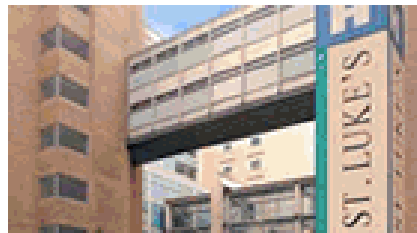


Skin Problems In People Of Color

Shawndell Powell
High School Of Medical Science
Bronx, NY

Andrew F. Alexis, M.D.,M.P.H
St. Luke's-Roosevelt Hospital Center
New York, NY 10025



Abstract

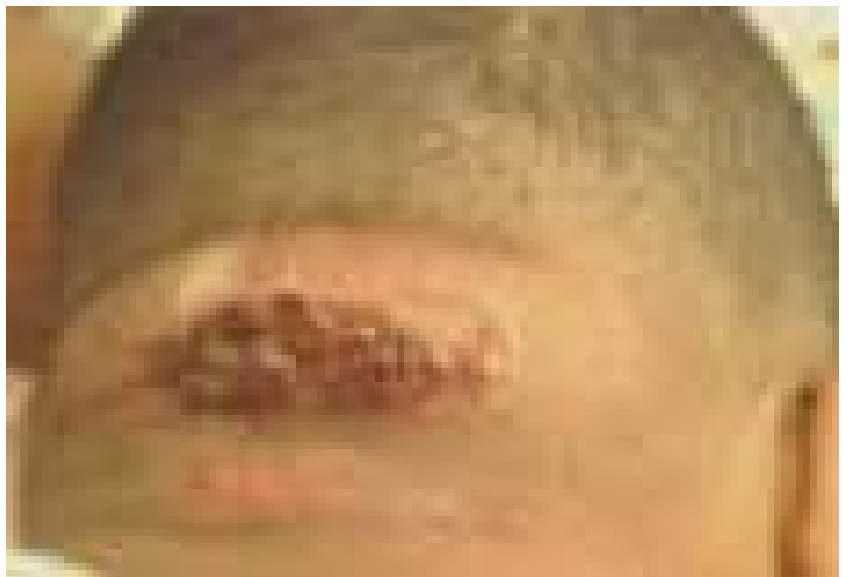
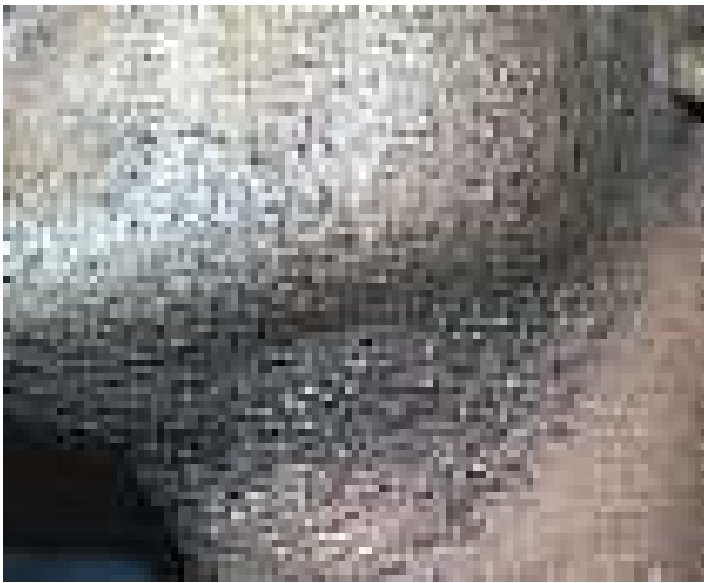
Dermatology is the branch of medicine that deals with the prevention, diagnosis, and treatment of skin diseases. Also it includes the research and the structure and function of the skin. Skin is the organ that covers the body of human beings and various animals. It is waterproof and prevents bacteria and chemicals from entering most parts of the body. Also it protects the underlying tissues from harmful sunrays. It is the most important part of the body's defense against diseases. Not only is it the largest organ of the human body, it keeps the temperature of the body stable. There are three layers of the skin, first there is the epidermis, then the dermis, and last the subcutaneous tissue. The epidermis is the outer most layer and is thin as a sheet of paper. The dermis is the middle layer and is between 15 and 40 times thicker than the epidermis. The subcutaneous tissue is the inner most layer of the skin a varies greatly in thickness.

Inflammation of the skin is called dermatitis. Eczema is the common form of dermatitis, because of it the skin itches and becomes red. Also skin may be crusty or fluid may ooze. These things can lead to many other disorders and infections. Bacteria, fungi, parasites, or viruses can also cause infections. These organisms invade parts of the body where the skin is broken open; some others remain on the surface. Bacteria cause boils, fungi causes things like ringworm and athlete's foot. Parasites cause lice and scabies mites; viruses cause a very common thing like cold sores. Another subtopic related to skin is the pigmentation of the skin or skin of color.

Skin of color varies, depending on the amount of pigment produced. Melanin is formed by melanocytes in the epidermis. Melanocytes of dark-skinned people produce more melanin, than those of light skin. The amount of melanin is determined by heredity, also exposure to sunlight increases the production of melanin, which is how people of light skin develop a tan. In addition, if melanin builds up in small spots it causes what is known to be freckles.

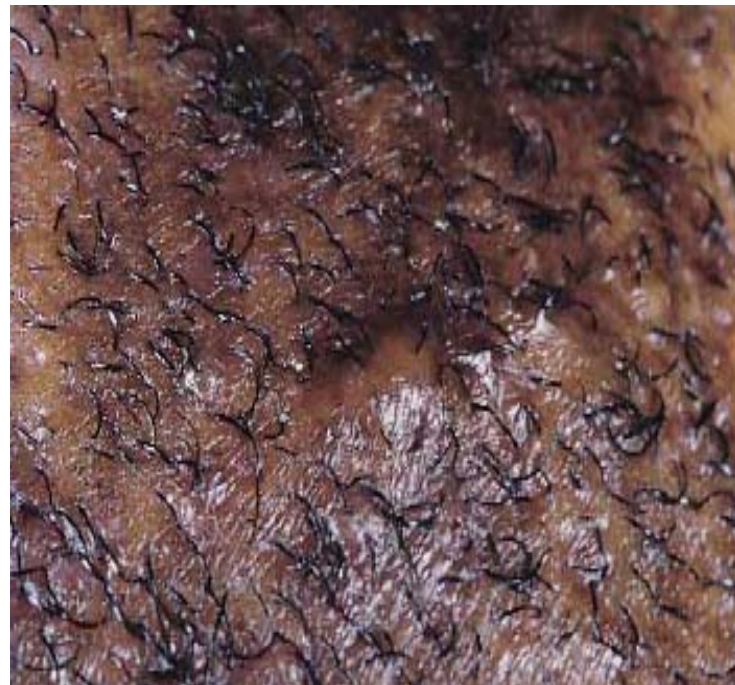
Introduction

Differences among various ethnicity can sometimes influence the presentation of disease. Most times this is true, especially in skin and hair diseases. Most of the population of the U.S will have non-Caucasian roots. Several skin problems that are more common in men of color. Skin of color is just talking about African American, Hispanic, Middle Eastern, and Asian decent. Many conditions are seen in dark-skinned men. This includes Pseudofolliculitis Barbae (PFB) and Acne Keloidalis Nuchae.



Pseudofolliculitis Barbae

Although they are seen in all races and both genders, they are commonly seen in men of color. Pseudofolliculitis barbae (razor bumps) is a common condition of the beard area occurring in up to 60% African American men and other people with curly hair. The problem is when highly curved hairs grow back into the skin causing inflammation and a foreign body reaction. Over time, this can cause keloidial scarring which looks like hard bumps of the beard area and neck. Shaving sharpens the ends of the hairs like a spear. The hairs then curve back into the skin causing pseudofolliculitis barbae. One Aspect of PFB is the structure of the hair in dark-skinned people. The hair in black people is curved. Shaving produces a razor-sharp end at the tip of the hair. When this happens the hair can eventually curve and penetrate the skin surface. So evidence shows us that shaving can lead to PFB. Some men, while shaving, stretch the skin and when they do this they permit the newly cut hair to retract in the epidermis. There are numerous treatments for PFB. If you were to stop shaving sooner or later it will completely go away. It can also go away suddenly after the embedded hairs fall out by natural tension, that's just if professional or personal preferences required a beard. Correct shaving techniques are significant when treating PFB. Electric clippers or razors should be used instead of a regular razor. But when using either tool it is a necessity that men leave 1mm of hair to prevent the penetration of sharply cut hairs, causing PFB.



Acne Keloidalis Nuchae

Acne keloidalis nuchae is a chronic scarring folliculitis that affects majority of African American males and can be seen on the rear of the neck of young adults. The course leads to hypertrophic scarring, chronic abscesses and hair loss. It usually occurs after puberty and it is said to be rare after the age of 50. Also it's when one has ingrown hairs and irritation secondary to shaving. One cause can be from irritations from a shirt collar or when the scalp is shaved to produce popular styles of African American males.



A close-up photograph of a person's face, showing the forehead, eyes, nose, and mouth. The person has dark skin and is looking directly at the camera. The image is overlaid with text and two black rectangular boxes. The text includes a section header and a list of bullet points. The two black boxes are positioned over the eyes and the bridge of the nose, obscuring the person's features in those areas.

Materials and Methods

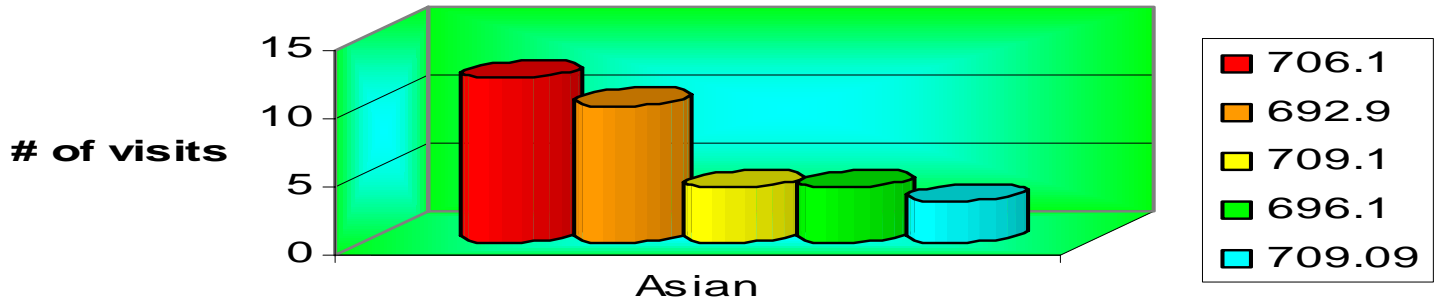
- Boxes containing patient information
- Race
- Diagnosis

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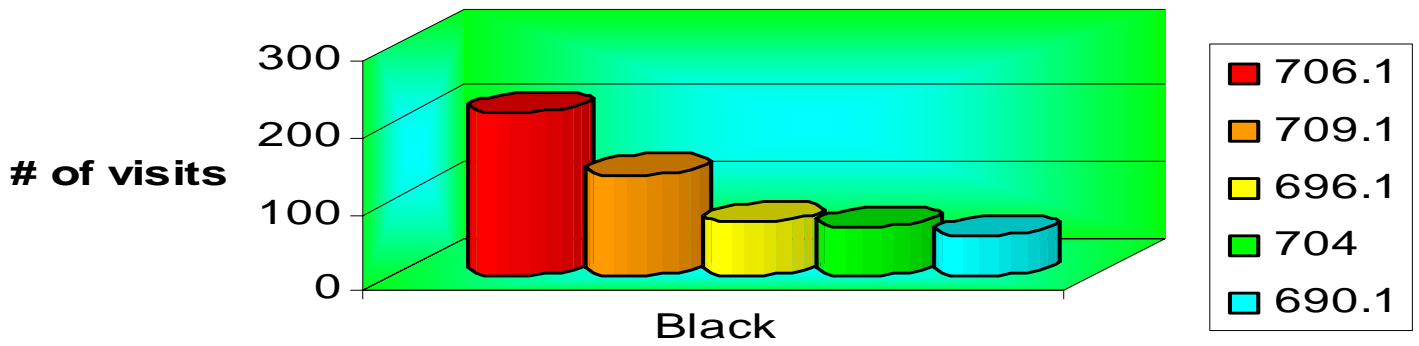
- Looking for the most common diagnosis in various races

Results

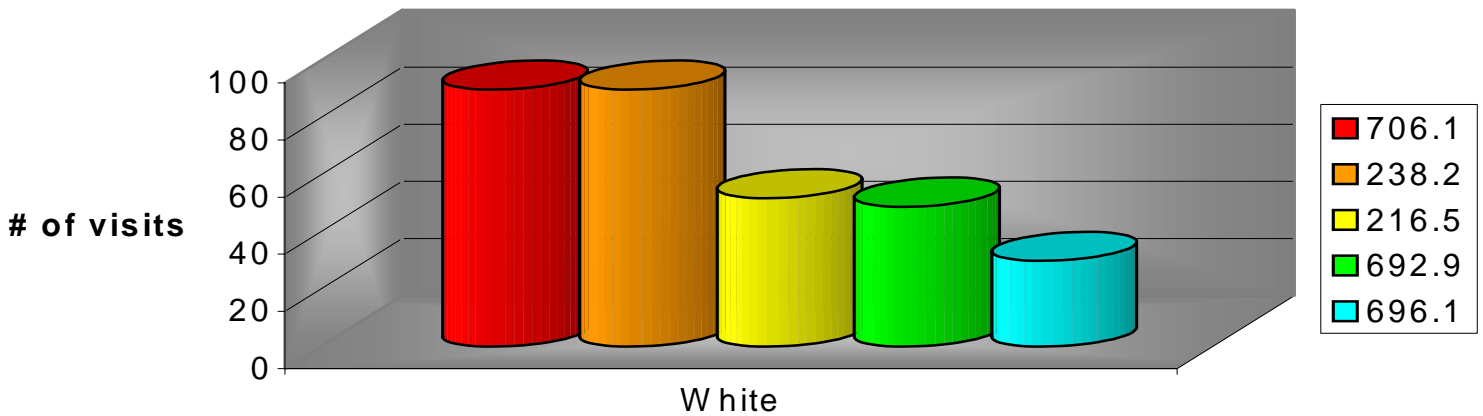
Most Common Diagnosis



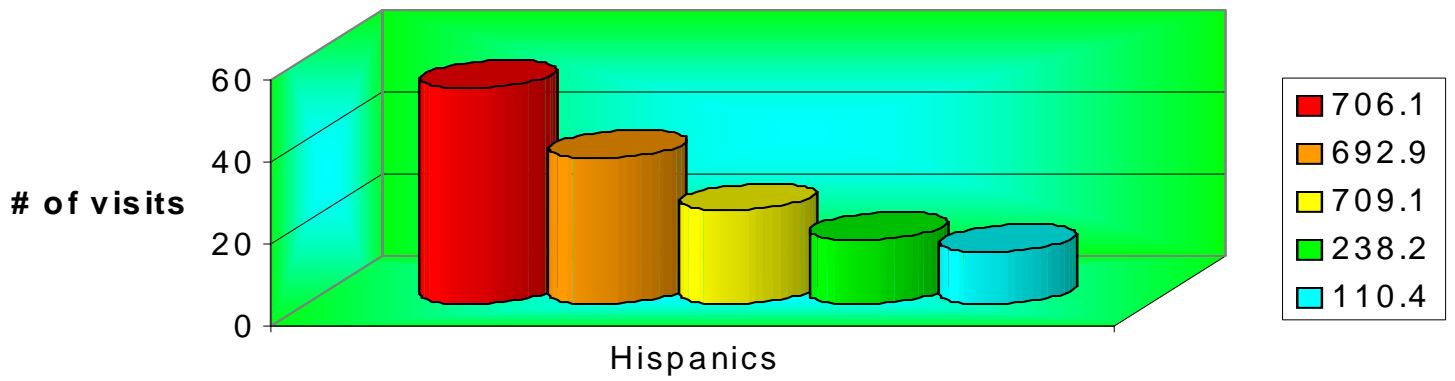
Most Common Diagnosis



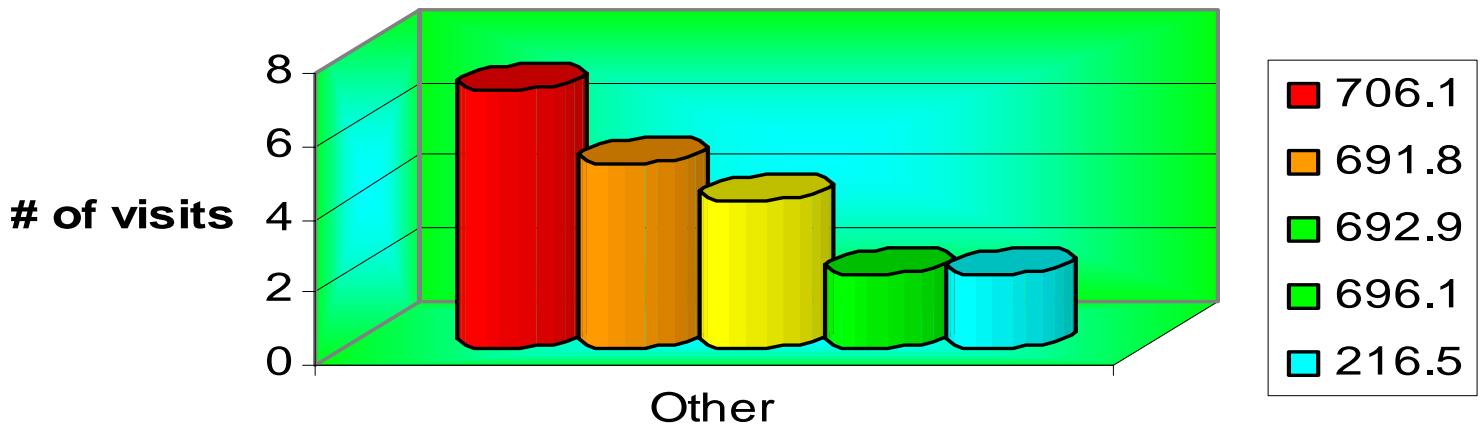
Most Common Diagnosis



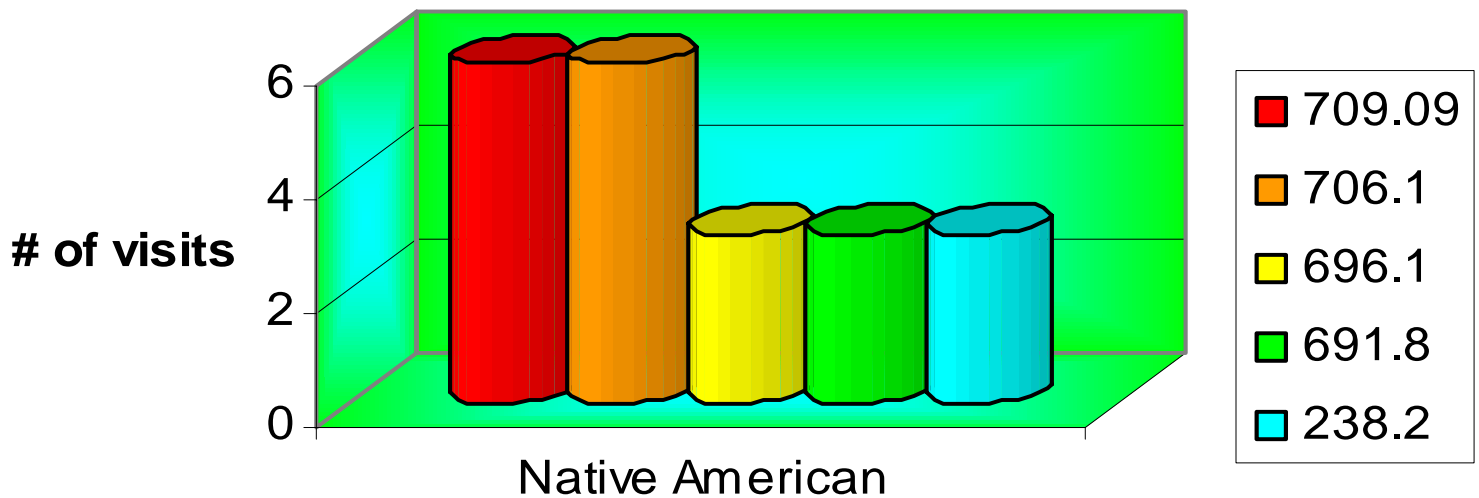
Most common Diagnosis



Most Common Diagnosis



Most Common Diagnosis



Conclusion

- Skin problems are not limited to certain races or ethnic background
- The way you treat your skin can lead to a positive or negative result
- Also certain environments can predict what's to come of your skin

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