



PIGMENTATION

## **'FIRST IMPRESSION IS THE BEST IMPRESSION' – FACE, THE PERSONALITY DECIDER. A STUDY ON CLINICO-PATHOLOGICAL AND QUALITY OF LIFE IN PATIENTS WITH FACIAL MELANOSIS.**

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**Introduction:** Skin type IV and V are prone to pigmentary disorders. This causes notable changes in the patients' daily activities and reduced quality of life. Very little literature exists on studies conducted in this group.

**Aim:** To evaluate QOL, sites affected on the face, occupational reasons, familial ,stress at home, office, role of cosmetics, systemic associations, sex, and age.  
To formulate an approach to treat facial melanosis .

**Materials and Methods:** 150 patients with facial melanosis were selected for the study after informed consent. A proforma containing the baseline investigations, hormone levels, autoimmune diseases, patch and photo patch testing , opinions from other specialities was prepared . Clinical photographs were taken. Details of cosmetic products used and its frequency were recorded. Facial scraping for Malassezia and Demodex counts were done. Biopsy from the melonotic patches were taken. Serum Ferritin, Vit.B12, fasting Insulin levels were done for all. Their daily work load at home and at office, sleeping hours per day and on which side of the face more commonly sleeping, bed hardness, their food habits ,vegetarian or mixed food were noted . Quality of life of each selected patients were evaluated and scores recorded.

**Results:** Out of 150 patients with facial melanosis 25% showed low serum ferritin, 23% females applied turmeric paste on full face while bathing in the morning daily and were outdoor workers.18% had high fasting insulin levels, sleeping on one side of the face which showed hyperpigmentation was recorded in 12% of males , 10% had hypothyroidism, 8% had sleep disorders and stress, 4% showed Malassezia in swab scraping . No Demodex was detected in any of the patients. QOL score was very low. Treatments were planned according to the aetiology. All investigations before attempting any aesthetic procedures is mandatory.

