

KOZMETİK ENDİKASYONLARDA TOPIKAL RETİNOİDLER

6. Bölüm

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ÖZET

Retinoidler, nükleer reseptörlere bağlanarak etkilerini gösteren bir grup A vitamini türevinin genel ismidir. Günümüze kadar ortaya çıkan retinoidler 1., 2. ve 3. kuşak olarak alt gruplara kategorize edilmişlerdir. Ortaya çıktıkları ilk yıllarda akne tedavisinde geniş yer bulmuşlar, yıllar içinde foto yaşlanmadan akantozis nigrikansa kadar pek çok endikasyonda kullanımları gündeme gelmiştir. İrirtasyon, eritem, yanma ve deskuamasyon zaman zaman kullanımlarını kısıtlayan en önemli yan etkilerdir. Bu bölümde, topikal retinoidlerin kozmetik endikasyonlarda kullanımından bahsedilecektir.

Giriş

Vitamin A (all trans retinol) ve onun doğal ve sentetik türevleri retinoidler olarak isimlendirilmektedir (1–3). Dermatolojide retinoidler, ilk olarak akne vulgarisinde kullanılmış daha sonra bu endikasyona foto-yaşlanma, solar lentigo ve hiperpigmentasyon gibi endikasyonlar da eklenmiştir (2).

1. Foto Yaşlanma

Ekstrinsik yaşlanmadaki en önemli etkenlerden olan ultraviyole radyasyon (UVR)'a uzun süreli maruziyet pigmentasyon bozukluğu, elastikiyet kaybı, telenjiyektaziler, dispigmentasyon ve kırışıklıklara yol açmaktadır (2,4).

Topikal retinoidlerin fotoyaşlanmada ilk kullanımları, akne tanısı ile tretinoin krem kullanan hastaların periorbital bölge kırışıklıklarında azalma tariflemesi

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