

ABSTRACT

Risk Factors of Melasma Patients in Cosmetic Division Dermatology and Venereology Outpatients Clinic in Dr. Soetomo Hospital 2014

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Introduction: Melasma is a hipermelanosis which is usually simetirical. The form of melasma is uneven macula which color varies from light brown to dark brown. The pathophysiology itself is unclear but some risk factors are well known including sunlight (UVA & UVB), hormones, the use of cosmetics, as well as pharmaceutical drugs and family history. Melasma occurs more frequently in women than in men. Melasma has been proven to reduce the quality of life of the patients by making them feel not confident. Therefore it is important to take precautions against the occurrence of melasma.

Methods: This research was conducted using a descriptive retrospective study by total to 231 patients with melasma in Cosmetic Division Dermatology and Venereology Outpatients Clinic in Dr. Soetomo Hospital, Surabaya, East Java, Indonesia in 2014. Data obtained includes exposure of the sun, hormonal factors, drugs consumed, use of cosmetics, and family history.

Results: The result shows that the majority patients of melasma are woman aged 40-50 years old and the highest risk factors of melasma are exposure of sunlight, followed by the use of cosmetics, and hormonal factor by taking contraception drugs.

Keywords: Melasma, risk factors, sun exposure