



Nubayra Tasneem

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Biography

Nubayra Tasneem, is a board-certified clinical and aesthetic dermatologist known for her expertise in skin, hair, and cosmetic dermatology. She completed her MBBS from the Armed Forces Medical College (AFMC) in Dhaka and did her internship at the Combined Military Hospital in Dhaka. After working as an Honorary Medical Officer at Shaheed Suhrawardy Medical College and Hospital, she further specialized by earning a Diploma in Dermatology and Venereology (DDV) and passing the MCPS exam from the Bangladesh College of Physicians and Surgeons. Dr. Tasneem also pursued advanced training with a fellowship in aesthetic dermatology (FAM) from ILAMED in India, affiliated with the University of Greifswald, Germany. She provides clinical care and aesthetic treatments with a focus on personalized, evidence-based dermatology.

Topical Steroid Damaged Face (TSDF): A Growing Public Health Concern in South Asia – A Clinical Perspective from Bangladesh

Abstract:

Introduction: Topical Steroid Damaged Face (TSDF) has emerged as a significant dermatological and psychosocial public health challenge in South Asia, driven by unregulated steroid access, fairness-cream culture, and social media misinformation. Awareness among patients and non-dermatology healthcare workers remains limited. Aim: To present clinical characteristics, triggers, and treatment response patterns of TSDF patients in an urban dermatology practice in Bangladesh.

Methods: A prospective 12 month observation of 150 clinically confirmed TSDF cases was conducted. Data included demographics, steroid usage source, symptoms, psychosocial impact, and response to standardized management with steroid withdrawal, immunomodulators, barrier repair, and supportive therapies. Results: Most patients were females aged 18–35 years (87%). OTC steroid purchase (71%), salon/social media recommendation (48%), and fairness cream marketing (36%) were key contributors. Common findings included erythema, acneiform eruption, telangiectasia, and burning. 63% reported emotional distress. Clinical improvement noted between 8–12 weeks, though persistent sensitivity remained in chronic cases.

Conclusion: TSDF is rapidly rising in South Asia, requiring urgent educational, regulatory, and dermatology led community initiatives. Early detection and proper withdrawal based treatment significantly improve outcomes.