COMMON SKIN CONDITIONS

Acne: Acne is one of the most common skin disorders, affecting more that 45 million Americans each year. Almost everyone at one point or another in their life has experienced some form of acne. Not only can this skin disorder result in permanent scarring but it also has significant emotional consequences, affecting self-confidence and damaging the self-image of many. Acne appears on both men and women of diverse age groups and is generally located on the face, neck, back, arms, and chest with varying degrees of severity. Primarily, acne develops when the hair follicle within the skin becomes plugged. This "plug" is usually created when excess sebum or oil is produced and combines with the uneven shedding of dead skin cells. Once the follicle becomes congested, it provides an ideal environment for the formation of bacteria known as Propionobacterium acnes. The abundance of these bacteria causes the follicle and surrounding tissue to become infected and inflamed. Hormones are often responsible for the excess sebum production which can greatly affect the when and where of acne lesions as well as the type of acne a person might have. This is why acne is commonly known to occur during adolescence as well as during menopause.

Acne is generally grouped into 2 categories: non-inflammatory and inflammatory. Under each of these categories, different forms of acne exist such as the most common type of acne known as the comedo (blackhead and whiteheads) which is a non-inflammatory type of acne. (See ABI Dermaceuticals Key Skin Terms) ABI is dedicated to aiding the millions of people affected by acne and therefore has created an entire product line that is specifically formulated to help reduce and prevent the formation of acne, skin inflammation, and acne scarring.

In order to prevent future breakouts, we recommend the following products for oily and acne prone skin (Please reference ABI's Clinical Data Sheets for in-depth information regarding each of the following products):

- Corrective Wash with Cranberry
- Corrective Mist with Niacinamide
- Corrective Treatment Gel with Salicylic Acid
- Corrective Pads with Glycolic Acid
- Extra Strength Corrective Pads with Salicylic and Glycolic Acid
- Corrective Scrub with Salicylic Beads
- Corrective Clay Mask with Sulfur

Rosacea: Rosacea is a chronic skin disorder that primarily affects women; although some of the most extreme and severe cases have been present in men, and are characterized by persistent redness, visible blood vessels and in some cases even pimples on the central areas of the face; such as the nose, chin, cheeks and forehead. Though many have speculated, there are no known cures or causes for Rosacea. Some dermatologists have suggested that heredity, environmental factors, poor immune system, sun exposure, eating hot or spicy foods, abrasive cleansers or alcohol consumption play a part in what can cause Rosacea.

Some symptoms to watch out for are:

- Flushing and blushing easily.
- Persistent redness around the central areas of the face.
- Visible blood vessels.
- Pimples or pumps; While these may resemble acne, blackheads are absent and burning or stinging may occur. If you do develop symptoms of Rosacea, seek the advice of a dermatologist or a skin care professional. Although there are no known cures, there are steps that can be taken to control and even reverse the signs and symptoms of Rosacea such as using non-irritating, non-alcohol based cleansers, always using a high SPF sunscreen and incorporating barrier repairing emollients into your skin care routine.

ABI recommends the following products to aid in reducing skin inflammation and to also help maintain and repair the skin's natural moisture barrier. (Please reference ABI's Clinical Data Sheets for in-depth information regarding each of the following products):

- Hyaluronic Peptide Serum
- Hydrating Soy Cream
- Calming Cucumber Mist
- Intense Antioxidant
- Sensible Sunscreen

Aging: The skin is the largest organ of the human body. During early stages in life, the skin performs at peak conditions. However, as we grow older the skins' functions slow down and we begin to see signs of aging. There are many factors associated with skin aging which can be broken up into two main categories: intrinsic and extrinsic.

Intrinsic Factors
Heredity- Heredity is a chronological and genetic factor that we have no control over. How we age is encoded into our DNA which is passed down from our family. This is why some people get deep wrinkles while others do not. This does not mean, however, that what we look like as we get older is written in stone. We can control the extrinsic factors and help our skin age gracefully and beautifully.

Extrinsic Factors
Environment- The most destructive environmental factor responsible for rapid aging of our skin is sun damage. Too much exposure to harmful UV rays causes premature wrinkles and skin disease. Studies have shown that UV light damages elastin which causes the skin to sag and wrinkle while also slowing down its ability to repair itself. Limiting sun exposure can help to slow down the aging process.
Another environmental factor that is harder to control is pollution. When we are exposed to chemicals in the food we eat and chemicals in the air such as car exhaust and cigarette smoke, free radicals are formed. This deprives our skin of vital oxygen and interferes with normal blood flow which causes our skin to age more rapidly.
Life style- Nutrition also plays an important part in skin aging. Everything that we take into our body affects skin wellness. This is why it is essential to drink plenty of water, as sufficient water intake and a balanced diet containing vitamins and antioxidants, enables the liver to remove toxins and waste from within the body.

ABI Dermaceuticals has several powerful products that combat the various signs of aging; fine lines and wrinkles, uneven skin tone and texture, and loss of vital skin elasticity. We recommend the following products due to their ability to promote collagen and elastin production, increase cellular turnover, diminish fine lines and wrinkles, and even out skin tone. (Please reference ABI's Clinical Data Sheets for in-depth information regarding each of the following products):

- Exfoliating Enzyme Wash
- Moisturizing Antioxidant with Copper Peptide
- Hyaluronic Peptide Serum
- Firming Peptide Cream with Matrixyl 3000®
- Intense Antioxidant with Caviar
- Clinical Eye Repair
- Pomegranate Recovery Mask

See ABI Skin Care FAQ's for more information regarding the benefits of copper peptides and Matrixyl 3000®

Eczema: Eczema, as with many other skin conditions, is a chronic and recurring disease often referred to as atopic dermatitis or atopic eczema. It is often characterized by dry flaky patches of skin and is considered by many to be "the itch that rashes" since the itch, when scratched, results in the appearance of a rash. Eczema affects approximately 10 to 20 percent of the world's population and usually presents itself within the first six months of life. Fortunately, nearly half of infants and children affected will find that the disease clears and disappears between the ages of 5 to 15. Others will have some form of eczema throughout their entire life. Eczema can occur on any part of the body and is usually triggered by external factors. Each persons "trigger" may be different. Flare ups are caused by scratchy material, overheating, stress; even some types of food may lead to an adverse reaction in the skin. There is no cure, however, in many cases eczema can be managed with treatments and by avoiding the "triggers". Eczema is not a contagious disease and is thought to be the result of the body's abnormal response from the immune system. Some dermatologists have also speculated that the skin's

barrier function is compromised by this disease meaning the skin cannot keep in vital moisture and natural oils that are responsible for making it soft and supple. The skin becomes dry quickly therefore it is important to make sure whatever products are being put onto the skin are emollient rich and non-irritating.

ABI Dermaceuticals is free of harmful skin irritants such as artificial colors, perfumes or artificial fragrances and sodium lauryl sulfates. We recommend the following products due to their gentle and hydrating effect on the skin. (Please reference ABI's Clinical Data Sheets for in-depth information regarding each of the following products):

- Hydrating Soy Cream
- Hyaluronic Peptide Serum
- Moisturizing Antioxidant
- Exfoliating Enzyme Wash

Hyperpigmentation: Hyperpigmentation occurs when an excess amount of melanin is produced in the skin. For example, patches of skin may become darker than the surrounding area. Melanin is the pigment that produces normal skin color and that is formed by cells called melanocytes. Melaonocytes are located in the lower levels of the epidermis and when melanin, a natural black/brown pigment forms, it travels to the upper levels giving the skin its unique color. The darker the overall skin, the greater the amount of melanin is within the skin. Excessive sun exposure, sun damage, hormonal imbalance or skin inflammation from trauma can lead to hyperpigmentation. Some examples of hyperpigmentation are when hormone shifts during pregnancy trigger an overproduction of melanin causing the "mask of pregnancy," a darkened area found on the face or abdomen, or when an inflamed acne lesion causes trauma to the skin leaving a mark on the face or body.

While ABI does not currently have a specific skin lightening serum, we recommend using the following products that are responsible for increased cellular turnover and renewal which is known to improve hyperpigmentation. (Please reference ABI's Clinical Data Sheets for in-depth information regarding each of the following products):

- Intense Antioxidant
- Corrective Pads
- Micro Exfoliating Scrub
- Pomegranate Recovery Mask

Psoriasis: Psoriasis is a chronic and persistent inflammatory skin condition. It affects both men and women and is most often developed in people between the ages of 15 and 35. It is characterized by thick flaky patches of skin that are covered in silvery scales often referred to as plaques. Psoriasis commonly occurs on pressure points such as elbows, knees, knuckles as well as on the scalp, the body, arms, legs, the external sex organs and the fingernails and toenails. These patches of skin often itch or burn and can also crack and bleed. There are many types of psoriasis including psoriatic arthritis, an inflammation of the joints, which have different levels of severity and frequency which all cause some amount of discomfort. Psoriasis is thought to be the result of an immune disorder and is not contagious in any way. In order to protect the skin it is important for people with psoriasis to use non-irritating products and to also moisturize. Using lubricating moisturizers will decrease the chance of the skin cracking which can lead to infection.

ABI recommends the following products to help maintain essential skin hydration. (Please reference ABI's Clinical Data Sheets for in-depth information regarding each of the following products):

- Moisturizing Antioxidant
- Hydrating Soy Cream
- Hyaluronic Peptide Serum
- Clinical Eye Repair
- Honeysuckle Hydrating Mask