

Capsule summary

What is already known

- Melasma is one of the commonest disorders of skin pigmentation that affects the face.
- The disease is aggravated by many factors, the most important of which are sun exposure and hormonal factors.

Summary points from this review

- Patients with light-brown skin color (skin type IV) are most prone to develop melasma
- true prevalence of melasma in community is still underestimated due to milder disease going unreported or managed even by over the counter self-medication
- Melasma is a multifactorial disorder with variable interplay between genetic, hormonal and environmental factors.
- Prevalence of melasma ranges from 15% to 39% in pregnancy
- Mandibular melasma specifically has been associated with later onset as compared to other types
- Mandibular melasma has been proposed by some to represent a type of Poikiloderma of Civatte
- Male:female ratio in melasma ranges from 1:4 to 1:39.
- MASI is the commonest scoring system employed for assessing melasma
- MSI (Melasma severity Index) is a new score that is simpler and it overcomes the limitations of MASI scoring