

| fact sheet |

# MELASMA

## What is melasma?

Melasma, also called “mask of pregnancy” or chloasma, is a common skin disorder recognized by brown pigmentation on the cheeks, around the eyes and sometimes on the neck, forehead or above the lip. Though it can affect anyone, women with brownish skin tones are at the greatest risk.

## What causes melasma?

Melasma is often associated with the female hormones estrogen and progesterone. The condition is especially common in pregnant women and women who take oral contraceptives.

However, melasma does not occur exclusively in women. Of all melasma cases, approximately 10 percent are men. Exposure to the sun also appears to increase risk.

## What treatments are available?

For women, melasma often fades over a period of several months after delivery of a child or discontinuance of oral contraceptives. If it does not fade, melasma may be treated with topical creams, chemical peels, broad spectrum UVA and UVB sunblocks, or laser energy—or simply wearing a wide-brimmed hat.

A new and effective treatment is now available from Gateway Aesthetic—the Cosmion



Iontophoretic Rejuvenating Mask, developed by our own Dr. Mark Taylor. Other treatment options include the Starlux laser, Affirm laser and IPL.

Treatment recommendations may vary depending on skin type, tone and condition.

## Is melasma dangerous?

While experts believe that melasma poses no health risk, many patients find the associated skin discoloration to be a cosmetic concern.

## Can melasma be prevented?

The daily use of sunscreen not only helps prevent melasma, but its use is also crucial in the prevention of skin cancer.

## How do I make an appointment?

Give us a call today at (801) 595-1600 to schedule your appointment. We are located at the south end of the Gateway Mall at 440 West 200 South, Suite 250, Salt Lake City, Utah 84101.