

The Sleeping Beauty – Waking Up With Confidence

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Abstract

We all recognize the mantra of Snow White's evil stepmother. But what, exactly, is she asking? In the Grimm Brothers' German original, she asks who's the most beautiful in the land. But in English, it's a little more complicated.

On the one hand, fair is an archaic word for beautiful. But in modern usage, it usually refers to a light complexion – and it's hard to forget that we're talking about a story where the main character's claim to fame is that her skin is extraordinarily pale.

Everyone on the planet wishes to look beautiful in order to be accepted in social gatherings. No one wants to look pale, have diffuse hair loss that leads the scalp skin to be visible. We all want to feel happy and confident about our reflection when we look into a mirror.

Unfortunately, there are a few medical conditions such as Vitiligo vulgaris, Thyroid dysfunction, patients undergoing chemotherapy and Androgenetic alopecia that lower one's self esteem when they effect the visible areas of the body (skin and hair).

Vitiligo is the most common depigmenting disorder, which affects 0.5-1% of the worldwide population, causing disfigurement of the skin and mucous membranes (lips) leading to patchy areas of pigment loss. Both hyperthyroidism and hypothyroidism are autoimmune disorders that lead to diffuse hairloss.

Universal hair loss occurs in chemotherapy because chemotherapy targets all rapidly dividing cells— healthy cells as well as cancer cells. Hair follicles, the structures in the skin filled with tiny blood vessels that make hair, are some of the fastest-growing cells in the body. Normally, hair follicles divide every 23 to 72 hours. But as the chemo medication does its work against cancer cells, it also destroys hair cells. Within a few weeks of starting chemo patients may lose some or all of the hair.

Androgenetic (pattern) alopecia is a genetically determined disorder characterized by the gradual conversion of terminal hairs into indeterminate, and finally into vellus, hairs. It is an extremely common disease that affects men and women.

Biography

Sowmya Naga Dogiparthi is a Associate Professor at Shri Satya Sai Medical College and Research institute, Tiruporur Chennai, Consultant at Apollo Hospitals, Chennai. She runs her own clinic; Dermipure Dermaclinic. She completed her MBBS and MD DVL from Sri Ramachandhra University in Chennai. After completing MD in 2014, She joined for fellowship in cosmetology at Stanley Medical College Chennai and also did fellowship in Aesthetic Medicine from Germany. She started her career as a Dermatologist/Cosmetologist in the year 2016. She has

presented multiple papers in both in National and International conferences. She has written many articles in magazines and has multiple publications in both national and international journals. She completed Diploma in Medical Micropigmentation in 2019, in order to help those suffering with long term Vitiligo. She authored a chapter in Dermatology text book. She has also presented her views on COVID 19 and skin in Kalaingnar TV during the first wave of Pandemic in April 2020. She speaks English, Telugu, Tamil and Hindi.