



sion for medicine and my love for beauty and there you go.”

She brings glamour to the profession with her fashion and styles. Always well groomed, in keeping with her profession, Dr. Sarah spoke to *The Sunday Island* about battling social misconceptions about being black and why people in Asian countries want to become fair. She offers scientifically backed information about fairness creams and other whitening treatments. Her love for medical science was always her obsession. But my work was not without its challenges she said.

I spoke to Dr. Sarah about why women and men, in Sri Lanka too are obsessed with white skin?

Skin whitening treatments that promise to whiten skin

has both a colonial and a caste legacy and the global idealism is that those who are deemed to lead society have fair skin.



regulations. These include mercury and hydroquinone – which with prolonged use are linked to poisoning, skin damage and liver and kidney malfunction and corticosteroids. These are prescription-only products which should not be sold over the counter. Misuse of corticosteroid creams is associated with thinning of the skin, an increased chance of skin cancer and, counterintuitively, darkening of the skin.

Every woman seeks to have flawless skin free from age spots, blemishes and scars. Whatever the colour of the skin it is susceptible to damage due to environmental agents, physiological changes and psychological factors, but you should be educated on how to choose the right treatment and understand that our skin actually needs