

〈会頭講演〉

シミ・ソバカスの実態

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Study of the Patients Complaining of Melasma, or Ephelides

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Abstract

We analyzed patients complaining of pigmented lesions on the face who came to the Department of Dermatology, Teikyo University School of Medicine from November 1998 to April 2000. The total number of patients was 438. The ratio of male to female was 15 : 85. The total number of complaints was 492. The contents of the complaints were melasma 224 (45.5%), birthmarks 129 (26.2%), lentigo 94 (19.1%), ephelides 15 (3.0%), and dark areas under the eyes 9 (1.8%). The majority of patients complaining of birthmarks were children patients and the majority of patients complaining of melasma were adult patients. We made a diagnosis of these patients based on the clinical and, if necessary, pathological observations. The diagnoses of 212 patients complaining of melasma were solar lentigo 126 (59.4%), bilateral nevus of Ota 17 (8.0%), seborrheic keratosis 15 (7.1%), melasma 11 (5.2%), nevus of Ota 9 (4.2%), postinflammatory hyper pigmentation 7 (3.3%), solar lentigo + nevus cell nevus 5 (2.4%), nevus cell nevus 4 (1.9%), solar lentigo + seborrheic keratosis 3 (1.4%), and café-au-lait macules 2 (0.9%), which showed there were few patients with real melasma among those complaining of melasma. The diagnoses of 129 patients complaining of birthmarks were nevus of Ota 87 (67.4%), nevus cell nevus 10 (7.8%), bilateral nevus of Ota 7 (5.4%), nevus spilus 6 (4.7%), café-au-lait macules 5 (3.9%), and solar lentigo 3 (2.3%). The diagnoses of 94 patients complaining of lentigo were nevus cell nevus 70 (73.7%), solar lentigo 5 (5.3%), solar lentigo + nevus cell nevus 4 (4.2%), seborrheic keratosis 3 (3.2%), and basal cell carcinoma 2 (2.1%). The majority of 15 patients complaining of ephelides were patients with nevus of Ota. The majority of 9 patients complaining of dark areas under the eyes were also patients with nevus of Ota. This study revealed a large discrepancy between patients' complaints and medical diagnoses. We concluded that it was important to make a definite diagnosis and treat the patients based on the real diagnosis, not on the patients' complaints.

Key words: melasma, ephelides, lentigo, birthmark, pigmented lesions.