



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

THE USE OF WOOD'S LIGHT IN SUBCLINICAL MELASMA: DETERMINING DISEASE EXTENT

Stephen Wirya⁽¹⁾ - Maymone Mayra Buanain De Castro⁽¹⁾ - Widjahakim Raphael⁽²⁾ - Vashi Neelam⁽¹⁾

Boston University, Boston Medical Center Department Of Dermatology, Boston, United States⁽¹⁾ - Boston University School Of Public Health, Department Of Clinical Investigation, Boston, United States⁽²⁾

Introduction: Melasma is a common disorder of hyperpigmentation affecting sun-exposed areas of the body, especially the face. The diagnosis of melasma is typically made on clinical exam; however, disease can be difficult to appreciate in those with more subtle findings. Optimal treatment to cover all melasma-affected areas may be difficult as disease extent may not be easily recognizable. Wood's light (handheld UV device with peak admission at 365nm) has been suggested to help determine depth of melasma, but not the extent.

Objective: To better understand the utility of the additional use of Wood's light assessment in evaluating for disease extent, rather than depth, in order to better quantify melasma lesions.

Materials and Methods: 35 adults with clinical diagnosis of melasma participated in the study. Patients were assessed with and without Wood's lamp, and modified Melasma Area and Severity Index (mMASI) was used to quantify our findings. The difference of mean scores was compared using Wilcoxon Mann Whitney test.

Results: Out of all participants: 94% were female, 82% were Hispanic or Latino, and median age was 43 years. Modified MASI was 4.95 (SD 2.95) in visible lighting compared to 6.13 (SD 2.74) under Wood's light, $P = .03$.

Conclusions: As an inexpensive, easy to use, and fast diagnostic tool, we encourage the use of Wood's light examination by dermatologists to evaluate for disease extent in order to better diagnose, guide, and counsel those with melasma.

