



Why

SKIN BLEACHING OR
SKIN LIGHTENING

is **not** cool



What is the role of our skin?

- ◆ The skin is the largest organ of the body and it acts as a barrier against the environment.
- ◆ Regulates body temperature.
- ◆ Prevents penetration of poisonous substances.
- ◆ Has protective cells called “melanocytes” which produce “*melanin*”.
- ◆ Melanin protects the body from harmful effects of the sun and radiation.
- ◆ Excretes toxic substances with sweat.
- ◆ Mechanical support.

What is melanin?

- ◆ Melanin is a natural pigment produced by the skin which protects the skin from harmful effects of the sun and radiation.
- ◆ People have different skin tones and colours and the main difference is due to the amount of melanin in the skin.
- ◆ All people are the same: the only difference between white and black skin is the amount of Melanin.
- ◆ The best skin for Africa is black skin because it has melanin which acts like a natural sunscreen and protects against the dangerous sun rays which cause skin cancer and rapid aging.

Why is black skin better ?

Because it has more melanin

What is the advantage of having melanin?

- ◆ You don't get wrinkles at a younger age like people who are fair
- ◆ You don't get skin cancer often
- ◆ You always look younger than white people of your age group
- ◆ You have God given natural sunscreen

What is skin bleaching?

- ◆ This is a deliberate act to remove the natural pigment called “melanin” because you think if you are lighter you are more beautiful.

What are the problems with skin bleaching?

- ◆ Your skin becomes thin and fails to support the underlying deeper layer of the skin
- ◆ The skin veins become more obvious
- ◆ You get prone to skin infections
- ◆ You get more pimples if you use steroid creams (“the vates”)
- ◆ You get permanent scars and marks for life (ochronosis)
- ◆ Your skin burns and stings when exposed to the sun
- ◆ Your skin cant tolerate any cosmetic creams, it becomes very sensitive
- ◆ You get permanent stretch marks

Which creams are dangerous?

- ◆ Those which contain: mercury, phenol, steroids, resorcinol and hydroquinone

How come some people look nice after bleaching?

- ◆ They look nice for a short while then they get worse after 4-6months
- ◆ The skin also gets addicted to the creams like a drug and each time they try to stop the skin worsens and they get frustrated and go back to the cream until skin becomes so dark and then they have to stop.

Are the injections and tablets safe (Gluthathione)?

No, none of these creams, tablets and injections are safe

CONSEQUENCES OF SKIN BLEACHING OR SKIN LIGHTENING

**False sense
of confidence beautiful skin earlier on
and then get damage
6 months later**



Signs of early skin bleaching



Signs of early skin bleaching



**Steroid containing
creams side effects**

**Permanent stretch
marks due to steroid
creams**

**Ringworm and
thinning of the skin**



Permanent Side effects of skin lighteners: Ochronosis



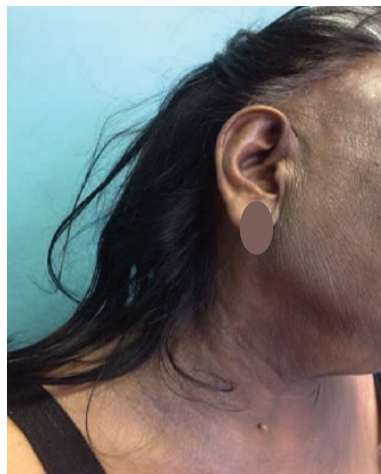
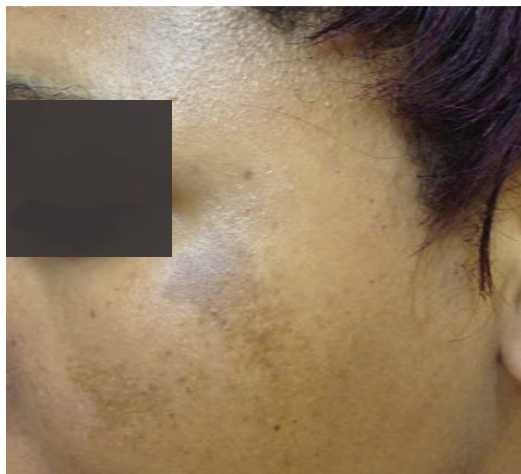
Skin cancer after using skin bleaching creams



**Marks after skin rash are common in dark skin:
use correct products only**



**Melasma and facial pigmentation are common
and can be treated by skin specialist**



**SEE YOUR DERMATOLOGIST
OR
VISIT YOUR NEAREST CLINIC**

There's light at the end of the tunnel!!!



Before



After

**# ALL SHADES OF BLACK ARE
BEAUTIFUL!!**



**“Black doesn’t lack
Dark has got an ark
Black is sun safe”**

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