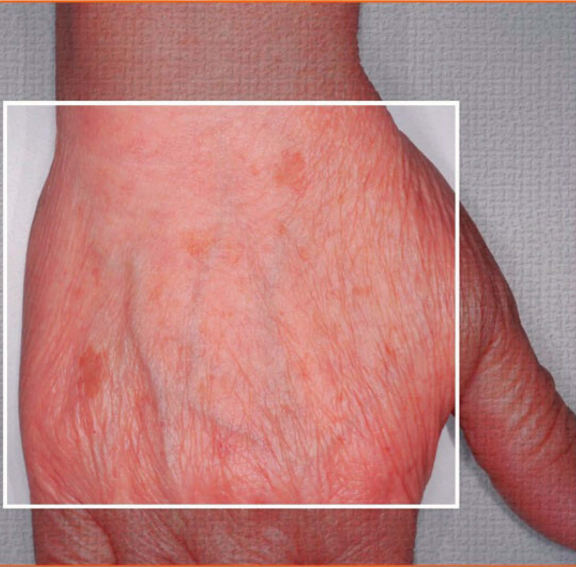


第5章
アジア人女性の
手のスキンエイジング
スケール



アジア人女性の
手のスキンエイジング
スケール



手の甲の
シミの大きさ

定義

手の甲にある輪郭が鮮明なシミの大きさ

評価範囲

手の甲の、手首、手の甲の側端、および指の付け根に囲まれた部分

評価方法

- 評価する部位を正確に特定します。
- 選択したシミの大きさを評価します。
- 大きさがグレード1以上のすべてのシミに対して、同じ評価方法を用います。

グレード 0



グレード 5



グレード 1



グレード 4



グレード 2



グレード 3



アジア人女性の
手のスキンエイジング
スケール



手の甲の
シミの密度

定義

手の甲にあるシミの密度

評価範囲

手の甲の、手首、手の甲の側端、および指の付け根に囲まれた部分

評価方法

- 評価する部位を正確に特定します。
- 選択したシミの密度を評価します。
- 密度がグレード1以上のすべてのシミに対して、同じ評価方法を用います。

グレード 0



グレード 5



グレード 1



グレード 4



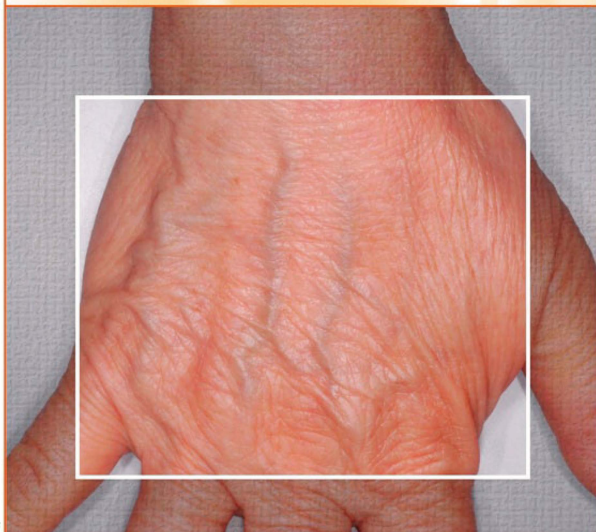
グレード 2



グレード 3



アジア人女性の 手のスキンエイジング スケール



手の甲の皮膚の テクスチャー変化

定義

手の甲のキメが、崩壊することで形成される網目状のテクスチャー

評価範囲

手の甲の、手首、手の甲の側端、および指の付け根に囲まれた部分

評価方法

- 最も凹凸が大きい部分の深さを評価します。
- 皮膚表面のシワや萎みの顕著な部分を評価します。
- 傷跡は評価しません。

グレード 0



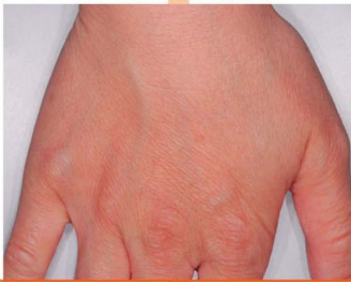
グレード 1



グレード 6



グレード 2



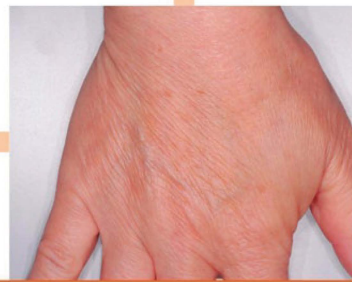
グレード 5



グレード 3



グレード 4



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フレデリック フラマン・ダミアン ヴェレマン・山本 佐和子

スキンエイジング アトラス

日本人におけるフォトエイジングの特徴
顔および手

日本ロレアル リサーチ&イノベーションセンターで行った1,011名の日本人女性に関するタイポロジー研究の結果がまとまり、日本版フォトエイジング アトラスが作成されることになりました。今までに、日本人の光老化アトラスはほとんどありませんでしたが、光老化の徴候に対する評価スケールも用意されたことにより、客観的で再現性が高く正確に評価できるようになることと思われまます。応用範囲は広く、光老化の疫学調査に使用することも可能でしょうし、臨床試験のみならず、個々の症例の評価にも非常に有用でしょう。

また、このアトラスが使用されることで、光老化の啓発がすすみ、うまく太陽紫外線を防衛し、皮膚老化に関わる環境因子への曝露を少なくすることで、いつまでも若々しい皮膚を保つことができるかもしれません。

今回、本書では待望の日本人を研究対象として過去の5巻のスキンエイジングアトラスを踏まえ、さらに初めて日本人の手の老化並びに、新しい診断スケールと知識を加えて構成されています。特に本書は女性をターゲットとし、正確な皮膚老化の臨床的特徴を構築するために日本人の顔、首、手の老化の詳細な徴候を列挙しています、それぞれの特徴、評価すべき正確な位置、および評価すべきパラメーターが出ており、非観血的なエイジング改善法である、フィラー、レーザー、ピーリング等を行っている臨床医にとって欠かせない教科書となるでしょう。

ぜひこの日本人女性の為のスキンエイジングアトラスを活用して効果的で安全な、診察、施術を行う事をおすすめします。

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