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Latest insights of melasma and its newest treatment

Melasma is an acquired pigmentary disorder and characterized by symmetrical hyperpigmented macules and patches on the sun exposed area especially on the face. It is one of the most common skin problem and widely occur in women. This hyperpigmentation disorder commonly occurs in Fitzpatrick skin types III to VI that can causes cosmetic disfigurement and leads to psychological problems. Its pathogenesis is not yet fully understood but the common risk factors for melasma include ultraviolet exposure, pregnancy, oral contraceptives, thyroid hormones, cosmetics, phototoxic medications, anticonvulsant drugs and genetic factor. Most recently data supported that pathogenesis of melasma involves vascular growth factors. Although various treatments are available for melasma, it remains a difficult condition to treat because pigment formation is highly complex. A wide variety of treatments include hydroquinone, tretinoin, kojic acid, azelaic acid, glycolic acid, arbutin, niacinamide, tranexamic acid, laser, broad spectrum sunscreen and sun avoidance have been suggested to be a pigmentation control agents. In recent times, platelet rich plasma (PRP) is fetching attention in aesthetic medicine with fewer side effects and could be a promising treatment options for melasma. Apart from topical treatments, oral medications are also widely developed to improve melasma and may provide as well for the treatment options for overall hyperpigmentation cases.

Biography

Frien Refla Syarif has completed her MD degree from Trisakti University, Jakarta, Indonesia. She took Dermatology and Venereology Residency Program in Andalas University, Padang, Indonesia, graduated in 2016. The title of the thesis she took was about melasma. Dr. Refla has published several scientific papers in the national dermatology journal. Although in this moment is just her second year to be a Dermatologist, she has been a speaker for several times in domestic and national symposiums, and spoke about dermatology aesthetics in accordance to her passion. Dr. Refla has also been a keynote speaker several times in the national online newspaper.

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