**Disease Name –**

Melasma

**Medical history related Melasma–**

History of hormonal changes, such as pregnancy or oral contraceptive use. Previous sun exposure or sunburns. Family history of melasma or other pigmentary disorders. Use of medications that may trigger or exacerbate melasma, such as hormone therapy or certain skincare products.

**Symptoms of Melasma–**

Symptom 1- Symmetrical Patches of Dark Brown or Grayish Pigmentation on the Face, particularly on the Cheeks, Forehead, Nose, and Upper Lip: Melasma presents as symmetrical patches of hyperpigmentation on the face, typically affecting areas that are more exposed to sunlight. These patches often appear on the cheeks, forehead, nose, and upper lip. The pigmentation can vary in color, ranging from dark brown to grayish tones, and tends to be more noticeable in individuals with lighter skin tones.

Symptom 2- Irregular Border and Shape of the Patches: The patches of melasma typically have irregular borders and shapes, which distinguishes them from other types of pigmentation disorders. The edges of the patches may appear blurred or have a mottled appearance, contributing to the unevenness of the skin tone.

Symptom 3- Increased Pigmentation Upon Sun Exposure: Sun exposure can exacerbate melasma, leading to an increase in pigmentation within the affected patches. Ultraviolet (UV) radiation stimulates the production of melanin, the pigment responsible for skin color, causing the melasma patches to darken. Individuals with melasma may notice that their skin becomes more pigmented after spending time in the sun, particularly if proper sun protection measures are not taken.

Symptom 4- No Associated Symptoms of Pain or Itching: Unlike some other skin conditions, such as eczema or psoriasis, melasma typically does not cause symptoms of pain or itching. The hyperpigmented patches may be cosmetically bothersome, but they are not usually accompanied by physical discomfort.

Symptom 5- Emotional Distress or Self-Consciousness Due to Changes in Skin Appearance: Melasma can have a significant impact on a person's emotional well-being, leading to feelings of self-consciousness and distress about changes in skin appearance. The visible nature of melasma patches on the face may affect self-esteem and confidence, especially in social or professional settings. Individuals with melasma may experience emotional distress related to concerns about their appearance and may seek treatment to improve the cosmetic appearance of their skin.

**Description of the Melasma–**

Melasma is a common skin condition characterized by the development of symmetrical, hyperpigmented patches on the face, particularly in areas exposed to sunlight. These patches typically appear as dark brown or grayish discoloration with irregular borders and shapes. Melasma often occurs in women during their reproductive years and is associated with hormonal changes, such as pregnancy or the use of oral contraceptives. While the exact cause of melasma is not fully understood, factors such as hormonal fluctuations, sun exposure, and genetic predisposition are believed to contribute to its development.

**Causes of Melasma–**

Cause 1- Hormonal changes: Fluctuations in hormone levels, particularly estrogen and progesterone, play a significant role in melasma development. Pregnancy, oral contraceptive use, hormone replacement therapy, and hormone-based skincare products can trigger or exacerbate melasma.

Cause 2- Sun exposure: Ultraviolet (UV) radiation from the sun stimulates the production of melanin, leading to increased pigmentation in individuals with melasma. Sun exposure without adequate protection, such as sunscreen and protective clothing, can worsen existing melasma and increase the risk of recurrence.

Cause 3- Genetic predisposition: Family history of melasma or other pigmentary disorders may increase an individual's susceptibility to developing melasma. Genetic factors influence skin pigmentation and the skin's response to hormonal changes and environmental stressors.

**Lifestyle changes to prevent Melasma–**

Preventive measures for melasma focus on minimizing sun exposure and protecting the skin from UV radiation. Individuals with melasma should avoid prolonged sun exposure, especially during peak hours, and wear broad-spectrum sunscreen with a high SPF daily. Protective clothing, such as wide-brimmed hats and sunglasses, can provide additional sun protection. Hormonal triggers, such as oral contraceptives or hormone replacement therapy, should be discussed with a healthcare provider, and alternative options may be considered for individuals prone to melasma. Regular skincare routines with gentle cleansers and moisturizers can help maintain skin health and minimize irritation.

**Disease background of Melasma–**

Melasma primarily affects women, particularly those with darker skin types, and is most commonly observed during reproductive years. Pregnant women, individuals taking oral contraceptives or hormone replacement therapy, and those with a family history of melasma are at higher risk. Melasma can have a significant impact on self-esteem and quality of life, leading to emotional distress and seeking treatment for cosmetic reasons. Effective management of melasma involves a combination of sun protection, skincare, and, in some cases, medical treatments such as topical medications or procedures like chemical peels or laser therapy.