

HOW MEN & WOMEN ARE *different*

In this table, we highlight the biophysical, chemical and physiological skin differences between men and women. These are differences that may determine which topical products are better suited for patients by gender. The following summary was compiled based on a review of articles that compared skin differences by sex. The review was published in the *International Journal of Women's Dermatology* this year.

MALE SKIN

- Sebum content is higher and pores are larger (Pochi and Strauss, 1974).
- Men tend to have impaired barrier function more than women (Mizukoshi and Akamatsu, 2013).
- The skin is thicker than in women (Shuster et al., 1975)
- Facial wrinkles are deeper.
- Male skin tends to be less hydrated.
- Facial sagging is more prominent in the lower eyelids.
- Transepidermal water loss may be significantly lower in men than in women (Luebbberding et al., 2013)
- The supraorbital ridge (eyebrow) is more developed than in women (Inoue, 1990)
- Fine lines are more common in men (Li et al., 2014)

FEMALE SKIN

- Skin collagen decreases with age more frequently than men (Shuster et al., 1975)
- Skin pH may be higher in women (Kim et al., 2006; Luebbberding et al., 2013; Bailey et al., 2012)
- Women tend to have less oily faces and neckline (Mizukoshi and Akamatsu, 2013).
- Skin disorders due to psychosomatic problems are more common.
- Skin pigmentation issues are more prevalent in women with one study showing the skin melanin index higher in men.
- Autoimmune-related skin conditions are more common.
- Skin-related allergic diseases are more common.
- Some skin malignancies (such as melanoma) may occur more often in women due to hormonal changes during pregnancy, for example.
- Stratum corneum dehydration regulates epidermal proliferation, differentiation and inflammation. In sun-damaged skin, this can negatively affect the forehead and dorsal hand, particularly in women.