

NEW PUBLICATION IN JDD

INTERNATIONAL CONSENSUS ON ANTI-AGING DERMOCOSMETICS AND SKINCARE FOR CLINICAL PRACTICE¹

- Dermatologists face challenges in recommending the best dermocosmetics for individual patients' aging concerns, as there may be limited scientific evidence on their effectiveness.^{1,2}
- Recommendations should consider factors such as **age, gender, skin type, skin conditions, and environmental and lifestyle influences.**^{1,3,4}
- A **practical tool** was created that can help to select anti-aging dermocosmetic ingredients for diverse patient populations. Based on scientific methods.⁵ The tool combines information from scientific research with the opinions of a group of experts.¹
- **7 experts** reviewed 8 diverse case scenarios in younger (25-40 years) and older people (40-60 years).¹
Zoe D. Draelos, Liu Wei, Mukta Sachdev, Bruna S. F. Bravo, Vasanop Vachiramon, Marie Jourdan, Martina Kerscher
- **17 key ingredients** rated 1 to 9!¹

THE SKIN HEALTH AND BEAUTY PYRAMID CONCEPT SIMPLIFIES PRODUCT RECOMMENDATIONS INTO 3 CATEGORIES:

PROTECTION AND REPAIR: such as photoprotection, antioxidants, niacinamide	UPGRADE SKINCARE: to boost cell renewal such as cassia extract, retinol or alpha hydroxy acids	ADVANCED SKINCARE: to stimulate dermal protection such as peptides, growth factors or stem cells
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SKINCARE RECOMMENDATIONS FOR AGES 25-40 YEARS¹

DYSPIGMENTATION 	SIGNS OF AGING & POST-INFLAMMATORY HYPERPIGMENTATION FROM ACNE SCARING
SENSITIVE SKIN & DRYNESS, LENTIGINES & GLABELLAR LINE 	CYSTIC ACNE & PHOTSENSIVITY

*Hyaluronic acid low/high molecular weight; Tinted sunscreen/iron oxide/broad-spectrum photoprotection with high SPF and high UVA PF

SKINCARE RECOMMENDATIONS FOR AGES 40-60 YEARS¹

SIGNS OF AGING & POST-BOTULINUM TOXIN CARE 	PRE- & POST-PROCEDURE CARE
ACTINIC PIGMENTATION 	DYSPIGMENTATION

*Hyaluronic acid low/high molecular weight; Tinted sunscreen/iron oxide/broad-spectrum photoprotection with high SPF and high UVA PF

25-40 years primarily require **broad-spectrum sunscreen, antioxidants, and DNA repair** at the bottom of the pyramid, without the need for advanced topical treatments.¹

40-60 years, particularly perimenopausal and menopausal women, benefit from **advanced skincare and a wide range of ingredients.**¹

ADDITIONAL CONSIDERATIONS:

- ✓ Consensus gap on AHA use after laser treatment
- ✓ Photoprotection, with high SPF and UVA protection, is essential for all patients, with adaptation to skin phototypes and dermatoses
- ✓ Natural substances like cassia extract and C-xyloside from plants are emerging as antioxidant alternatives to synthetic dermocosmetics, potentially aiding skin health⁶
- ✓ Knowledge gap on dermocosmetics in aesthetic procedures

The tool described is a way for dermatologists to make decisions about their patients' skincare needs, especially for cases when there isn't a lot of clear scientific evidence available.¹



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FAHA = Alpha Hydroxy Acid, SPF = Sun Protection Factor, UVA = Ultraviolet A.

1. Draelos, ZD, et al. J Drugs Dermatol. 2024;23(1):1337-1343.
2. Feetham HJ, et al. J Cosmet Dermatol. 2018;17(2):220-226. 3. doi:10.1111/jocd.12460.
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4. Passeron T, et al. J Eur Acad Dermatol Venereol. 2020;34 Suppl 4:4-25.
5. Fitch K, et al. Defense Technical Information Center; 2001. https://apps.dtic.mil/sti/citations/ADA393235.
6. Michalak M. Int J Mol Sci. 2022;23(2):585.