

PIGMENTATION

A CLINICO-EPIDEMIOLOGICAL STUDY OF FACIAL MELANOSIS

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Introduction: Facial hyperpigmentations are becoming more common consultation reasons. Although benign, these insightly pigmentations can hurt these patients' quality of life due to the esthetic damages.

Objectives: To acquire an epidemiological-clinical profile of the patients with facial hyperpigmentation for more than 15 years old, to recognize the most frequent etiologies in our context , and to assess their impact on the quality of life of our patients

Materiel and methods: We have conducted a 6 month prospective observational study. All patient data were collected using a pre-established form and a computer application during the consultations. DLQI score was used.

Results: We have collected 100 patients with facial hyperpigmentation. The average age was $36,56 \pm 12,82$ with a female predominance 87%. Our patients were in professional activity (41%) with a low socio-economic level (47%). Their education level was mostly secondary and they were mainly from urban areas. Excessive exposure to sunlight has been reported by 95%. A family history of hyperpigmentation has been rated (33%). The skin phototype was IV (74%) . The locations of the facial hyperpigmentations were the cheeks (89%) and the forehead (49%). The lesions were brown to brownish-black (92%), blue to blue-grey in 8%. Seven categories of facial hyperpigmentations were identified. Melasma (42%), post inflammatory hyperpigmentation (17%), lichen planus pigmentosus (LPP) (16%), periorbital hyperpigmentation (7%), Ota naevus (3%), papulosa nigra (2%). Women had a slightly higher quality of life score than men and still this difference was not statically significant. As a matter of fact, patients with LPP and Ota naevus had the higher averages of DLQI.

Conclusion: Etiologies of facial hyperpigmentations are multiple and represent a consultation reason in our context. They are a source of aesthetic damage and mental suffering due to their noticeable character.