

## **Skin Wise: A Guide to Healthy Skin for Women**

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### **Abstrak**

Edited by Australia's first female dermatologist, with contributions from six others, *Skin Wise: A Guide to Healthy Skin for Women* covers every aspect of skin care from infancy to old age and offers sensible, practical advice about skin problems and what can be done to treat them. The seven authors are all practising dermatologists specializing in different fields of dermatology. They set out to moderate what they see as harmful and excessive expectations generated by some authors and the media. For instance, they place less emphasis on laser and cosmetic remedies than some of their competitors and they talk about the limitations of certain skin products and of ageing skin itself. They show women how to care for ordinary skin and how skin is altered by puberty, oral contraceptives, pregnancy, menopause and ageing. For the first time in a book of this kind there is a separate chapter on sexual health and genital dermatology. *Skin Wise* investigates hirsutism, hair loss, and other scalp conditions. A chapter for parents on paediatric dermatology offers advice on moles, psoriasis, sun protection, diet, acne, birthmarks, warts, nappy rash, alopecia and other conditions. There is a chapter on nail care and laser therapy. A further original feature of this book is a separate chapter on skin problems in the workplace. Here, then, in one book, is a succinct, commonsensical guide to every kind of skin problem and treatment for women.