

Forever Young

MONSOON 2021

Monsoon skincare amidst COVID-19; tips to stay safe

Complete Skin Care Guide for Monsoon

Monsoon Fruit Basket for Healthy Skin

Exercises for Healthy Skin To Beat The Rain

Reasons Why Skin Looks Dull in Monsoon

Importance of Sun Protection in Monsoon

Forever Young

• SKIN • LASER • HAIR TRANSPLANT CENTER



Dr. Irfana Sachin Patil

Director of Forever Young Skin Clinic
DNB Dermatology

Dr. Irfana Patil (Shaikh) is having an experience of 10 years in dermatology. She is practicing from 2010. She is an expert in ...

- Clinical Dermatology
- Cosmetic Dermatology
- Dermato Surgery
- Pediatric Dermatology
- Expert in all Antiageing treatments and cosmetic dermatology

Education

M.B.B.S.

Krishna Institute of Medical Sciences, Karad
Passed every year with distinctions

DNB Dermatology

Care Institute of Medical Sciences and Care group of Hospitals, Hyderabad.

Achievements

- Awarded the A.S THAMBIAH Gold medal by the National board of Examinations, New Delhi.
- Diva Mrs. India west runner up & Mrs. India West Beautiful Skin - 2019.
- Awarded with "Jansevika Puraskar" by Shree Prathmesh Mandir Trust(2020)

Researches

- Efficiency of wck771 in skin & soft tissue infection
- Randomize double blind, placebo-control comparative prospective multicenter trial to assess efficacy and safety of Apremilast Tablets in subject with moderate to severe plaque psoriasis who are candidates for photography or systematic therapy
- A phase III Multi-center randomized study to

compare the efficacy and safety of levonadifloxacin (IV & ORAL) with linezolid (IV & ORAL) in acute bacterial skin and skin structure infections(ABSSSI)

- A phase III Multi-center randomized study to compare the efficacy and safety of WCK771 (IV) & WCK2349 (ORAL) Switchover therapy with LINEZOLID in acute bacterial skin and skin structure infections(ABSSSI)

Publications

- Epidemiological study of cutaneous manifestations in patients of chronic kidney disease - JMSCR vol. 04 issue. 07 page. 11392-11398.July 2016
- Epidemiological study of dermatophyte infection in patients attending a tertiary care hospital in western Maharashtra - IJSR VOL. VI, ISSUE DECEMBER-2017

Area Of Interest

- Anti-aging- Botox, fillers
- Cosmetology
- Laser therapies in dermatology
- Hair Disorders

Trainings & Educational Lectures

- Conducts skin awareness educational lectures in various renowned educational institutes and fitness academy as invited guest speaker.



Monsoon skincare amidst COVID-19; tips to stay safe

While caution and care are essential, wearing a face mask for too long can result in skin problems like flaring of skin rashes to worsening of acne.



Complete Skin Care Guide for Monsoon

Season loaded with humidity and stickiness that can mess with your skin and hair, if not looked after well. here the Skin care guide for Monsoon



Monsoon Fruit Basket for Healthy Skin

Monsoon season is the best time to sit back and eat something hot and crunchy. Here Some fruits for Healthy skin in Monsoon



Exercises for Healthy Skin To Beat The Rain

It's the monsoon season and it can be crazy to step outdoors with all that rainfall. While you may be an outdoors person enjoying a morning walk or a nice, long run,



Reasons Why Skin Looks Dull in Monsoon

Come monsoon and your skin starts to act up one day it might feel oily and greasy and the next day it may appear dry and dehydrated. Here some reasons of dull skin in monsoon season.



Importance of Sun Protection in Monsoon

Sunscreen shields your skin from the UV rays of the sun. Even if it remains hidden behind the clouds or tangos with the rain, as long as it is daytime, your skin needs protection.

Monsoon

skincare amidst **COVID-19** tips to stay safe



While caution and care are essential, wearing a face mask for too long can result in skin problems like flaring of skin rashes to worsening of acne.

The ongoing Covid-19 crisis has already impacted so many elements of our daily lives but as we take the initial first steps towards coming out of lockdown we'll find ourselves adapting to the new normal. The latest of which involves wearing a face mask almost every time you step out.

Changes in the weather can affect our skin as well, especially as the temperature and humidity rise. Since our skin needs a little breathing space too, it is important to maintain care and select the right skincare products to avoid skin irritation.

Implement a proper day & nighttime skincare routine

The primary requisite for healthy skin is maintaining a good CTM (cleansing, toning and moisturising) day & nighttime routine, with products that are curated basis your skin type. And whether you are at home or going out, it is important to moisturize well to avoid dryness or skin itching. We suggest applying a gentle moisturizer that is effective enough to combat skin flaking.

Hydration is important

Mask wearers may experience chapped or dry skin, which is why keeping the skin hydrated is key. Hydrated skin doesn't produce much oil. Dull skin is a sign of dehydration. The easiest way to keep your cells hydrated is by 'eating your water along with proper care.' Eat a colourful diet of water-rich foods to help cells, and essentially your skin, to stay hydrated for longer.

Avoid wearing make-up / opt for light make-up

One of the main things is to avoid wearing makeup under your mask at all costs. You can still apply light cosmetic products above the mask line, but any skin that is covered by the material should be left free from any makeup or at least the lower face—as much as possible.

Try to switch to a cloth mask when needed

Masks which are available in the market may hurt your ears & cheeks from their tight elastic bands. Therefore, try to switch to a cloth mask with cloth ear loops which won't cause skin burns or irritation. Make sure to wash your cloth mask regularly and sanitize it appropriately.

Apart from following these guidelines, everyone should follow safety measures as issued by WHO to stay safe from COVID-19.

Skin Care Guide for Monsoon

Now that we're through with the summer's heat, say hello to the rains—another season loaded with humidity and stickiness that can mess with your skin and hair, if not looked after well.

Stay dry

An increase in humidity during the rains and getting drenched unprepared can wreak havoc on your skin and hair. If you do get wet, the first thing to do is to go straight for a shower, don't let the water sit on your body or you could set yourself up for a fungal skin infection.

Clean up

Use a soap-free, mild face cleanser as your skin can get itchy in the season. If you have dry skin, make sure you use a cream-based cleanser and if you have oily skin, it's a good idea to wash your face multiple times a day.

Exfoliation is key

Scrubbing your face two-three times a week will help you get rid of dead cells and clogged pores. However, make sure you use a mild scrub without any thick granules that can damage your skin. If you have normal or combination skin, you can also use an exfoliating face wash with glycolic or salicylic acid instead. For dry skin, use a moisturising scrub so you don't dehydrate your skin.

Pay attention to ingredients

In your weekly face mask, look for ingredients like tea tree oil, aloe vera and neem to clear oily skin, or use a homemade concoction of honey, lemon and yoghurt for dry skin. Multani mitti also helps to rid your skin of dirt, while a mask with papaya helps get rid of tan.

Update your moisturizer

If you have dry skin and would normally use a cream-based one, swap it for a lotion if you're going to be outdoors. People with oily skin should use a very light moisturiser (try a gel-based one) to avoid that heavy, sticky feeling.

No, you can't skip sunscreen

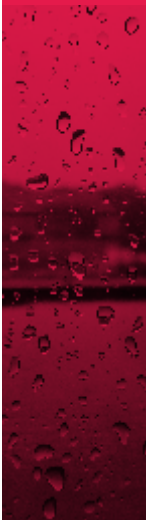
Even though most days are cloudy, don't ditch your sunscreen during the rainy season. Make sure it's SPF30 or more and waterproof, and have it on every time you step out of the house.

Weather-proof your make-up

If you're going to wear make-up in the rains, make sure it's lightweight anything cakey can cause acne and ensure products like your eyeliner and mascara are waterproof. Mineral-based make-up is the best choice for the humid monsoon.

Protect your hair

You should wash your hair every time it is exposed to rain water, even if that means you have to do it every day. Use an SLS-free shampoo and don't forget to condition it.



Fruit Basket for **Healthy Skin**



Monsoon season is the best time to sit back and eat something hot and crunchy. This is a season where you will feel lazy. Having a fruit basket ready will help you stay relaxed. During this season, our body gets constantly affected with allergies, infections and indigestion problems. Hence, we need to keep our body resistant against these diseases. Also, the humidity in the atmosphere will make the digestive system to go down.

For all these reasons, you need to make sure that you eat the right kind of food. The few key points that you need to keep in mind is to avoid oily food, street food or any food prepared in bulk as this may have a chance to upset your stomach. Monsoon fruits will help prevent any major disease affecting you. The following are a few fruits to eat in monsoon.

Jamun

This is one of the monsoon fruits that can be consumed during the rainy season. This fruit is low in calorie and packed with nutrients like iron, folate, potassium and vitamins, which is good to be consumed in the monsoon season.

Litchi

This is one of the fruits to eat in monsoon. As they are rich in vitamin C, they help to build up the resistance in the body and also strengthen the immune system. Litchis will also help provide anti-oxidants, which will help with weight loss.

Plums

This will help in improving the immune system, and protect the body from infections like flu and cold, which is very common in the monsoon season.

Cherries

Cherry is another monsoon fruit that is found in plenty during the monsoon season. This will also help in fighting the infections. This contains antioxidants that gives a soothing effect to the brain and relaxes the brain.

Peach

This is one of the fruits to eat in monsoon. This fruit is low on calories and is high on fibre content, which will help with the weight loss. Also, it is rich in Vitamin C which will help with the immunity.

Pomegranates

Pomegranate is infused with nutrients. This will help with improving immunity during the monsoon season. The seeds, in general, are packed with nutrients as the entire plant needs to grow with this.

Apples

An apple a day keeps the doctor away. This works well with the monsoon season too. Having a few slices of apples a day will keep away most of the illness that you could possibly get during the monsoon season.

Pears

During the monsoon season, a large amount of vitamins are required to help fight the infections. There is a high level of humidity in the atmosphere during this season and chances of falling sick is high. Hence, pears is one of the fruits that needs to be eaten in monsoon.

Papaya

Papaya is rich in Vitamin C, which will help in improving the immune system by fighting against illnesses. This also contains high fibre content, which will help in digestion.



Exercises

for Healthy Skin to **Beat The Rain**



It's the monsoon season and it can be crazy to step outdoors with all that rainfall. While you may be an outdoors person enjoying a morning walk or a nice, long run, the monsoon – quite literally and figuratively, can be a damp squib on those plans. If you work out at the gym or in a workout space that needs you to travel, heavy rain can be a tough obstacle to deal with, even then. However, this does not mean that your fitness will take a hike! Here are a bunch of creative and fun indoor exercises that you can follow, so that you stay in shape, and don't get wet in the rain while doing so!

Do Yoga! Surya namaskar, individual poses or even a vinyasa yoga sequence can come to your rescue to keep your body fit and energized.

Run on the spot indoors! Sure, it probably sounds like a random activity to throw into your indoor spaces, but if you get off your couch and run on the spot for a good half hour, or forty-five minutes, you give your body a workout that can help you burn a lot of calories. Furthermore, it is also a very good way to shake up your body when the weather might make you feel clumsy and sluggish. Running on the spot as an exercise is a perfect way to give your body a cardio boost, and engage your body in entirety.

Take a brisk walk indoors. Clear out your furniture in the biggest room in your house, or if you feel up to it, across multiple rooms. Walk along the periphery of your spaces, and make it a brisk walk. Make it a point to indulge in it for about an hour or so, and you'll find yourself having had a great work out! What's more, the exposure to your own home scape through a brisk walk will let you see your space in new light, and help you break the monotony of staying indoors!

Jumping jacks are a clever way to work out in the course of your day while staying indoors. Add a bunch of scissor jacks, and



make it a good 20-minute routine, followed by a nice long jog or a brisk walk. The fun part is that you can even do it sitting down! Sit down with your back straight and your knees bent and legs together with your toes touching the floor lightly. Quickly, open your legs and flex your feet and land on your heels with your arms touching overhead, and then return to the start position. Try to do this as fast as you can so your body begins to gain from the exercise.

Skate about. If you are a skater, you can strap on your skates and scoot about indoors. BUT, if you're not, indulge in an adaptation of the exercise. Sit on the edge of your chair, bend the right knee out to the side and extend your left leg out straight towards the side. Keep your toes pointed. Extend your arms and lean forward, reach the left arm to the right foot and raise your arm above, behind your body, and twist through the torso.

Reasons

Why Skin Looks Dull in Monsoon



Come monsoon and your skin starts to act up one day it might feel oily and greasy and the next day it may appear dry and dehydrated. These changes leave your skin looking dull and lifeless, and in desperate need for a pick-me-up amirite? Wondering what brings on these changes in the texture and appearance of your skin? We've got the answers. Put on Here are five reasons why your skin looks dull in the monsoon. Psst... we're also taking you through how to tackle them effectively.





Accumulation of dead cells

Did you know, your skin cell turnover is higher in the summer leading to accumulation of dead skin cells on the surface of the skin? Hence, if you didn't follow a thorough skincare routine in the summer we're talking exfoliating your face 2-3 times a week you know who to blame for your dull skin woes. To make up for this blunder, we recommend giving yourself a clean-up and exfoliating the skin regularly using a mild exfoliant such as the Dermalogica Daily Super Exfoliant it's gentle on your skin and can be used every day.



Rise in humidity

The peak in humidity levels make your skin appear dull, especially if you have oily or acne prone skin. The excess sweat and oil build-up attracts more dirt and bacteria causing your skin to act up. Thus, it's essential to deep cleanse your skin twice a day to get rid of all the dirt and oil build up and to keep it looking glowy and fresh, all day long.



Dehydration

The rise in humidity levels causes you to sweat like a pig leading to a great deal of water loss from the body. Add to that the fact that you rarely feel thirsty in the monsoon and colder months and you've got yourself a recipe for disaster. Thus, it's essential to drink at least 8 tall glasses of water everyday to flush out toxins from the body and keep your skin looking healthy and hydrated.



Sun damage

ay it with us: sunscreen should be applied all year round come summer, winter or monsoon. Even if the sun doesn't shine in all its glory during the rainy season, the UV rays from the sun are still very much present and have the ability to damage the skin. Hence, it's imperative to apply sunscreen with a minimum SPF value of 30 to keep your skin protected from sun damage. The Ponds Sun Protect Non-Oily Sunscreen SPF 30 is perfect for all skin types and seasons.

Toxins in rain water

Rain water contains harmful chemicals that can cause infections and make your skin look dull and can even cause nasty infections. So, if you get drenched in the rain, wash your face as soon as you get home to get rid of all the dirt and chemicals that may be sitting on your skin.

Importance

of Sun Protection in **Monsoon**



The Sun is Still Here

So what if the sun is covered by clouds and the weather is really great? It's still there. The UV-B rays may be blocked by the clouds, but the harmful UV-A rays can always penetrate the clouds and reach your skin causing serious damage. So don't let go off that sunscreen bottle yet.





We Live In A Tropical Country

No matter how much it rains, we will always have enough sunlight. In fact, often the rains might disappear for a while and the sun will shine bright making the weather hot and clammy. Sunscreen will be your best friend when the sun gives a surprise.



Skin Always Needs Protection

Just because the season has changed doesn't mean your skin does not need protection. You are still prone to wrinkles and spots due to sun damage. In fact, you need to reapply the sunscreen every time it gets washed off in the rains.

Wet Skin Is Vulnerable To Sunburns

Ever wondered why you get sunburnt when in the pool? That's because wet skin is extremely vulnerable and can be easily harmed by the sun's rays. So protect your face, especially the nose and cheeks, from being chapped and burnt by using sun protection cream.



It Enhances Your Skin

Sunscreen not only prevents damage, but also keeps your skin hydrated by locking the moisture in. Always opt for a cream or lotion with an SPF 15 or higher.

Understanding

Melasma and Post inflammatory hyperpigmentation (PIH)



Melasma

Melasma, an acquired pigmentary disorder is characterized by hyperpigmented brown to grayish brown macules on the face. It occurs mainly in women (90% cases) and 10% of males of all ethnic and racial groups. In India, 20–30% of 40–65 years old women present a facial melasma.





The current classification of melasma is based on the site of lesion and on the depth of pigmentation that is determined histologically or instrumentally within the epidermis, dermis or both. While the exact cause of melasma is currently unknown, exposure to UV, increased estrogen levels (observed mainly during pregnancy or use of oral contraceptives), genetic predisposition and phototoxic drugs are known to play a major role in the development of this hypermelanosis disorder. Other factors implicated in its etiology include ovarian dysfunction, thyroid and/or liver diseases. The role of UV exposure has been shown to be crucial in development but mainly exacerbation of melasma. Epidemiological studies revealed that in more than 25% of cases, an association with sun exposure has been declared. At the molecular level, it is well-established that exposure to UV rays induce increased production of alpha-melanocyte-stimulating hormone and corticotrophin as well as interleukin (IL)-1 that, in turn, contribute to increased melanin production. In addition, overexpression of dermal stem cell factor and its receptor, c-kit, have been identified in melasma lesions and are believed to increase melanogenesis. More generally in melasma, paracrine melanogenic factors have been identified from keratinocytes, mast cells or dermal fibroblasts. However, it seems that melasma results from complex interactions of various causative factors, UV exposure(s) included.

Post inflammatory hyperpigmentation (PIH) is an acquired pigmentary skin disorder. It occurs as a result of an inflammatory reaction, induced by cutaneous diseases including acne vulgaris, atopic dermatitis, psoriasis, impetigo, lichen planus, pityriasis rosea, irritant and allergic contact, photocontact-dermatitis and insect bites as well as a complication of laser therapy. It has been shown that severity and frequency of PIH are both increased in individuals with skin of color of both genders. In India, a majority of subjects with an acne history present pigmented postinflammatory marks: More than 70% before 35 years old, both in women and men. This prevalence rapidly decreases with age to involve <10% of people older than 50 years. This observation is directly related to the high prevalence of acne in progress observed in the study. PIH can last from months to years and may significantly impair the quality of life of affected individuals. The severity of PIH has been observed to be higher in prolonged and/or recurrent inflammation when compared with short-term acute inflammation. Inflammation of the epidermis results in the production and release of several cytokines, prostaglandins, and leukotrienes, that stimulate the epidermal melanocytes leading to an increased synthesis of total melanin. Most of these factors are also produced under solar stimulation supporting the role of UV exposure in the initiation and exacerbation of PIH. In addition, cutaneous inflammation also causes damage to the basal layer resulting in a leakage of melanins from basal keratinocytes and the subsequent accumulation of melanophages in the dermis thereby exacerbating dermal hyperpigmentation. Esthetic procedures and light-based treatments can also induce PIH, especially in darker-skinned patients.



STATE OF THE ART CLINIC FACILITIES WITH ADVANCED TECHNOLOGY



Face Treatments

CHEMICAL PEELING

SKIN POLISHING

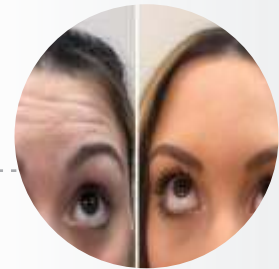
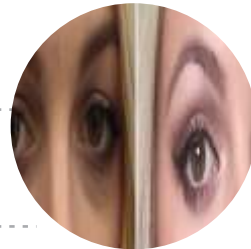
LASER REJUVENATION

RF FACE TIGHTENING

DARK CIRCLES

THREAD FACE LIFT

BOT.TOX.TYPE.A



Hair Treatments

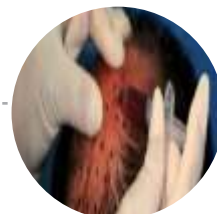
MESOTHERAPY

PRP

MICRO NEEDLING

HAIR TRANSPLANT

STEM CELL THERAPY



Skin Treatments

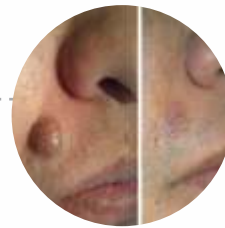
ACNE

PIGMENTATION REMOVAL

LASER SCAR REMOVAL

COLLAGEN INDUCTION THERAPY (CIT)

TAG / MOLE REMOVAL



Dermatology Treatments

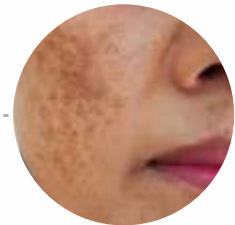
MELASMA

KERATOSIS PILARIS

SHINGLES

WART REMOVAL

PSORIASIS



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