

## **Korelasi skor Telangiektasis dengan derajat pigmentasi Lesi Melasma : studi pada buruh wanita pabrik sepatu di Tangerang = Correlation between telangiectases score and pigmentation degree in melasma lesions**

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### **Abstrak**

Latar belakang: Melasma adalah kelainan kulit hiperpigmentasi simetris, didapat, umumnya ditandai oleh makula coklat hingga coklat gelap pada daerah kulit yang terpajan sinar matahari. Patogenesis melasma masih belum diketahui dengan jelas. Berdasarkan perkembangan terkini, interaksi antara vaskularisasi kulit dan melanosit diduga memiliki peranan pada lesi melasma.

Tujuan: Untuk mengetahui proporsi telangiektasis pada pasien melasma dan menilai korelasi skor telangiektasis dengan derajat keparahan pigmentasi lesi melasma.

Metode: Sejumlah 48 wanita dengan melasma diikutsertakan apada penelitian observasional potong lintang ini. Mereka dipilih berdasarkan metode consecutive sampling. Wajah dari masing-masing subyek penelitian (SP) diperiksa dan kemudian dibagi dalam 4 area: dahi, malar kiri, malar kanan, dan dagu. Keparahen pigmentasi lesi melasma dievaluasi menggunakan skor pigmentasi berdasarkan Melasma Area and Severity Index (MASI). Skor telangiektasis dinilai menggunakan 5-point dermoscopic scale yang telah tervalidasi, dengan bantuan alat dermoskopi. Analisis statistik dilakukan untuk menilai hubungan antara skor telangiektasis dengan derajat keparahan pigmentasi lesi melasma.

Hasil: Dengan bantuan dermoskopi, ditemukan telangiektasis pada 35,4% (n=17/48) SP. Dari total 192 area wajah yang diperiksa, 124(64,5%) di antaranya memiliki lesi pigmentasi. Derajat pigmentasi 1 sejumlah 64,8%, derajat 2 sebanyak 26,4%, dan derajat 3 sejumlah 8,8%. Dari 124 lesi pigmentasi didapatkan 29(23,3%) lesi dengan telangiektasis. Skor telangiektasis 1 pada 7,2% lesi, skor 2 pada 13,6% lesi, dan skor 3 pada 2,4% lesi pigmentasi. Berdasarkan analisis statistik, terdapat korelasi positif bermakna antara derajat pigmentasi dengan skor telangiektasis melasma ( $r = 0.474$ ,  $p < 0.0001$ ).

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Background: Melasma is a common acquired symmetrical hypermelanosis characterized by irregular light to dark brown macules and patches on sun-exposed areas of the skin. The pathogenesis of melasma is still poorly understood. Recently, interaction between skin vascularity and melanocytes has been proposed to have influence in melasma pigmentation.

Purpose: To investigate the proportion of telangiectases in melasma and its correlation with pigmentation severity of melasma.

Methods: A total of 48 woman with melasma were included in this cross-sectional observational study. They were selected based of consecutive sampling method. The face of each subject were examined and divided into 4 regions: forehead, left malar, right malar, and chin area. Pigmentation severity of facial melasma skin was evaluated using the pigmentation score of Melasma Area and Severity Index (MASI). Telangiectases score was assessed using a validated 5-point dermoscopic scale with the aid of a hand-held noncontact polarized dermoscope. Statistical analyses were performed to assess the association between pigmentation severity and telangiectases score.

Results: Using dermoscope, we found telangiectases with various severity in 35.4%(n=17/48) of the

subjects. Of the total 192 facial areas examined, 124(64,5%) of which, have melasma pigmentation. The percentage of pigmentation degree is 64,8% for grade 1, 26,4% for grade 2, dan 8,8% for grade 3. Of these area with pigmentation, 29(23,3%) had telangiectases. Telangiectases score of 1, 2, and 3 present in 7,2%, 13,6%, dan 2,4% of pigmentation lesion, respectively. There was significant relationship between telangiectases and pigmentation in melasma, as increased pigmentation was correlated modestly with telangiectases score ( $r = 0.474$ ,  $p < 0.0001$ ).