Common Skin Diseases in South Asians

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Vitiligo

- Patterned depigmentation – seen commonly in South Asians (3-5%)
- Cause – related to your immune system
- Treatment difficult – topical cortisone creams, UVB & UVA therapy, skin grafting surgery
- WEAR SUNSCREEN
- Don’t waste your money on internet “cures”
- See your doctor
Vitiligo

- New onset vitiligo in a child needs to be investigated (especially in a child)
- Speak to your doctor about Diabetes, Thyroid disease, Adrenal gland disease, Lupus
Vitiligo

• Coverup makeup can be very useful
  – maccosmetics.com
  – coverfx.ca

• Permanent tattooing
Vitiligo – depigmentation therapy

- Mono benzyl ether of hydroquinone
- Not available in Canada
- Also banned in India – but it is commonly available on the street
- Increased risk of skin cancer
Pityriasis Alba

- Very common dermatosis seen in young children
- More common in atopics
- Mild topical steroids are treatment of choice
- Usually spontaneously resolves
Tinea Versicolor

- Common rash caused by a fungus
- Worse in summer
- May be dark or white
- Treatment usually requires oral antifungals and creams
- See your doctor
Idiopathic Guttate Hypomelanosis

- Very common in South Asians
- Occurs in sun exposed areas
- Likely related to chronic sun damage
- Wear your sunscreen
Melasma

- Brown patches commonly seen on cheeks
- Very common in South Asian females
- Can be difficult to treat
- Underlying cause – always hormonal
- Treatment - wear your sunscreen, lightening creams can helpful
- Usually spontaneously improves post menopausal
Post Inflammatory Hyperpigmentation

- Usually related to picking
- Tell your kids to keep their hands off their face
- Fortunately usually self-limited – but can last months
- Fading creams can be helpful
- Wear a sunscreen
Notalgia Paresthetica

- Itchy brown patch seen on the upper back – Common in South Asians (5-10%)
- Occurs in 40-50 y
- Due to poor posture and sedentary lifestyle
- Treatment – sit up straight, get off the couch, do some sit ups
- Cortisone creams can help the itch
**Dermatosis Papulosa Nigra**

- Small brown age spots (seborrheic keratosis) usually located over cheeks and temples
- Usually +ve family history
- Easily removed
- Speak to your doctor
Hair Loss in women

- **Androgenetic alopecia** – male pattern hair loss in a female
  - Get your hormones checked

- **Telogen effluvium** – hair loss due to stress
  - Get your iron checked
Hair Loss in men

• Occurs in 100% of men
• Commonly begins in early 30’s
• Only 3 things are useful – Rogaine, Propecia, Transplant
• Don’t waste your money on the other stuff
Black Hair Dye Allergy

- Occurs in 20% of users
- The only real solution is to stop dyeing hair
- Pure henna dye is fine
- Be aware of black henna
Hirsuitism (Excess Hair)

• South Asians are hairy – men and women
• In women – if your menstrual cycles are abnormal – see your doctor
• Treatment options – epilation, laser, Vaniqa cream
Skin Cancer

- Moles on the hands and feet need to be checked by your doctor
- Changing moles after age 30 y need to be checked by your doctor
Oral Cancer

- Most common cancer in young men in India
- Primarily related to chewing paan (betel nut)
- 50,000 deaths annually in India due to paan
- 10x worse than smoking
- If you chew paan – STOP
- Make sure someone looks in your mouth annually
- Beware of non healing mouth sores
KEEP
CALM
AND
NAMASTE