

Who is she: Dr Wong Su-Ni, 37, has been practising dermatology for eight years. Her clinic is located at Mount Elizabeth Hospital.

Do you need to be born with good skin to be a dermatologist?

“No. I’ve been battling eczema and acne since I was young. These conditions let me understand what my patients go through.

In fact, a lot of derms have eczema.

That’s why they became derms.”

Who are her clients: “Women in their 20s usually see me for acne and acne scarring problems. For thirty somethings, I tend to treat them for pigmentation problems, and forty somethings need help with wrinkles, early sagging and pigmentation.”

Myths, busted! “There are two common misconceptions about dermatologists. Other medical professionals tend to think that dermatologists treat everything with steroids cream (usually used to treat eczema, and various itchy-skin problems). The public thinks that derms treat serious skin problems, but forget that Botox and laser treatments, etc, were researched and developed by derms. Derms were performing these treatments before the term ‘aesthetic physician’ (GPs with an interest in aesthetics) was formed.”

What you don’t know can age you: “UVA protection is a sadly neglected area. There is no industry standard in the world that can agree on how to measure UVA protection. One thing I look for in sun care products is the PPD (Persistent Pigment Darkening) index. Cetaphil, La Roche-Posay and Heliocare all have sunscreens with not just SPF protection but PPD protection of 28 to 30. Many brands also use PA+++ , a Japanese system of measuring UVA protection, but to get PA+++ , you only need a PPD 7 or 8.”

Do we really need eight glasses of water a day to keep skin hydrated? “Eight glasses of water is important to flush out the toxins in your body. Skin hydration is more complex than that – it has to do with our barrier function. When you have a weak barrier function, skin loses water very quickly, gets dry and prone to irritation.”



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