



AN APPEAL FOR PUBLIC

"A sincere appeal from IADVL (Indian Association of Dermatologists,Venereologists and Leprologists) in public interest."

Skin specialists and other doctors are experiencing an alarming outbreak of fungal infections (Ring worm /Tinea) like seen in an epidemic. One important reason for this phenomenon is indiscriminate and unsupervised use of irrational combination creams containing steroid,antifungal and antibiotics that can be easily bought over the counter or are recommended by chemists. This results in widespread infection of the skin that often does not respond to treatment. These creams also lead to severe side effects like stretch marks often with ulcers, patchy white spots, bleeding under the skin, thinning of the skin, repeated boils and burning of skin.

The other problem skin specialists often see is application of steroid containing creams used for skin lightening or skin whitening (Fairness creams). These creams most often contain steroids combined with two other drugs.The use of such creams may lead to initial lightening of the skin but that is often followed by redness, scaling, thinning, pimples and burning. Finally the patient can present with ugly darkening of the face instead of becoming fair! Women often develop unwanted hair on face and the cream when applied near the eyes can also lead to serious eye problems like glaucoma. These side effects on the skin are known as 'topical steroid damaged face' or TPDF. We, as qualified specialists of the skin, encourage you to love your skin enough to stop experimenting on it!

Do not use any cream for infections and skin colour issues without consulting a doctor, preferably a skin specialist. Ask your doctor if the cream has three drugs in them especially if there is a steroid as one of the drugs.

Ignore recommendations for creams given by relatives, friends, beauticians and especially chemists.

Use creams recommended by a doctor only for that specific problem and for the recommended period because different creams have different purposes and recommended time for which to be applied.

Our theme for this year is "Fight against topical steroid misuse". We, the 11000 dermatologists of India are fighting against its misuse and abuse.

STERIOD CREAMS ARE NOT DANGEROUS WHEN RECOMMENDED BY A DOCTOR FOR A SPECIFIC DISEASE FOR A SPECIFIC TIME IN A SPECIFIC POTENCY. HOWEVER BEWARE ALL TRIPLE COMBINATION CREAMS AND ASK YOUR DOCTOR THE CONTENTS OF THE CREAM IF YOU SEE MORE THAN ONE NAME OF A DRUG IN IT.

Let us join hands with us to fight against the menace of steroid combination creams. Please share this message and support this awareness campaign.