

Treatments of melasma 2014



Melasma is a skin disorder. It is caused by pigment cells (Melanocytes) that create blackpigment (melanin) more than needed and it causes an eruption or dark brown bands on skin. It often appears on the area where exposed to sunlight, such as the cheekbones, nose, forehead, chin and upper lip .The most likely is spreading all over the face. It is often found in women than men and more common in middle age.

The cause of melasma

Most of the blemish found in Thailand may have been cured with the skin doctor. Some people used illegal whitening cream, epilation cream, some cream that melts into skin or cream that makes the skin thinner. The reason of blemish causing is because skin, as a body wrap, protects the threat from the outside. Skin is like having a fence around the house if we dismantle the fence or wrought iron, our house will look beautiful but the beast or robber will come to destroy property and lives. Dealing with blemish the wrong way as already mentioned above does not help but make the problem worse.

In addition, other causes are:

- * Sunlight: Ultraviolet A and B stimulate the pigment cells to malfunction.
- * Hormones: The amount of the hormone estrogen, increased during pregnancy, contraceptive pills or hormone replacement therapy in the elderly.
- * Cosmetic: Allergies of cosmetics' ingredients such as perfume, color/flavor contains in cosmetics or preservatives
- * Genes: Melasma is more likely to be found in Asians than others, and in the family, children, about 1 in 5 or 10, can be at risk.
- * Anticonvulsants: Hydantoin and Dilantin



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Treatment

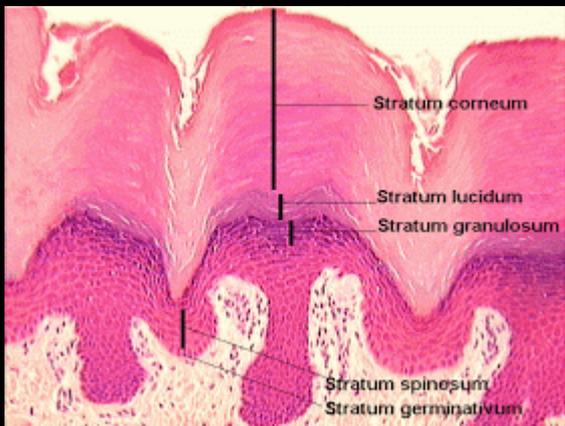
Divided into three steps, ie.

1. Creating new skin cells by eating more fruits and vegetables rich in antioxidant. In order to reduce the recurrence of melasma is to stop using creams that contain epilation's ingredients such as fruit acids, vitamin A, or even steroids which conceal in creams.
2. Protecting the skin from sun exposure during the period 10:00 to 16:00 pm, use sunscreen, hats and umbrellas.
3. Follow the steps mentioned above. But if you already had melasma, the solutions are:
 - * Apply the Azelaic, Kojic, Arbutin, Licorice or Vitamin C, however, be careful about the strength of the dose and duration of use.
 - * Antioxidant vitamin intake such as vitamin A, Vitamin C and vitamin E, to reduce the dark marks that are caused by sunlight.

* Treatment with Q-switched Nd-YAG Laser which is directly specific to freckles and melasma. This laser destroys the pigment cells by spreading them out, then, white blood cells will eat those marks, making them pale. But in many cases, melasma does not disappear but it makes the problems worse. These are

found in people who worry too much about the problem and laser many times, or in case that the doctor uses more light energy than needed. Current laser technology has been developed by using **Fractional Laser idea**, which is gaining popularity as a result of the treatment technologies that reduce recuperating period (down time) and reduced side effects compared to the same type of laser. Recently, many hospitals imported Fractional Q-switched Nd-YAG, laser for melasma treatment, especially as the **Miracle Melasma**

Machine (Triple M); it is the laser of the future and a new hope to deal with freckles and melasma.



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บทความเพิ่มเติมที่เกี่ยวข้อง <http://www.mfu.ac.th/school/anti-aging/>