

## **Ethnic skin**

**Also known as** Skin of colour, brown skin, coloured skin, pigmented skin

### **What is skin of colour?**

Skin of colour is a term that describes all those individuals with non-Caucasian skin types (Fitzpatrick skin types III-VI) and thus includes African, East and Southeast Asian, Hispanic, Middle Eastern people and certain (often indigenous) groups within the Oceanic population.

People with skin of colour (coloured skin) may have an increased incidence of certain skin conditions which may look different to the naked eye and require different treatments to those traditionally used in people with Caucasian skin.

Unique diseases and treatment complications in people with skin of colour (coloured skin) require specifically tailored treatments.

### **Skin conditions more common in skin of colour**

The following skin conditions are more common in people with skin of colour (coloured skin). Please note that this is not an exhaustive list.

Conditions affecting pigment cells (melanocytes):

- Melasma
- Post inflammatory hyperpigmentation
- Post inflammatory hypopigmentation
- Lentigines
- Neavus of ota/ Hori's neavus
- Mongolian spots
- Vitiligo
- Acral melanoma

Conditions affecting the hair/ hair follicle:

- Acne keloidalis nuchae (AKN)
- Pseudofolliculitis barbae
- Central centrifugal cicatricial alopecia (CCCA)
- Traction alopecia (TA)

Conditions involving wound repair cells (fibroblasts):

- Keloid scars

Other miscellaneous conditions more common in people with skin of colour:

- Dermatitis papulosa nigra (DPN)
- Pityriasis alba
- Comedonal acne (acne pomade)
- Discoid lupus erythematosus
- Annular and hypertrophic variants of lichen planus
- Papular variant of sarcoidosis
- Hypopigmented variant of mycosis fungoides