

17th WORLD DERMATOLOGY CONGRESS

September 25-26, 2017 Dubai, UAE

Knowledge, attitude and practice of female university students towards skin lightening agents in Khartoum, Sudan in 2016

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Statement of the Problem: There is a wide growth of availability and use of skin bleaching products worldwide, particularly in African countries. Sudanese women consume these products with ruthlessness irrespective to their extreme harmfulness; as a result they suffer from side effects ranging from minor dermatitis until major irreversible ones. Nevertheless this phenomenon displays lots of hidden problems in women beliefs and entire society suite. Researches showed high prevalence of use of these harmful products, (containing corticosteroid, mercury and hydroquinone) especially among younger women though the level of knowledge about the agents and their side effects are not extensively studied. The purpose of this study is to determine the knowledge of students about whitening agents and to assess their practice and to compare findings in four different faculties to assess the effect of knowledge on practice.

Methodology & Theoretical Orientation: Observational cross-sectional institutional based study using structured self-administered questionnaire.

Findings: In spite of high level of awareness about agents' constituents and side effects, high percentage of usage reported among student especially Arabic language faculty of education students in comparison to English language, nursing and medicine students. Great impact of friends and relatives appear as they represent the major role in the selection of appropriate product. Hyper pigmentation and dermatitis were the common side effects the participants complain.

Conclusion & Significance: University female students are exposed to risk full practice and collaboration is needed to workup together avoiding these products and recommendations made to conduct awareness sessions with intensification of family role in this issue. Also community based further researches must be done as university students are educated and literate community.

Biography

Alshima Shihabaldeen Ali is pursuing his medical studies from University of Khartoum in Sudan.

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