



PIGMENTATION

CLINICAL - EPIDEMIOLOGICAL CHARACTERISTICS OF MELASMA IN THE PERUVIAN ANDES

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INTRODUCTION: Melasma is a common acquired dermatosis, which develops in patients with Phototypes III to V of Fitzpatrick, and affects millions of people worldwide. Descriptive and therapeutic studies of this condition are produced mainly in Brazil and India, without clear data from the Andean region, where UV (Ultraviolet) radiation index is very high.

OBJECTIVE: The aim of our study was to determine the clinical and epidemiological characteristics of Melasma in patients from the highland region of Peru.

MATERIAL AND METHODS: A multi - center, cross sectional study was carried out. Patients over 18 years old were selected between July 2015 and May 2016 in four public hospitals in the cities of Huari, Espinar, Ayacucho and Tarma, all of them over 2760 meters (9000 feet) above sea level. We performed a semi-structured questionnaire of clinical characteristics, epidemiologic data and quantitative evaluation using the Melasma Area and Skin Index (MASI).

RESULTS: The prevalence of Melasma was 11.5% (50 patients), 92% of subjects were women and 36% had first-degree relatives with the condition. Mean age was 37.12 years old and Melasma had lasted 5.9 years in average. Fitzpatrick phototype IV was found in 84% patients, 10% presented type III and 6% type V. Media of solar exposure reported was 5.38 hours daily. The MASI was 12.35 in average and 56% of patients reported not having had any previous treatment.

CONCLUSIONS: We underwent the first multicenter study on Melasma in the Andean region of South America. Melasma was presented in high prevalence and the quantitative index (MASI) showed a moderate intensity of disease. Subjects in this region were exposed for many hours to high altitude UV radiation with tendency of not doing any treatment or photoprotection.

