



QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

## IMPACT OF MELASMA ON THE QUALITY OF LIFE IN FEMALES

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**Introduction:** Melasma is the most common pigmentary disorder. Patients suffering from melasma have a significant impact on appearance, causing psychosocial and emotional distress and reducing quality of life of the affected patients.

**Objectives:** To know the impact of melasma on quality of life in females using Dermatology Life Quality Index.

**Methods and Materials:** A total of 100 female patients were taken within age group of 20-60 years. This study was done for a period of three months. It is a questionnaire based study, in which the patients were instructed to fill a dermatology life quality index (DLQI) questionnaire that included ten questions. They were asked to score from a scale of 0 to 3 for each of the ten questions. The higher the score poorer is the quality of life.

**Result:** The mean DLQI was different for different age group. The age group ranging from 31-40 years were mainly affected.

**Conclusion:** This chronic and recurrent condition causes a deleterious impact on various domains of patients' quality of life.

