



PIGMENTATION

PERIORBITAL HYPERPIGMENTATION: IS IT A SIGNIFICANT CONCERN AMONG NEPALESE POPULATION?

S Agrawal⁽¹⁾ - A Dey⁽²⁾ - Dk Khadka⁽²⁾

B.p.koirala Institute Of Health Sciences, Department Of Dermatology & Venereology, Dharan, Nepal⁽¹⁾ - B.p.koirala Institute Of Health Sciences, Department Of Dermatology & Venereology, Dharan, Nepal⁽²⁾

Introduction: Periorbital hyperpigmentation (POH) although being one of the most common concerns for dermatological consultation with the increase amount of cosmetic advertisement. There are only a few published studies about clinico-epidemiological profile of POH and no such study done in Nepalese population.

Objectives: To describe the epidemiological characteristics, type and grading of POH, common causative factors, and its association with cutaneous and systemic disorders and to assess the quality of life using the Dermatology Life Quality Index (DLQI) in patients with POH.

Materials and Methods: Three hundred twenty-seven patients with POH attended dermatology OPD, BPKIHS were included in the study and were subjected to a detailed history, clinical and Wood's lamp examination, eyelid stretch test and laboratory investigations along with clinical photographs by a dermatologist.

Results: POH was more prevalent in 25-35 years age group (44.03%) and in females (71.03%) with majority being housewives (42.50%). Mixed type (76.10%) was the commonest type of POH. Grade III POH was seen in 83.50%. Stress (68.7%) was the most common aggravating factor. Melasma (48.50%) was the most common associated cutaneous disorder. The strong association of POH with atopy (45.0%) and family history (21.07%) was noted. Defective vision, family history of POH and anemia was found to be strongly associated with pigmented type of POH. All (100%) patients had elevated DLQI scores, with moderate effect (score 6-10) in 184 (56.30%) patients.

Conclusions: Thus, from our study, we can deduce that Periorbital hypermelanosis is a multifactorial entity, has a moderate effect on quality of life. Therefore, it is essential to classify the POH, identify the associated factors and correction of them will improve the success of the treatment outcome.

