

Common Dermatologic Conditions and Ceramides

COMMON SKIN CONDITIONS, CHARACTERISTICS, AND TREATMENTS

Condition	Characteristics	Primary Treatment
Atopic dermatitis	Dry, itchy, red skin; thickened, cracked, scaly skin	Topical: corticosteroids, crisaborole ointment, pimecrolimus or tacrolimus cream, coal tar
Psoriasis	Red, thick skin with silvery scales; itching, burning, soreness	Topical: corticosteroids, coal tar, synthetic vitamin D, topical calcineurin inhibitors, tazarotene
Rosacea	Facial redness; swollen, red bumps; dry, irritated, swollen eyes/lids; enlarged nose	Topical: Brimonidine, oxymetazoline, azelaic acid, metronidazole, ivermectin, sodium sulfacetamide and sulfur, retinoids Oral: Antibiotics, isotretinoin
Acne	Blackheads, whiteheads, papules, pustules, nodules, cystic lesions	Topical: Benzoyl peroxide, retinoids, retinoid-like products, antibiotics, azelaic acid, salicylic acid, dapson Oral: Antibiotics, oral contraceptives, anti-androgen agents, isotretinoin
Photosensitivity	Redness; stinging, burning, pain, itching; rash, blisters; inflammation; darkening of skin	Topical: Corticosteroids Oral: Nonsteroidal anti-inflammatory drugs

— Ceramides within the skin have 3 major functions: —

1. Maintain skin barrier homeostasis

2. Improve hydration

3. Prevent or treat dermatologic conditions

SELECT COMMON OTC PRODUCTS CONTAINING CERAMIDES IN THE UNITED STATES: CLEANSERS

Product	Select Description	Key Ingredients
Ceramedx Natural Ceramide Therapy Extra Gentle Body Cleanser	Fragrance-free, sulfate-free formulation for normal to dry and sensitive skin and use on face and body	Ceramide NP
CeraVe Acne Foaming Cream Cleanser	Thoroughly dissolves dirt and excess oil while clearing acne	Benzoyl peroxide 4%, ceramide AP, ceramide NP, ceramide EOP, niacinamide, sodium hyaluronate
CeraVe Foaming Facial Cleanser	Gel-based foaming cleanser is nonirritating and formulated for normal to oily skin	Ceramide NP, ceramide AP, ceramide EOP, hyaluronic acid, niacinamide
CeraVe Hydrating Body Wash	Nonirritating, gentle, foaming cleanser featuring emollients for moisturization formulated for normal to dry skin	Ceramide 3, ceramide 6-II, ceramide 1, hyaluronic acid
CeraVe Psoriasis Cleanser	A nourishing, exfoliating formula that calms the skin and reinforces the skin's barrier	Salicylic acid 2%, ceramide NP, ceramide AP, ceramide EOP, lactic acid, niacinamide, hydrolyzed hyaluronic acid
Elizabeth Arden Ceramide Purifying Cream Cleanser	Fragrance-free, dermatologist- and allergy-tested cleanser	Ceramide 3; contains red dye 4, yellow dye 5
IT Cosmetics Confidence in a Cleanser	Sulfate-free and soap-free cleanser suitable for all skin types	Ceramide NP, ceramide AP, collagen, sodium hyaluronate, niacinamide, colloidal oatmeal; contains FD&C yellow 5
La Roche-Posay Toleriane Hydrating Gentle Facial Cleanser	Free of soap, sulfates, fragrance, and parabens and is noncomedogenic	Ceramide NP, niacinamide
La Roche-Posay Toleriane Purifying Foaming Facial Wash	Free of soap, sulfates, oils, fragrance, and parabens and is noncomedogenic	Ceramide NP, niacinamide

SELECT COMMON OTC PRODUCTS CONTAINING CERAMIDES IN THE UNITED STATES: MOISTURIZERS

Product	Number of Ceramides	AD	PsO	Rosacea	Acne	UV Damage	Select Notes
AmLactin Rapid Relief Restoring Lotion + Ceramides	3	✓	✓	✓			Fragrance free
Aveeno Eczema Therapy Daily Moisturizing Cream	1	✓	✓	✓		✓	Colloidal oatmeal 1%
Aveeno Skin Relief Moisture Repair Intense Moisture Cream	1	✓	✓	✓		✓	Triple oat complex
BeautyStat Universal Pro-Bio Moisture Boost Cream	1	✓	✓	✓	✓	✓	Fragrance free Oil free
Ceramedx Natural Ceramide Therapy Ultra Moisturizing Cream	1	✓	✓	✓		✓	Fragrance free
CeraVe Daily Moisturizing Lotion	3	✓	✓	✓	✓	✓	Fragrance free Oil free
CeraVe Eczema Creamy Oil	3	✓	✓	✓		✓	Fragrance free Dye free
CeraVe Moisturizing Cream	3	✓	✓	✓	✓	✓	Fragrance free Oil free
CeraVe Psoriasis Moisturizing Cream	3		✓	✓	✓		Salicylic acid 2%
Cetaphil Intensive Healing Lotion with Ceramides	1	✓	✓	✓		✓	Fragrance free Gluten free
Cetaphil Restoraderm Eczema Soothing Moisturizer	1	✓	✓	✓		✓	Colloidal oatmeal 1%
Curel Extreme Care	3	✓	✓	✓	✓	✓	Oil free
EltaMD So Silky Hand Creme	5	✓	✓	✓	✓	✓	Fragrance free Oil free
Eucerin Eczema Relief Body Cream	1	✓	✓	✓		✓	Fragrance free Colloidal oatmeal 1%
First Aid Beauty Ultra Repair Cream Intense Hydration	1	✓	✓	✓	✓	✓	Colloidal oatmeal 0.5%
Gold Bond Ultimate Eczema Relief Cream	1	✓	✓	✓	✓	✓	Colloidal oatmeal 2% Fragrance free
La Roche-Posay Toleriane Double Repair Face Moisturizer	1	✓	✓	✓	✓	✓	Fragrance free Oil free
Neosporin Eczema Essentials Daily Moisturizing Cream	1	✓	✓	✓		✓	Colloidal oatmeal 1% Fragrance free
Paula's Choice CLEAR Oil Free Moisturizer	3	✓	✓	✓	✓	✓	Oil free
SkinCeuticals Triple Lipid Restore 2:4:2	2	✓	✓	✓		✓	Dye free

AD, atopic dermatitis; PsO, psoriasis.

For references, go to www.pharmacytimes.org/go/ceramides

*Note: Please refer to the product-specific information for additional information on each product.