

〈教育セミナー〉

第47回教育セミナー (2022)・「老化について考える～原因追究から治療まで、不変の課題への挑戦～」

しみのメカニズムから治療まで

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Molecular Mechanisms and Therapy of Pigmented Lesion

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Abstract

Solar lentigo and melasma are common acquired disorders of facial pigmentation. The molecular mechanisms of these disorders have been extensively studied. It is now well known that sun exposure and aging are the causative factors of solar lentigo and sun exposure and female sex hormone are the those of melasma. There is a significant increase in melanin deposition in the epidermis and melanophages are recognized in the dermis in both pigmentary disorders. The strategy of these pigmentary disorders consist of skin lightening agents, chemical peeling, lasers, intense pulsed light, skin care with sunscreens, and targeting dermal cells. To avoid further inflammation and worsening of the pigmentary disorders, the professional technique and knowledge of chemical peeling and laser therapies are required. This review provides a comprehensive update on the current understanding of the pathogenesis and therapy of solar lentigo and melasma.

Key words: solar lentigo, melasma, lightening agent, hydroquinone, laser.