

9<sup>th</sup> International Conference and Exhibition on

# Chinese Medicine Ayurveda & Acupuncture

March 12-13, 2018 | Barcelona, Spain



## Oroma Nwanodi

*Obstetrics and Gynecology Locum Tenens, Salinas CA 93901, USA*

### Skin Protective Nutraceuticals: The Current Evidence

Nutraceuticals have a role to play in maintaining healthy skin. Probiotics, dietary phenolics, and omega-3-fatty acids are just a few of the types of nutraceuticals that can potentially assist medical management of dermatologic conditions. Omega-3-fatty acids reduce ultraviolet radiation (UVR)-induced inflammatory responses in the skin. The dietary phenolics caffeic acid, ferulic acid, quercetin, and rutin are ultraviolet A (UVA) absorbing antioxidants with indirect regulatory effect on the nuclear factor E2-related factor 2-antioxidant responsive element (Nrf2-ARE) pathway. Probiotics have been particularly studied for atopic dermatitis amelioration. Intact *Lactobacillus rhamnosus* GG (LGG) statistically significantly improves Scoring Atopic Dermatitis index (SCORAD) scores in comparison to heat inactivated LGG or placebo,  $p = 0.02$ . LGG also improves SCORAD scores in IgE-sensitized atopic dermatitis patients,  $p = 0.036$ . Forearm and facial skin hydration has been significantly increased by orally ingested 2.1% *L. plantarum* K8 lysates which decrease horny layer thickness of the forearm and face at 4- and 8-weeks, and also decrease transepidermal water loss (TEWL) of the forearm and face at 8-weeks,  $p = 0.002$  and  $p = 0.008$  respectively. *L. reuteri* use prior to or concurrently with *Staphylococcus aureus* infection can increase epidermal keratinocyte survival,  $p < 0.01$ , presumably via competitive binding at keratinocyte  $\alpha 5\beta 1$  integrin receptors. Thus, oral and topical probiotics may have potential for further development with atopic dermatitis amelioration and skin infection prevention indications.

### Biography

Oroma Nwanodi graduated from Meharry Medical College of Nashville, Tennessee in the United States of America as a Medical Doctor in 2001. She completed Obstetrics and Gynecology specialization at Maimonides Medical Center. In 2016, she completed the Doctor of Health Science program at A. T. Still University, Mesa, Arizona. In 2017, she obtained American Board of Physician Specialties certification in integrative medicine. She practices in California, Minnesota, New York, and Wyoming. She has publicly presents in England, Germany, and in the United States of America. She serves as Editorial board member, Conference Chair, Moderator, and Organizing Committee Member.

[o.nwanodi@juno.com](mailto:o.nwanodi@juno.com)

### Notes: