

ETHICS OF SKIN CARE IN NIGERIA

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OUTLINE

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DEFINITIONS

“Skin care” is a range of practices that support skin integrity, enhance its appearance and relieve skin conditions.

These practices include nutrition, avoidance of excessive sun exposure and appropriate use of emollients.

In Nigeria, practice lies heavily on use of cosmetics and exfoliation. Use of botulinum toxins, fillers, laser resurfacing, peels and other skin care practices are still low.

The use of moisturizers, sunscreens, serums, toners, cleansers, vitamins, colored cosmetics, OTC acne formulations, hair care products, and nail adornments, to name a few is an ever-present reality.

This reality involves a large part of the entire world population of >7 billion people who are driven by the insatiable desire to maintain or attain a flawless skin.

Demand for antiaging products are on the increase as part of regular skin care.

THE NIGERIAN COSMETIC SITUATION

Crave for natural products (aloe Vera, Shea butter, coconut oil)

Product qualities include:

- ❖ cheapness
- ❖ quick action
- ❖ good report (without scientific evidence) accessible
- ❖ Use of soap with antiseptic/antibiotic properties
- ❖ Use of triple action creams.

Newborns are not left out. “Emollient use was a normative practice in all sites, with frequent application from an early age.

There were variations in the type of emollients used, but reasons for use were similar and included improving the skin, keeping the baby warm, softening/strengthening the joints/bones, shaping the baby, ensuring flexibility and encouraging growth and weight gain.

Factors that influenced emollient choice varied and included social pressure, cost, availability and deep rooted traditional norms”

Massage associated with application was strong and potentially damaging to the skin in some sites.

Given the widespread use of emollients, the repeated exposure of newborns in the first month of life and the potential impact of emollients on mortality, trials such as those that have been conducted in Asia are needed in a range of African settings.

J Trop Pediatr. 2015 Dec; 61 (6): 428 ; 34. Current Neonatal Skin Care Practices in Four African Sites.

*Amare Y1, Shamba DD2, Manzi F2, Bee MH3
Omotara BA4 Iganus RB4, Adejuyigbe EA5 ,
Odebiyi AL6, Skordis, Worrall J3, Hill ZE7.*

GUIDELINES FOR ADVERTISEMENT OF REGULATED PRODUCTS IN NIGERIA

The National Agency for Food and Drug Administration and Control (NAFDAC) has the mandate through NAFDAC Act CapN1 LFN 2004 to regulate and control the manufacture, importation, exportation, advertisement, distribution, sale and use of foods, drugs, cosmetics, medical devices, bottled water and chemicals.

The responsibility for the regulation and control of advertisement of these products is vested on the

Advertisement Control Division in the Directorate of Registration and Regulatory Affairs

This is done by issuing advertisement permits after careful evaluation of the claims made and monitoring of the advertisement to ensure that exposed materials correspond to the approvals given.

If a product is used for a wrong indication because its advertisement says so, the ailment will not be cured. It is therefore important that all stakeholders in advertisement must resonate at the same frequency in this renewed fight against unauthorized advertisements in Nigeria especially of herbal products.

1. These guidelines are for the interest of the general public and in particular, industries in Nigeria that have registered regulated products.
2. It is necessary to emphasize that no regulated product shall be manufactured, imported, exported, distributed, advertised, sold or used in Nigeria unless it has been registered in accordance with the provisions of ACT CAP.N1 LFN 2004, formerly Decree 19 of 1993 as amended and the accompanying guidelines.
3. Stakeholders in NAFDAC regulated products are advised to seek advertisement approval before shooting commercials.
4. Consumer promotions shall not be allowed for medicinal products.
5. Consumer promotions of other regulated products shall be valid for a maximum of fifteen (15) weeks.

6. Advertisement of Over-the-Counter (OTC) medicines should include the Caveat "If Symptoms Persists after 3 Days, Consult Your Doctor/Physician".
7. All herbal medicinal products (without established clinical studies) labels and advert materials shall include the caveat, "These claims have not been evaluated by NAFDAC".
8. All approved adverts shall be valid for one year from the date of approval except in cases where extended validity, up to a period of validity of registration license is required.

Skin care products (SCPs) are not just "vanity". They are also cleansing products required for basic hygiene, as well as, products with specific health purposes eg antiacne creams, antiinflammatory lotions, antidandruff shampoo.

These products enhance quality of life, self esteem and mitigate adverse effects of some

treatments. Thus development of SCP should be regulated in ways comparable to medicinal products

INFLUENCERS IN SKIN CARE PRACTICES

Dermatologists are regulated by MDCN.

Dermocosmetics is an integral part of Dermatology whereby cosmetics are used in the scientific management of a variety of skin disorders

They have an understanding of the biological properties of these products and manage adverse effects of these products

Aestheticians, and other interested persons have no known regulator.

Skin Care Products Manufacturers

Cosmetics are made up of chemicals, thus closely linked to the chemical industry. Chemical engineers live by code of ethics—i.e. shall hold paramount the safety, health and welfare of the public. Most SCP manufacturers are amateurs.

Making money, Inefficient regulation, desperate/gullible consumers, Over-the-counter reality

Principles of Biomedical Ethics

Beauchamp and Childress published 4 'principles'

that have been adopted as the ethical basis of contemporary medical practice

- Respect for autonomy
- Beneficence
- Non maleficence
- Justice

RESPECT FOR PATIENT AUTONOMY

In general, competent adults have a right to decide whether they wish to have a lighter skin or not.

The patients' wishes and thereby their right to an informed decision must be respected, provided they have been given sufficient information.

Information must include risks, complications or adverse effects that may arise with use

Most cosmetic products in Nigeria do not have the ingredients and warnings inscribed:

Basic ingredients in SCPs should be written.

The possibility of having contact dermatitis from the ingredients used should be stated.

For skin lightening agents for instance: the dangers of sun exposure, skin bleaching. Information on how long a product should be used once opened should be documented.

BENEFICENCE

When manufacturing skin care products, the consumer's best interest should be paramount.

Harmful products such as mercury, hydroquinone, steroids should not be added to a skin lightening cream.

“most of the creams do not contain hydroquinone or mercury at levels that are detrimental to human health and also most of the creams had pH and moisture content that will not irritate the skin, but rather provide adequate moisture and hydration to the skin”.

International Journal of Biotechnology Research Vol. 2(1), 011016, March 2014 by Ekpunobi et al. Determination of hydroquinone and mercury concentrations in some skin lightening lotions and creams sold in Southeastern Nigeria

Potential or suspected harmful Ingredients should be

avoided. Parabens (preservative which prevent growth of microbes) associated with cancer. Mineral oil used as a filler to make liquid products cheaper and also goes as paraffin/petroleum jelly blocks pores, trapping bacteria and cause skin dehydration leading to infections, skin aging etc.

Phthalates used in cosmetics and nail polish to hold scent and colour of make up products disrupts

hormones and can cause harm to pregnant women and their unborn child.

Formaldehyde causes allergic skin reactions.

It is worth noting that many cosmetic chemicals may be associated with health risks, however

Scientific evidence is often lacking.

Also, Consumer perception is often stronger than reality when it comes to product safety.

INGREDIENTS SELECTION

Unethical sourcing of palm oil has resulted in the destruction of tropical rainforests

Shea butter in Nigeria is a source of wealth for poor indigenous female workers

Are the products really “natural”?

NON-MALFEASANCE

The act of producing SCPs should never be against the consumers' best interest or in a way that may harm a consumer. Ingredients selection should be based on principles rather than business.

Increasing profit should not come before people's health.

It is the company's responsibility to ensure their cosmetics are not only safe for the skin, but also kind to the environment.

Ensuring safety

Animal testing of products is an on-going ethical issue. Banned in Europe. Not against the law in Nigeria. What are the pros and cons?

How about environmental safety?

Antimicrobial ingredients were found to contaminate Minnesota waterways. These were found to be toxic to aquatic bacteria and prohibited photosynthesis in diatom algae.

Micro plastics in formulations accumulate in the seas/oceans disrupting marine ecosystem.

Cosmetic packaging has detrimental effect on the environment

Excessive packaging, by the use of plastics and non or slow biodegradable agents can harm the environment.

Justice

This is linked to quality assurance.

The stated effect/work of a SCP should be true. If it removes pigment as stated in the package,

It should do just that. It should meet the expectation of the consumer.

There are ethics behind luxury skin care products

What should be done about the ethical issues in skin care?•

Source information through scientific research.

Disseminate this info and empower individual (go beyond teaching them how to fish!).

Involve the dermatologists in the production and marketing phase.

Open cooperation in handling adverse effects of products.

Always remember to do no harm.

ROLE OF NIGERIAN ASSOCIATION OF DERMATOLOGISTS

This can be in the form of product endorsement and it may involve clinical trials of Skin Care Products

Black skin is beautiful

Thank you for your attention!

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NAD