

# STERIOD EXPOSURE FROM SKIN-LIGHTENING PRODUCTS

Steroids used for long periods can be harmful, and some skin lightening products contain doses 1,000 times higher than recommended. According to a report by the International Society of Dermatology, over 50% of skin lightening creams sold in developing countries were found to contain harmful levels of corticosteroids.



## HEALTH RISK ASSOCIATED WITH STERIODS

- Steroids can cause the skin to become fragile, leading to easy bruising and infections.
- Prolonged use can cause hyperpigmentation or hypopigmentation, leading to uneven skin color.
- Steroids can trigger severe acne and increase the risk of skin infections.
- Excessive use can lead to steroids being absorbed into the bloodstream, causing issues like high blood pressure and hormonal imbalances.



Many skin-lightening agents ingredient label does not list all ingredients in the product

## TO AVOID THESE DANGERS

- **Read Labels:** Avoid products containing steroids unless prescribed by a doctor.
- **Consult a Dermatologist:** if you use products that have steroids in it, stop use & consult with your doctor
- **Embrace your Beauty:** Focus on maintaining healthy skin rather than altering its color.

## DID YOU KNOW?



LONG TERM USE OF STERIODS IN SKIN LIGHTENING PRODUCTS CAN CAUSE:

- Steroid cream withdrawal
- Steroid addiction syndrome
- Topical steroid addiction
- Red skin syndrome

