



INTAAC 4.0

# Certificate



PERDAWERI

awarded to :

DR. Dr. Ago Harlim, MARS, SpKK

as :

**SPEAKER**

in SYMPOSIUM

**International Anti Aging Conference 4.0**

*“Redefining Aging”*

Held at Swissôtel Pantai Indah Kapuk Avenue - North Jakarta

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Participant : 10 SKP Speaker : 12 SKP Moderator : 4 SKP Committee : 2 SKP

President of PERDAWERI,

Prof. DR. Dr. Abdul Razak Thaha, M.Sc, SpGK

Chairman of INTAAC,

Dr. Andalusia Admar

**From:** Sulung, Happy Happy.Sulung@aplcare.com  
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**Date:** 3 March 2019 09.20  
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HS

Dear dr. Ago,

My name is Happy.  
I am a Medical of Zuellig Pharma Indonesia.

Thank you for your willingness to be our speaker for INTAAC.  
These are some of the detail of the event.

REDEFINING AGING AS A GUIDE TO LIVE AT YOUR BEST  
Symposium Day 1 Saturday, March 9, 2019  
Lausane Ballroom, Jalan Pantai Indak Kapuk (Swissôtel Hotel)

Lunch Symposium (12.10 - 12.40)  
Mod : Dr. Mulyaningsih  
Speaker : DR. Dr. Ago Harlim, MARS, SpKK  
Title : Combination of Ceramide and Urea for Dry Skin in Geriatric Patients

Herewith, we are sending you the draft for your presentation for your perusal.

My apologize for the delay, it took quiet some times to provide you with the material as every content from ZP will need Medical approval before being implemented.  
But we will take precaution to ensure this will not be repeated in the future.

We hope to meet you on Tuesday, March 5, 2019 for some discussion.

Thank you for your kind attention.

Best regards,  
**dr. Happy Helene Sulung Puteri**  
Medical Affairs Manager

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# Combination of Ceramide and Urea for Dry skin in Geriatric Patients

Maret 2019

DR. dr. Ago Harlim, MARS., Sp.KK

Kulit memiliki banyak fungsi seperti melindungi tubuh dari paparan mekanik dan kimia, menjaga keseimbangan air dan elektrolit, sistem imun dan mengeliminasi racun, melindungi dari radiasi matahari, dan mengaktifkan antioksidan. Walaupun kulit kering tidak menjadi kondisi yang mengancam nyawa, tetapi dapat menimbulkan rasa ketidaknyamanan, mengurangi penampilan, memberikan efek negative pada produktivitas yang berhubungan dengan tangan, dan memberikan efek negative pada kualitas hidup pasien.

Kulit yang memiliki pertahanan yang normal akan menahan masuknya bahan iritan dan alergi masuk dan mencegah tubuh kehilangan cairan. Tingginya *natural moisturizing factor* (NMF)(humektan) dapat menarik air yang dapat membuat korneosit membengkak dan *skin barrier* menjadi elastis.

Kulit kering atau xerosis memiliki karakteristik warna yang kusam (biasanya putih keabuan), tekstur yang kasar dan memberikan sensai kulit tertarik dan gatal. Banyak faktor yang dapat mempengaruhi kulit kering tetapi factor yang paling signifikan adalah peran dari skin barrier pada stratum korneum dan kapaistasnya dalam mempertahankan air Menurunnya kadar NMF dan kecacatan lamellae lipid mengakibatkan terjadinya regangan yang membuat masuknya bahan iritan dan allergen.

Hal-hal yang menyebabkan kulit kering (xerosis)

- Dermatitis atopi
- Dermatitis kontak
- Psoriasis
- Penyakit kulit kronik seperti limfoma kutan
- Faktor lingkungan seperti cuaca dingin
- Kulit yang menua

- Bahan iritan (sabun, detergen)

### Mosturizer

Memperbaiki *skin barrier*. Mempertahankan keutuhan kulit. Menurunkan *trans epidermal water loss* (TEWL). Mengembalikan *lipid barrier* sehingga dapat menarik, menahan dan mendistribusikan air.

Monturizer yang baik bila mengandung sifat:

- Cepat menyerap
- Tahan lama
- Efektif
- Dapat mengembalikan *lipid barrier*
- Hipoalergi, non sensitisasi, non parfum
- Non komedogenik
- Membuat kulit tampak mulus

Tabel 1: Klasifikasi Pelembab

Occlusives	Humectants	Emollients
Beeswax Canauba Cholesterol Lanolin Lecithin Mineral oil Paraffin Petrolatum Propylene glycol Silicone derivtives Squalene	Gelatin Glycerin Honey Hyaluronic acid Panthenol Propylene glycol Sodium & ammonium lactate Sodium pyrrolidine carboxylic acid (Na PCA) Sorbital Urea	Castor oil Collagen Cyclomethicone Dimethicone Elastin Jojoba oil Keratin Propylene glycol

### Oklusif

Menurunkan TEWL dengan menjadi pelindung permukaan kulit. Mencegah hilangnya air dari kulit, membuat air terperangkap pada kulit lapisan atas dan melindungi dari hilangnya pelembab.

### Humektan

Menarik air dari 2 sumber, yaitu: meningkatkan absorpsi air dari dermis ke epidermis dan pada kondisi lembab dapat menolong kulit menarik air dari

lingkungan eksternal. Banyak ditemukan humektan yang mengandung kandungan emolien.

### Emollient

Menghidrasi dan meningkatkan penampilan kulit dengan memberikan kelembutan, meningkatkan fleksibilitas dan kehalusan kulit. Menutupi regangan antara deskuamasi korneosit.

Tabel 2: Total presentase Natural Moisturizer Factor

NMF	% Total
Free amino acids	40%
Pyrrolidone carboxylic acid	12%
Lactate	12%
Sugars, organic acid, peptides	9%
Urea	7%
Ammonia, uric acid, glucosamine creatine	1.5%
Others (chloride, sodium, potassium, calcium, phosphate, citrate, formate)	19%

Tabel 3: Sediaan pelembab beserta sifatnya

CREAM	Contain a mixture of fat and water feel light and cool to the skin Contain preservatives (sensitizing)
OINTMENTS	Very effective at holding water in the skin Useful for very dry and thickened skin Do not contain preservatives Can be very greasy maybe cosmetically unacceptable
LOTIONS	Contain more water and less fat than cream, but are not very effective at moisturizing Useful for hairy areas of the body May keep mild to moderate eczema under control if used daily
BATH OILS	Can either be applied before bathing, showering or washing, or while in the water
EMOLLIENT SOAP	Do not foam but are just as effective at cleaning the skin as soap

### Kulit Kering pada Orang Tua

Penuaan berhubungan dengan berubahnya kandungan kolagen yang menyebabkan hilangnya elastisitas kulit, perasaan kulit kering. Menurunnya produksi sebum dan seramid berkontribusi pada meningkatnya kejadian kulit kering pada orang tua. Menurunnya sekresi kelenjar sebacea menyebabkan

menurunnya kandungan lipid pada permukaan kulit. Menurunan urea dan seramid dapat meningkatkan kehilangan cairan, dan menurunnya integritas kulit dapat membuat kulit mudah rusak dan terkena infeksi.

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