



Title: Acquired Ochronosis; psychosocial impact on patients

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Background:

An even toned face and body is very appealing because it exudes health, confidence and beauty. The illegal use of hydroquinone cosmetics has resulted in many developing acquired ochronosis.

Description:

Many African patients with dark skin use skin lightening products to try even their skin tone. Skin lightening methods used range from the use of foods (such as lemons) to cosmetics products with hydroquinone. The most debilitating side effect from unregulated use of hydroquinone is the hyperpigmentation that makes uneven skin tone more prominent and worse than patients ever expected. Vulnerable communities are not aware of the harmful side effects of the use of skin lightening products sold on the black market. The most debilitating consequences for patients with acquired ochronosis has been

1. Low self esteem
2. Isolation and bullying amongst peers
3. Depression and suicide
4. Difficulty securing jobs that require customer face to face encounter

Conclusion

Psychosocial wellbeing is a huge part of dermatology and patients with acquired ochronosis need empathy and follow up. Patient consultations should always involve psychosocial review and intervention were needed.

Biography

Dr Cristy Victor has completed her Bachelor of Medicine and Surgery (MBChB) at the University of Pretoria in 2015, She further has attained postgraduate certificates in Primary Health Care Dermatology at the University of Cape Town. She is currently completing her postgraduate diploma studies in HIV/AIDS and TB with the Southern African HIV Society. She currently works as an internal medicine practitioner in a state hospital in Namibia.

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Session name/ number:

Category: (Poster presentation)