

20TH WORLD DERMATOLOGY CONGRESS

March 13-14, 2019 Singapore

Acquired ochronosis: Psychosocial impact on patients

Cristy P Victor
Katutura Hospital, Namibia

An even toned face and body is very appealing because it exudes health, confidence and beauty. The illegal use of hydroquinone cosmetics has resulted in many developing acquired ochronosis. Many African patients with dark skin use skin lightening products to try even their skin tone. Skin lightening methods used range from the use of foods (such as lemons) to cosmetics products with hydroquinone. The most debilitating side effect from unregulated use of hydroquinone is the hyperpigmentation that makes uneven skin tone more prominent and worse than patients ever expected. Vulnerable communities are not aware of the harmful side effects of the use of skin lightening products sold on the black market. The most debilitating consequences for patients with acquired ochronosis has been: Low self-esteem, isolation and bullying amongst peers, depression and suicide, difficulty securing jobs that recur customer face to face encounter. Psychosocial wellbeing is a huge part of dermatology and patients with acquired ochronosis need empathy and follow up. Patient consultations should always involve psychosocial review and interventions were needed.

Biography

Cristy P Victor has completed her Bachelor of Medicine and Surgery (MBChB) from the University of Pretoria and Post-graduation Certification in Primary Health Care Dermatology from the University of Cape Town. She is pursuing her Diploma in Post-graduation studies in HIV/AIDS and TB with the Southern African HIV Society. She is currently working as an Internal Medicine Practitioner in a State Hospital in Namibia, Africa.

cristypvictor@gmail.com

Notes: