

# Table of Contents

List of abbreviations..... 12

PART I  
DRY SKIN

**Chapter 1. Dry skin: causes and symptoms .....16**

1.1. The *stratum corneum* is the driest tissue in our body ..... 16

    1.1.1. Role of the epidermal barrier in ensuring optimal skin hydration ..... 17

        Morphological layers of the epidermis ..... 18

        Desmosomes and tight junctions between keratinocytes ..... 19

    1.1.2. Formation of the *stratum corneum*..... 21

        Lipids of the *stratum corneum*..... 25

    1.1.3. Desquamation ..... 29

    1.1.4. Skin microbiome and the barrier function ..... 31

1.2. Internal and external factors affecting skin hydration ..... 36

    1.2.1. Ethnicity..... 36

    1.2.2. Aging..... 38

    1.2.3. Biological rhythms..... 38

    1.2.4. Environment ..... 39

1.3. Dehydrated skin: a problem with the dermal matrix ..... 40

**Chapter 2. Dry skin hygiene .....42**

2.1. Natural soap ..... 42

2.2. Synthetic soaps (syndets)..... 43

2.3. Oil-free cleansing agents ..... 44

2.4. Cleansing emulsions..... 44

<b>Chapter 3. Fundamentals of topical moisturization</b> .....	<b>46</b>
3.1. Emollients: types and properties .....	46
3.1.1. Lack of sebum and occlusion .....	47
3.1.2. Restoration and strengthening of the lipid barrier .....	48
Physiologic lipids .....	49
Natural oils .....	50
3.1.3. "Moisture traps" — substances that bind water .....	50
High-molecular-weight humectants with film-forming and surface humidification properties ("wet compress") .....	50
Hygroscopic humidifiers and "deep moisturization" .....	51
3.1.4. Emollient products .....	52
3.2. Emollients and the skin microbiome .....	53
3.3. Climate control .....	55
3.4. Moisturizing of pathological skin .....	55
<b>Chapter 4. Differential diagnosis of dry skin.</b>	
<b>Algorithm for moisturizer selection</b> .....	<b>56</b>
4.1. Disruption of the <i>stratum corneum</i> .....	57
4.2. Excessive sebum production .....	59
4.3. Low-sebum skin .....	60
4.4. Deficiency of natural moisturizing factor .....	61
4.5. General recommendations for skin with increased TEWL .....	62
<b>Chapter 5. Nutritional features and nutraceutical     supplements for dry skin</b> .....	<b>63</b>
5.1. Nutrients and dietary intake .....	63
5.1.1. Substances that strengthen the skin barrier .....	63
Polyunsaturated fatty acids .....	63
Antioxidants .....	64
Minerals .....	65
5.1.2. Substances that impair skin barrier .....	66
5.2. Nutraceuticals based on hyaluronic acid and collagen .....	67
5.3. Probiotics .....	67
5.4. General recommendations for food rationing .....	69

PART II  
ATOPIC DERMATITIS

<b>Chapter 1. Etiology and pathogenesis</b> .....	<b>71</b>
1.1. The "outside-in" scenario, or primary disruption of the epidermal barrier .....	72
1.1.1. Mutations in genes encoding filaggrin .....	72
1.1.2. Defects in corneodesmosomes and tight junctions .....	75
1.1.3. Changes in the lipid barrier and hydro-lipid mantle composition .....	75
1.1.4. Changes in skin surface pH .....	76
1.2. The "inside-out" scenario, or immune dysregulation .....	77
1.3. The role of human microbiome in atopic dermatitis .....	79
1.3.1. Gut microbiome .....	79
1.3.2. Skin microbiome .....	82
1.3.3. <i>S. aureus</i> in the AD pathogenesis .....	85
1.4. Psychoneuroimmunology of atopic dermatitis .....	86
<b>Chapter 2. Clinical presentation and diagnosis</b> .....	<b>89</b>
2.1. Clinical picture .....	89
Infancy .....	89
Childhood .....	89
Adolescence and adulthood .....	90
2.2. Diagnostic criteria and differential diagnosis .....	92
2.2.1. Diagnostic criteria .....	92
Main features (three or more must be present) .....	92
Minor (less-specific) features .....	92
2.2.2. Differential diagnosis .....	93
Seborrheic dermatitis .....	93
Allergic dermatitis .....	94
Contact dermatitis .....	94
Scabies .....	94
Microbial eczema .....	94
Psoriasis .....	95
Autosomal dominant ichthyosis .....	95
Mycosis fungoides at the erythematous stage .....	95

<b>Chapter 3. Basic skincare</b> .....	<b>96</b>
3.1. Skin cleansing .....	96
3.1.1. Frequency, temperature, and duration of bathroom procedures .....	97
3.1.2. Special cleansers .....	97
3.1.3. General recommendations for skin cleansing in atopic dermatitis .....	100
3.1.4. After-cleansing skincare .....	101
3.2. Emollients are the primary topical agents for softening, moisturizing, and protecting atopic skin .....	102
3.2.1. Emollient composition .....	102
3.2.2. Recommendations for use .....	103
3.3. What ingredients in cosmetic products should atopic patients be wary of? .....	105
3.3.1. Ingredients of cosmetics with a high risk of skin sensitization .....	105
3.3.2. Fragrances .....	108
3.3.3. Nut extracts .....	109
 <b>Chapter 4. Nutrition and nutraceutical support</b> .....	 <b>110</b>
4.1. Food allergy in adult atopic patients .....	110
4.2. Nutraceutical support .....	112
Maintaining a healthy weight .....	113
Food rationing .....	113
4.3. Vitamin D and atopic dermatitis .....	115
4.3.1. Dermatologic aspects of vitamin D status .....	116
4.3.2. Blood vitamin D levels in atopic dermatitis .....	117
4.3.3. Use of vitamin D in atopic dermatitis .....	117
4.3.4. Correction of vitamin D insufficiency and deficiency .....	118
Prophylactic use .....	119
Therapeutic administration (for vitamin D deficiency) .....	120
General recommendations .....	120
Factors influencing efficacy .....	120
4.4. The use of probiotics in atopic dermatitis .....	121
4.4.1. Systemic administration of probiotics .....	121

Immunologic pathway .....	122
Metabolite pathway .....	123
Neuroendocrine pathway .....	125
4.4.2. Topical administration of probiotics.....	129

**Chapter 5. Skincare tools for preventing and treating signs of skin aging and aesthetic conditions in atopic patients .....132**

5.1. Inflammation and preventive anti-aging strategies .....	132
5.1.1. Causes of inflammaging and the competence of the skincare practitioner.....	134
5.1.2. Factors contributing to inflammaging.....	136
5.1.3. Skin inflammaging hallmarks.....	138
5.1.4. Inflammaging monitoring.....	139
5.1.5. Anti-ageing care strategy for atopic skin .....	140
5.2. Peculiarities of aesthetic correction of atopic skin .....	141
5.2.1. Chemical peeling .....	142
Keratolytic peeling.....	143
Enzymatic peeling .....	144
Retinol peeling.....	144
Acid peeling.....	145
5.2.2. Aesthetic injections .....	147
Hyaluronic acid (HA) injections .....	147
PRP therapy.....	149
Botulinum therapy .....	150
Carboxytherapy .....	151
5.2.3. Energy-based treatments.....	152

PART III  
PSORIASIS

**Chapter 1. Psoriasis as a chronic inflammatory disease .....156**

1.1. Understanding the pathogenesis of psoriasis. Are keratinocytes or immune cells the main culprit? .....	156
1.2. Disruption of the skin barrier function .....	160

1.2.1. Biochemical markers of impaired epidermal barrier in psoriasis .....	160
1.2.2. Dry skin and TEWL increase .....	160
1.2.3. Hyperkeratosis and desquamation .....	161
1.2.4. Hypersensitivity .....	161
1.3. Microbiome alterations .....	161
1.3.1. Gut microbiome .....	161
1.3.2. Skin microbiome .....	164

## **Chapter 2. Clinical presentation, diagnosis, and treatment. .... 166**

2.1. Clinical manifestation .....	166
2.1.1. Clinical types of psoriasis .....	166
2.1.2. Stages of psoriasis .....	168
2.1.3. Seasonal variability .....	169
2.2. Diagnostic criteria and differential diagnosis .....	170
2.3. Treatment .....	171
2.3.1. Topical therapy .....	174
2.3.2. Systemic therapy .....	179
2.4. Vitamin D and its analogs in psoriasis therapy .....	180
2.4.1. Oral administration of vitamin D .....	180
2.4.2. Topical application of vitamin D analogs .....	181
2.5. Phototherapy .....	182
2.5.1. IPL therapy .....	184
2.5.2. Laser therapy .....	184
Local excimer laser therapy .....	185
Selective vascular coagulation .....	188
Spatially modulated ablation (SMA) .....	189
Laser ablation .....	192

## **Chapter 3. Basic skincare for psoriasis. .... 194**

3.1. Skin cleansing .....	194
3.2. The healing effects of salt baths for psoriasis .....	195
3.2.1. Osmotic effects .....	195
Osmotic humidification of the <i>stratum corneum</i> .....	195
Osmotic stimulation of epidermal cells .....	196

3.2.2. Why Dead Sea water is indicated for the treatment of psoriasis .....	200
3.2.3. Synergism of salt baths and phototherapy .....	200
3.2.4. Comparison of natural thalassotherapy at the Dead Sea, salt baths with Dead Sea salts, and conventional salt baths .....	201
3.3. Basic skincare products .....	202
3.3.1. Emollients .....	203
3.3.2. Urea .....	203
3.3.3. Hydroxy acids .....	204
Alpha-hydroxy acids (AHAs) .....	204
Polyhydroxy acids (PHAs) .....	205
3.3.4. Salicylic acid .....	206
3.3.5. Nicotinamide .....	208
3.3.6. Birch tar .....	209
3.4. Peculiarities of basic care and choice of aesthetic treatment depending on the stage of the disease .....	209
3.4.1. Progressive stage .....	210
3.4.2. Stationary/regressive stage .....	210
3.5. Nail care .....	211
3.6. Hair care .....	213
<b>Chapter 4. Nutrition and nutraceutical support .....</b>	<b>218</b>
4.1. The Mediterranean diet .....	219
4.2. Anti-inflammatory diet .....	221
4.2.1. Increased proportion of foods with anti-inflammatory properties in the diet .....	221
Brightly colored fruits and vegetables .....	221
Vegetable oils .....	222
Omega-3 fatty acids .....	223
Green tea, turmeric, ginger .....	224
Products containing magnesium .....	224
Vitamin D .....	224
4.2.2. Reducing blood sugar levels .....	225
Limiting the proportion of refined carbohydrates in the diet .....	225

Foods with a low glycemic index.....	225
Inclusion in the diet of a large number of foods high in dietary fiber.....	225
4.2.3. Reduced intake of foods with pro-inflammatory properties .....	226
Trans fats .....	226
Dairy products.....	226
Red meat.....	226
Fried food.....	227
4.3. Probiotics .....	228
<b>References .....</b>	<b>231</b>