

# 3<sup>rd</sup> International Conference and Exhibition on **Cosmetology & Trichology**

July 21-23, 2014 Hampton Inn Tropicana, Las Vegas, USA

## Cosmeceuticals

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**Background:** Cosmeceuticals represent the fastest growing area in dermatology. Dermatologists are in a good position to help patients understand the benefits and realistic limitations of these products. Regulatory frameworks differ significantly between the different markets and are far from being synchronized. The principal activity of the study and its scope: This study will provide an important step towards understanding current situation of cosmeceutical products. This is a coherent project making recommendation for strategic way related to improving vigilance, consumption and efficacy issues of cosmeceuticals.

**Methodology:** A literature search was carried out between February and March 2013 in Medline, Pub Med, Web of knowledge, Scopus, Google scholar and the Cochrane Library databases with no time limit. References cited in published articles were examined until no further study was identified. All English, animal and human studies were included.

**Results:** Research in this field, especially in the context of dermatologists' training, is particularly scant and needs to be improved. This project gives an insight to the industry and dermatology curriculum builders that there is strong need to develop the training spectrum in cosmeceuticals. Moreover, there are no synchronized guidelines. EU, Japan and Canada are major contributors in regulatory system.

**Conclusion or Recommendation:** The confusing and contradicting global regulatory definitions of cosmeceuticals emphasize the need of harmonized guidelines or a synchronized regulatory framework. There is a need to improve dermatologists' knowledge and confidence about cosmeceuticals' ingredients safety and efficacy through various up-to-date/ evidence-based seminars, workshops and training courses. There should be common guidelines, e.g. for approaches to safety testing, particularly regarding alternatives to animal testing. Increase high quality basic and clinical research in cosmeceuticals will boost this rapidly developing area. Through means of these measures the establishment of an evidence-based cosmetic dermatology can be achieved. This project may serve as a tool for assisting future studies and primary research in this field.

## Biography

Huma Khurram is a European board-certified dermatologist and trained researcher in dermatology at King Saud University, Riyadh, Saudi Arabia. She has also American Board Certificate in Cosmetic Laser Surgery. She is actively doing clinical trials for various skin ailments. She did a significant research in treatment of vitiligo. She is actively involved in teaching of medical students, didactic sessions and tutorials for dermatology residents. She is an active participant in national and international meetings. She has more than 15 papers published and accepted for publication in high impact factor journals including Dermatologic Surgery, J Eur Acad Dermatol Venereol, International Journal of Dermatology, Journal of Cutaneous Medicine & Surgery, Journal of Cosmetic Dermatology, Journal of Drugs in Dermatology, Annals of Saudi Medicine and others. She is also certified in clinical trials methodology and statistics. Her research interests include: Hair transplantation, Hair disorders, Vitiligo, Dermatology Public Health, Vitiligo, Melanocyte basic science, Laser, Clinical trials and Surgery.

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