



## Life Style Modification, Does it Make a Difference ??

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### Introduction

Skin acts as the intermediate between our body & the environment, acting as a shield to perform many complex protective functions [1]. Various life style factors had clinical impact on skin homeostasis and the progress of many dermatological diseases.

Life style interventions play important role in skin diseases like psoriasis [2], acne [3], atopic dermatitis, hidradenitis suppurativa, rosacea, vitiligo, skin aging and skin cancer. Although disturbance in life style doesn't cause any of these skin conditions, it can make them worse and exacerbate symptoms.

Lifestyle trends and psychosocial disorders have become more important in dermatology , how social media plays a role in affecting beauty trends, body image and self-esteem concerns [4,5].

Sexual relationship is a human lifestyle. The quantity and quality of sexual relations, beginning age, different types, freedom or limitations of sex connections has great impact on STD development and spreading [6,7].

Unfortunately less attention has been paid to the effect of the environment, stress, nutrition, poor sleep, allergic and infectious agents and sexual performance on the development of many dermatoses and STDs.

#### Dermatoses affected by:

1. Stress; Alopecia Areata, eczema, Psoriasis, trichotillomania, acne, aphthous ulcer, vitiligo how much stress avoidance benefit in their control [8-12].
2. Diet has definite role in dermatitis herpetiform, acne [3], telogen effluvium, psoriasis [2], atopic dermatitis [13], urticaria [14].
3. Environment: Effect of UVA, UVB & vitamin D deficiency, associated solar dermatosis, skin cancer & skin aging [15].
4. Allergy; Atopic dermatitis, Contact dermatitis, role of food avoidance and allergic substances in disease control [13,16].
5. Sleep disturbance with subsequent effect on itching, atopic dermatitis, psoriasis, chronic urticaria, infection [17-19].
6. Infection; Herpes upon kissing, Lice & Scabies upon contact, domestic animals, lack of hygiene, unhealthy food, occupation.
7. Iatrogenic dermatoses: OTC or Self use of medication like CST [20,21], over use , wrong application role in Acne, rosacea [22], hypertrichosis, Atrophy, Striae, tinea incognita [23].

1. Sexually transmitted diseases, multiple partner, unprotected intercourse, treatment neglect Subsequent diseases like HSV, HIV, HPV [6,7].
2. Negative effects of social media on body image creates unrealistic beauty standards, dissatisfaction and low self-esteem in both women and men [4, 5].
3. Skin & DM: role of diet, patient compliance & adherence to medication in disease control, avoid associated skin manifestations dermatopathy, bullae diabetorum, AN, NLD, granuloma annulare [24].
4. Skin & obesity, benefits of weight control to avoid associated Insulin resistance, candida, intertrigo, acne, HAS, AN, excess sweating, striae, cellulite [25].

### Conclusion

life style has great impact on the progress of many dermatological diseases, we have to confidently use lifestyle modification tips for the prevention of onset and the treatment of many of these dermatoses not only depending on drugs.

Using the knowledge gained from this article, it is very important to ask questions about daily lifestyles concerning what is needed to improve lifestyle problems.

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