

**Investigation on serum Zinc level in Melasma patients referred to dermatology clinic
of Ardabil Imam Khomeini hospital during 2014-2015**

Abstract

Background: Melasma is an acquired hypermelanosis which appears as macules or irregular light to dark brown patches that are symmetrically distributed on sun-exposed areas and has psychological effects on patients. It mostly develops on the forehead, bridge of the nose, above the upper lip and the cheeks. Zinc is one of the most important rare elements of the body which plays vital role in health or occurrence of diseases. Current study performed to investigate the zinc serum level in patients with Melasma who referred to dermatology clinic of Imam Khomeini Hospital of Ardebil in 2014-2015.

Methods: In the current control/case study, 118 patient with Melasma and 118 healthy persons (controls) were studied in which their zinc levels compared.

Results: mean age of case study group and control group was 30.49 ± 6.92 and 31.28 ± 7.03 , respectively. Statistical analysis showed that the zinc level in melasma group was significantly lower, compared with control. Mean zinc level in melasma group and controls was measured 77.4 and 82.1, respectively. There was no meaningful relationship between zinc level and patients age.

Conclusion: results of the study indicated that there was a meaningful relationship between decreased zinc levels and the appearance of Melasma disease. Complete proving of this fact would help to treat melasma patients through prescription of zinc complements that would be an economic and easy to access treatment option.

Keywords: Melasma, Zinc, Serum Level,