. These results suggest that microbial ecological theory can provide a framework for understanding crucial health-associated features of the human microbiome.

*C. Carrasco, G. Kimmel, L. Mallet, L. Le Mauff, P. Bellon, **How to create a technology to make a fragrance last longer showing improved skin moisture benefit?***, IFSCC Congress, Munich, September 2018

The perfume market is highly competitive and is driven by technological innovations. Market research has shown that among perfume users, consumers are dissatisfied with the impact of perfume performance. In many cases, respondents complained that perfumes fade too quickly or change over time or dehydrate the skin. We believe it is important to develop a technology that can be added to the fragrance to provide functional benefits, such as hydration and durability. This research project raises several questions. What is the impact of skin hydration on the retention of fragrance molecules? Can we say that the addition of moisturizing raw material in a concentrate makes it possible to improve the

lasting effect of the perfume on the skin? Can we create an alcoholic scent, both moisturizing and long-lasting? All these questions are part of the challenge of this project to find solutions to improve perfume performance.

J. Blaak, D. Dähnhardt, S. Bielfeldt, I. Simon, M. Schleißinger, K.-P. Wilhelm³, C. Wagner, S. Dähnhardt-Pfeiffer, P. Staib, Aged epidermal barrier reveals decreased lipid lamellae density and shows alterations in lipid profile and ratio, IFSCC Congress, Munich, September 2018

In aged skin, alterations of epidermal barrier function such as reduced stratum corneum (SC) integrity and recovery are described. More precisely, enhanced skin surface pH (ss-pH), impaired epidermal SC lipid synthesis as well as altered composition of the intercellular SC lipids are displayed among the elderly. These facts are dermatological challenges as functional and structural changes in SC are accompanied by age-specific clinical signs, such as dryness, roughness and irritation. Although aged skin has previously been examined by biophysical parameters and SC lipid analysis, no investigation has yet been performed regarding the SC lipid lamellae length accompanied by lipid ratio analysis in aged skin. To verify well-known changes in elderly and further to evaluate SC lipids and lamellae, the present work combines baseline data of two consecutive studies on aged epidermal barrier. Additionally, the SC lipid bilayer was evaluated by analyzing the normalized intercellular lipid lamellae length (nICLL) as well as SC lipid profile and ratio. The present study confirms age-related changes in SC and reveals modifications in SC lipid ratio and structure. The calculated nICLL of aged skin was for the first time shown to be decreased compared to published data of adult skin.

Q. Peijin, C. Jianjie, J. Lili, D. Gan, W. Yue, Composition and diversity of microbial community of Chinese female facial skin from different age and its association with skin characteristics, IFSCC Congress, Munich, September 2018

Skin is the largest organ of the human body. As the interface between the body and the external environment, skin is the first line to protect the human body against the pathogen invasion. Meanwhile human skin harbors a variety of commensals, including bacteria, fungi and viruses. Each area of human body hosts its unique microbial community. Many factors contribute to the structure and function of skin microbiome, for example the host, their age, genetic variation, hygiene, life style and it shifts according to the characteristics of the micro-environments. The adverse shifts might cause a dysbiosis state and it has been reported to be associated with skin disease, such as atopic dermatitis, acne and dandruff. Therefore, exploration of skin microbiome not only helps us understand the correlation between microorganisms and the skin physiological status, but also provide a new perspective to pathogenic factors and new therapeutic targets. In previous study, skin microbiota was demonstrated that varies from different body sites and individuals. However, the reports mainly focused on the Western people and limited study on Chinese skin microbiome. In preliminary work, researchers paid more attention on skin microbiome associated with skin disorders, especially in AD patients, while the relationship between descriptive skin-related characteristics of individual (like wrinkles, hydration, etc.) and skin microbiota is ambiguous. In this work, 34 Chinese female volunteers living in Shanghai were recruited for facial skin microbial community study. Skin samples were collected and Miseq gene sequencing platform was operated. To achieve overall and details of skin appearances, the skin types and characteristics were clinically graded by dermatologist and measured by instruments. The goal of this study is to characterize the composition and variability of the skin microbiota in health people divided into age groups. Moreover, the aim of study is to evaluate the association of the skin microbial distribution with skin physical and physiological properties and the interaction of microorganisms themselves. In our study, it is suggested that *Proteobacterium* is prevalent in elder group together with wrinkles. Additionally, higher trans-epidermal water loss is correlated with *S. aureus* and this may in turn to design a product to recover the skin microbiome balance. In addition, gain more knowledge about microbes interaction with each other is critical to design the skin care products with probiotics and prebiotics. These findings expand our insights in health skin microbiome and will be useful in clinical treatment near the further.

M. Portugal-Cohen, Z. Ma'or, M. Oron, Full Scale Customization, Cosmetics & Toiletries, Vol 133, No.

9, September 2018

The drive for personalized consumer products is no longer a passing fad. Personalization stems from deep motivations. The emotional wish to purchase products created "especially for me" comes across with an understanding of diversity between individuals and the prospects for more effective solutions to meet each individual's special needs. However, efforts to introduce personalized skin care—i.e., for unique skin with distinctive characteristics — on an industrial scale means products formulated for generalized needs, which could not be as effective.

M. Batory, P. Namieciński, H. Rotszajn, Evaluation of structural damage and pH of nail plates of hands after applying different methods of decorating, International Journal of Dermatology, September 2018

Background: The purpose of this study was to evaluate the effect of nail polish, gel polish hybrid, gel nail, and acrylic nail powder and the removal of these formulas on the nail plates properties, particularly the influence of different coatings on morphology and pH. **Methods:** The morphology and structure of nail plates were analyzed with use of scanning electron microscopy. The pH values of the nail plates of hands were measured using the system Courage & Khazaka. **Results:** The analysis of morphology and structure of the surface of nail plates showed distinct changes caused by decorative coatings. The most common ones include fragility and splitting of the nails. The pH value measured in the whole group ranged from 5.21 to 7.00. **Conclusions:** The methods used to prepare nails for decoration and all methods of removing the applied preparations damage the healthy nail plates. The most common changes are brittleness and nail splitting. The nail polish remover causes less damage than acetone, and the use of a nail drill machine and nail file causes the greatest destruction of nail plates. The biggest effect on the pH change has the gel polish hybrid, gel nail, and acrylic nail powder, causing the pH value of nail plates to rise above 6.0, whereas after the application of the nail polish, the pH of the plates was on average 5.8 which is closest to the normal value, assumed as physiological.

V. Mazzarello, M. Ferrari, P. Ena, Werner syndrome: quantitative assessment of skin aging, Clinical, Cosmetic and Investigational Dermatology 2018: 11, p. 397–402

Background: Werner syndrome (WS) is a rare autosomal recessive disorder characterized by premature aging in adults. Although not sufficient to diagnose WS, persistent short stature and alteration of the dentition are among the few early signs that appear at puberty and can lead to a suspected diagnosis. **Objective:** The study aimed at quantifying the signs of WS skin aging through biophysical parameters to find new parameters to be applied together with clinical observations in order to diagnose the disease early. **Patients and methods:** The skin disorders induced by the disease were studied using noninvasive techniques: Tewameter TM300, Corneometer CM825, Skin-pH-Meter PH900, Mexameter MX16, Visioscan VC98, and Cutometer MPA580. Twenty-four patients divided into young group, WS group, and elderly group were recruited for the study. **Results:** The WS skin is quite similar to aged skin, with some differences concerning the barrier function and skin elasticity; for instance, a WS patient of 30 years of age has the same skin roughness of a 50/60 years old subject with a more severe skin condition leading to higher dryness, high transepidermal water loss, and less distensibility correlating with skin indurations. **Conclusion:** In patients with WS, the biophysical parameters can quantify the damage induced on the skin by the disease. In order to stage the degree of the disease, biophysical parameters could be used in the future as a diagnostic procedure in the initial stages of the disease as they may reveal lesions not yet clinically perceptible or in advanced stages.

T. Yadzanparast, S.A. Nasrollah, L.I. Firouzbad, A. Firooz, A Phase II Trial to Assess the Safety and Efficacy of a Topical Repair Cream Containing Skin-identical Ceramide Complex in Patients with Contact Dermatitis, J Clin Aesthet Dermatol. 2018; 11(11): p. 40–44

Background: Contact dermatitis is a common skin condition observed by dermatologists, presenting a burden on healthcare systems. Recently, there has been a trend in producing skin-identical topical preparations for the repair of skin. However, there is a limited number of experimental studies to assess the safety and efficacy of these products. Objective: This study assessed the clinical efficacy and safety of a skin-identical ceramide complex cream (Dermalex Repair Contact Eczema; Omega Pharma, Nazareth, Belgium) in the treatment of contact dermatitis. Design: This was a Phase II, before-after trial. Setting: This study was conducted at the Center for Research and Training in Skin Diseases and Leprosy (CRTSDL) at Tehran University of Medical Sciences in Tehran, Iran. Participants: Fifteen patients with contact dermatitis (8 men and 7 women) between the ages of 25 and 62 years (median age: 36.4 years) were enrolled in this study. Measurements: Changes were assessed using six skin biophysical parameters (transepidermal water loss [TEWL], stratum corneum [SC] hydration, melanin index, erythema index, skin pH, and skin friction), Physician Global Assessment (PGA) score, and Three-Item Severity (TIS) score at baseline, Week 2, and Week 4 of the study. Results: Skin hydration and TIS showed a statistically significant improvement after treatment with study cream ($p=0.023$ and $p=0.007$, respectively). Although the reduction in TEWL was not significant, a slight decrease was observed at Week 4. Conclusions: The skin-identical ceramide complex cream improved contact dermatitis with a decrease in TIS and an increase in skin hydration, implying a repair of the skin barrier.

D. Cobiella, L. Archer, M. Bohannon, D. Santoro, Pilot study using five methods to evaluate skin barrier function in healthy dogs and in dogs with atopic dermatitis, Vet. Dermatology, January 2019

Background: Atopic dermatitis is associated with skin barrier defects. In people, noninvasive techniques are used to quantify the skin barrier functionality. In dogs, transepidermal water loss (TEWL), stratum corneum hydration and pH have been used to assess skin barrier function. However, few studies have determined their repeatability. Objective: To assess the repeatability of measurements of skin hydration, TEWL, pH, skin absorbance and erythema in healthy and atopic dogs. Animals: Fifteen healthy and 15 atopic privately owned dogs. Methods and materials: Three repeated measurements using Corneometer[®], Skin-pH-Meter[®], Colorimeter[®] and VapoMeter[®] were obtained from inguinal, axilla, pinna and interdigital space by three investigators. Intra- and interobserver variability (coefficient of variation, correlation coefficients and intraclass correlation coefficients) and difference between the two groups (t -test or Mann–Whitney U-test) were determined. Results: High repeatability and low variation were observed both intra- and interobservers for all devices except the VapoMeter[®]. The most repeatable device was the Skin-pH-Meter[®], whereas the VapoMeter[®] was the device with the highest intra- and interobserver variability. Atopic dogs had a significantly increased pH (inguinal $P = 0.03$; axilla $P = 0.02$) and erythema (inguinal $P = 0.01$; axilla $P = 0.02$) compared to healthy dogs. No differences between the two groups were detected using the Corneometer[®], VapoMeter[®] or Colorimeter[®] (tartrazine absorption). Conclusion and clinical significance: The results of this pilot study support the use of Corneometer[®], Skin-pH-Meter[®] and Colorimeter[®] in the assessment of skin barrier function in dogs; further investigations to optimize measurements and confirm these results are needed.

M. Batory, E. Wołowicz-Korecka, H. Rotsztein, The effect of various primers improving adhesiveness of gel polish hybrids on pH, TOWL and overall nail plates condition, J Cosmet Dermatol. 2019 January

Background: Hybrid manicure is now a popular method of nail care and nail art, which is associated with its durability. Unfortunately, it has an adverse effect on pH, TOWL and overall nail plates condition and has not been investigated in detail so far. Aims: The aim of this study was to compare the pH and TOWL of the hand nails after using different primers. The effect of application time, breaks

between applications and the method of curing and removal on those parameters and overall nail plates condition were evaluated. Patients/Methods: An evaluation survey was conducted among 116 women. pH and TOWL measurements of the nail plate in 35 women were taken using the Courage & Khazaka. Clinical photos were made using the Fotomedicus system. Results: The measured pH values of the nail plate in the test group with gel polish hybrid on the nails were from 5.50 to 6.65, while after removal of the gel polish hybrid, the values ranged from 5.63 to 6.68. TOWL of the nail plate covered with gel polish hybrid ranged from 2.9 to 33.2 g/m² /h, whereas after removal of hybrids-from 1.9 to 45.7 g/m² /h. Conclusion: Different forms of acid-free primers maintain a lower pH of the nail plate covered with a gel polish hybrid, while the acidic primer maintains higher values of the nail plate pH. The significant decrease in the nail plate TOWL following the application of gel polish hybrid indicates a reduced loss of water from the surface of the nail to the atmosphere.

C. Uhl, Efficacy testing of microbiome skin care, PERSONAL CARE EUROPE, April 2019, p. 41-45

For years now, we have accepted the idea that we can nourish our intestinal tract with dedicated bacterial ingredients from food supplements and thereby improve our general health. Books written on this subject have become bestsellers. But why should we focus only on our intestinal tract? There are so many different microbial communities that can be found on and inside our body. Especially the colonization of the skin being our largest organ, tangible to the hands, visible to the eye, and in constant contact with the outside environment has moved to the front of cosmetic research. The idea of being a complex ecosystem is adding to the existing trend of personalised cosmetics, and will confirm the customer in their feeling of uniqueness.

A. Charpentier, Soothing effect dedicated to sensitive skin, PERSONAL CARE EUROPE, April 2019, p. 76-77

The skin plays multiple roles of protection, perception, immunity, regulation of blood and lymphatic reservoir for the whole body. Thanks to several mechanical, chemical or biological (sebum, bio-film...) reactions, the skin ensures its integrity according to the various endogenous or exogenous environmental variations. Today, the increase in the fragile phenomena of skin is a major issue in the development of dermo-cosmetics.