



PIGMENTATION

CLINICAL ANALYSIS OF MELASMA IN THE MOROCCAN POPULATION: ABOUT 33 CASES

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Introduction: Melasma is an unsightly acquired hypermelanosis of the face that affects all races, but with predilection the dark phototype. It greatly affects the quality of life.

Objectives: Studing the epidemiological and clinical analysis of melasma in order to know the specific characteristics of our population.

Material and method: It was a prospective from January to June 2017 including patients with melasma who consulted our Dermatology department of University Hospital.

Results: We collect 42 patients including 2 males. The average age was 36.7 years. 31 were from urban areas and 11 from rural areas. Chronic sun exposure was noted in 39 patients. Oestroprogestative drug use was found in 15 patients. Acne, hirsutism and menstrual disorders were found respectively in 12, 13 and 12 patients. Four cases were followed for thyroid disease wicth two were under thyroid hormones. The application of oil has been reported in 16 patients. For behavioral habits, rubbing with gloves was found in 20 patients. The application of black soap and traditional masks was found in 22 patients. While 8 patients reported the use of topical corticosteroids. A family history of facial hyperpigmentation was found in 6 patients. All patients had a dark phototype. The duration of evolution ranged from 3 months to 10 years. Melasma was centrofacial, malar, labio-mental and maxillary in respectively 44, 10, 4, 1 cases. The Wood light examination showed contrast enhancement in 19 patients, attenuation in 4 patients, and contrast enhancement in 10 patients.

All patients were treated with an external photoprotection and topical depigmenting agent. Kligman's trio was initiated in 9 patients and an glycolic acid peel was performed in 5 patients.

Conclusion: Melasma is a frequent reason for consultation in our context. It is the target of depigmenting agents cosmetics but the removal of its triggers should be recommended.

