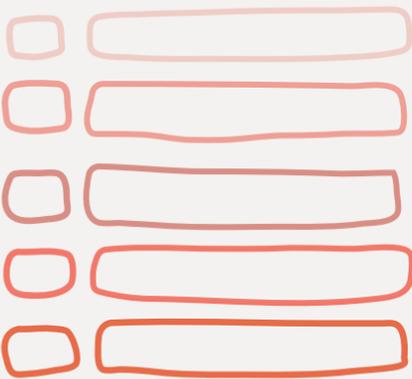


DIET AND DERMATOLOGY

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OVERVIEW

An association exists between diet and dermatology. The substances we put into our bodies can affect the external appearance of our skin. Research into this subject is rapidly growing. However, misinformation regarding this correlation is often spread through social media platforms. This newsletter provides **research-based information** on how **diet** is associated with various **dermatologic conditions**.



OUTLINE

- Acne & diet
- Celiac disease & dermatitis herpetiformis
- Psoriasis & diet
- Allergies & atopic dermatitis
- Anti-aging & collagen supplements

Acne & diet



Controversial, but common research results include:

Increased acne formation:

- high glycemic index/glycemic load foods
- dairy products
- fatty foods
- chocolate

Protective effect against acne:

- fatty acids
- fruits
- vegetables

Celiac disease & dermatitis herpetiformis



Celiac disease: autoimmune process, intolerance of gliadin (gluten protein in wheat)

- **Dermatitis herpetiformis:** pruritic, fragile, symmetric vesicles on scalp, shoulders, buttocks, extensor surfaces --> pinpoint erosions and excoriations due to intense pruritis
- Cutaneous eruptions can resolve with adherence to a strict gluten-free diet

Psoriasis & diet

Psoriasis: chronic, relapsing, inflammatory disease with demarcated, erythematous plaques and silver scales

- Obesity and weight gain predispose to development and flares
- Healthy, balanced diet and exercise may improve symptoms, particularly a Mediterranean diet
- Patients with psoriasis have a 3x increased risk for Celiac disease



Allergies and atopic dermatitis



Food allergen sensitivity often develops in infancy

- May co-occur with **atopic dermatitis (eczema)**
- Potential asthma development later on
- Allergic skin diseases have increased by ~70% in recent decades
- Milk and peanut allergies common in children; environmental allergies common in adults
- Early introduction of foods (peanuts, dairy products) may decrease occurrence

Anti-aging and collagen supplementation



Longer lives = more concern with skin aging

- Collagen supplements advertised to decrease wrinkle formation
- 2021 systematic review: association between collagen supplementation & decreased skin aging
- 3 months of collagen supplementation can reduce wrinkles and increase skin elasticity
 - Effects last 1 month after discontinuing
- Studies needed to determine long-term collagen use efficacy

Practice Quiz

1. Which of the following foods has NOT been associated with worsening acne?

- a) Milk
- b) Fatty acids
- c) Chocolate
- d) White bread

2. What have collagen supplements been associated with?

- a) Increased hair loss
- b) Decreased nail growth
- c) Increased skin elasticity
- d) Decreased acne

3. Which disease is dermatitis herpetiformis associated with?

- a) Ulcerative Colitis
- b) Tropical Sprue
- c) Irritable Bowel Syndrome
- d) Celiac Disease

4. Name the disease:



- a) Lichen planus
- b) Tinea corporis
- c) Psoriasis
- d) Atopic dermatitis

5. What diseases are associated with food allergies?

- a) Asthma
- b) Conjunctivitis
- c) Atopic dermatitis
- d) A & C

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All answers will be posted on the DIG Instagram Page (@neomeddermatology)