

# 8th International Dermatology Conference: Skin and Body

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## Implications of air pollution for skin health

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The increase in air pollution (defined as “presence in or introduction into the air of a substance which has harmful or poisonous effects”) over the years has major effects on the human skin, across the regions of the globe. Air pollution significantly harms skin health (including skin cancer) of people, irrespective of their gender and geographic location. Author of this work argues that pollutants (prevailing in the air) can be absorbed (a) directly through the skin, or (b) via circulation after inhalation. The prime objective of this paper is to present discussion on implications of air pollution for skin health. Secondary data been used in this work. Data used in this research are largely ‘qualitative’ in nature; they were collected from secondary sources. Method of data analysis is ‘descriptive’.

It is pertinent to note that skin is the largest organ in the human body and the very first line of protection against environmental stressors. Repetitive and long-term exposure of skin to pollutants and chemicals creates a spectrum of side effects. In the present day situation, marked by population explosion and resulting unplanned urban development (in some regions of the globe), skin is continuously attacked by various pollutants.

Analysis of data in this work indicate that air pollution has lasting effects on various areas of human lives, including environment and health. It is pertinent to note that the effects of pollution on skin are not just immediate. Rather, they can accumulate over time. Further, this situation

results in emergence of chronic skin issues. Importantly, long-term exposure to air pollutants can accelerate skin aging. Furthermore, air pollution effects on skin can increase the risk of developing more severe conditions, such as skin cancer, due to prolonged exposure to harmful chemicals. By understanding how pollution affects the skin, it is possible to take proactive measures to protect ourselves, not only in the short term but also to prevent the long-term consequences that come with sustained exposure to environmental pollutants. This work briefly concludes that air pollution and skin have a direct correlation, with pollutants being contributing factors for several skin-related illness.

## Biography

I am Independent Researcher (Scholar), having retired (on June 30, 2020) from Population Education Resource Centre, Department of Lifelong Learning & Extension, S.N.D.T. Women's University, Mumbai, Maharashtra, India. I underwent training in demography, with award of Government of India Fellowship, during 1986-1987 from the IIPS, Mumbai. Also, I acquired Ph. D. from University of Patna in 1999. My other qualifications include Post-Master's Diploma in Adult & Continuing Education, Certificate Course on Hospital and Health Care Management, and Diploma in Human Resource Development. I have authored (some co-authored) 5 booklets, 4 books, 23 book chapters, 97 journal articles, 2 monographs, 7 research studies, & 56 papers for national & international conferences (some with bursary). I have been awarded with Certificate of Excellence in Reviewing for 2017, 2018, 2021 & 2022. I have been conferred with Excellence of Research Award for outstanding contribution & recognition in the field of agriculture in 2021.