

DERMATOLOGY CLINIC SERVICES

We know that the appearance of your skin can impact the quality of your life. Undesirable skin conditions and disease may afflict any of us for reasons beyond our control.

Let us help to improve your skin conditions and keep imperfections under control.

General dermatology services include:

- Acne
- Scalp and Hair
- Eczema
- Itching
- Fungal Infections
- Keloids
- Melasma
- Psoriasis
- Rashes
- Skin Allergies
- Wrinkles



CLINIC HOURS 

DERMATOLOGY CLINIC

TUESDAY
2.00^{am} to 4.30^{pm}

SATURDAY
9.00^{am} to 1.00^{pm}

CLOSED ON SUNDAY
AND PUBLIC HOLIDAY

BOOK YOUR APPOINTMENT NOW

CALL US
06 8505 000

 enquiry@nilaimc.com

DERMATOLOGY CLINIC

HEALTHIER SKIN FOR A HEALTHIER YOU

NILAI MEDICAL CENTRE (199501006519)

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 VISIT US ON FACEBOOK
[nilaimedcentre](https://www.facebook.com/nilaimedcentre)





DERMATOLOGY CLINIC

Having clean and clear skin can help boost your confidence and keep you looking your best!

Our certified dermatologist will be happy to help you select the right type of procedure that is best for you, and meet your needs. At Nilai Medical Centre, our dermatology clinic offers a wide range of services such as atopic dermatitis or eczema, psoriasis, skin infections, birthmarks and many more.

YOUR SKIN DESERVES THE VERY BEST. GET SOLUTIONS TODAY TO UNLEASH THE CONFIDENCE IN YOU.

BOOK YOUR APPOINTMENT NOW
AT 1 800 88 5533

WHAT IS PSORIASIS?

Psoriasis is a skin condition that affects 1-2% of the Malaysian population. Those with psoriasis develop thick, scaly plaques on their scalp, body and limbs, especially over the knees and elbows. Plaques may appear on the skin as a single patch or join together to cover a large area of skin. No matter the size, plaques tend to be itchy. Without treatment, the itch can become intense. Some people notice that their skin stings, burns, or feels painful and tight.

Psoriasis can be controlled by:

- Learning (and avoiding) what triggers your psoriasis
- Sticking to a good psoriasis skin care routine
- Living a healthy lifestyle
- Using medication when necessary

WHAT IS ACNE VULGARIS?

Acne vulgaris is one of the most common conditions. Majority of the teens are affected by acne, but it can occur in any age group with many persisting into adulthood. Most acne appears on the back, face, chest and shoulders, appearing as blackheads, whiteheads or pimples. Severe acne may include widespread blemishes with nodules or cysts, which tend to be more painful than pimples. If not treated promptly and properly, severe acnes can result in scarring.

Acne can be a stressful problem to have, but it is treatable. It may take several weeks or even months of treatment to see improvement, but our dermatologist will help you find a treatment that works best.

TREATING ACNE EARLY CAN CLEAR THE SKIN, WHICH MAY PREVENT ACNE SCARS, WORSENING ACNE, OR YEARS OF LIVING WITH ACNE.

CARING FOR YOUR SKIN

Good skin care and healthy lifestyle choices can help delay natural aging and prevent various skin complications. Below are some tips for healthy skin:



Protect yourself from the sun

Too much sun exposure can cause wrinkles, age spots and other skin problems – as well as increasing the risk of skin cancer. For the most complete sun protection, **use sunscreen** of at least SPF15, **avoid sun** between 10am and 4pm and **wear protective clothing**.



Don't smoke

Smoking makes your skin look older and contributes to wrinkles. The best way to protect your skin is to **quit smoking**.



Treat your skin gently

Wash your face twice a day with a **gentle cleanser**. If your skin is dry, use a moisturizer that fits your skin type. For daily use, consider one that contains SPF. Be gentle with your skin by avoiding products which irritate which may include astringents, toners and exfoliants.



Eat a healthy diet

A healthy diet can help you look and feel your best. Eat plenty of **vegetables, fruits, whole grains** and **lean proteins**. Drinking plenty of **water** helps keep your skin hydrated.



Manage stress

Uncontrolled stress can make your skin more sensitive and prone to acne breakouts and other skin problems. To encourage healthy skin and a healthy state of mind, take steps to **manage your stress**.