ORAL TRANEXAMIC ACID TREATMENT LONGER THAN 6 MONTHS FOR MELASMA PATIENTS: A RETROSPECTIVE CASE SERIES

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Objectives and Background

Objectives:
• Describe our experience with using oral TA longer than six months for melasma and to add to the currently scant body of literature regarding its use as a long-term therapy option.

Background:
• Melasma is a common acquired disorder of primarily facial hyperpigmentation that predominantly affects those with skin phototypes III and IV. It may be exacerbated by sunlight, oral contraceptives, pregnancy, and genetic factors. Due to its appearance and recalcitrant nature, melasma can cause significant impairment to quality of life.
• Long-term treatment options remain limited as chronic use of standard depigmenting agents such as hydroquinone are associated with increased risk of exogenous ochronosis and other cutaneous adverse events.
• With mounting evidence implicating vascular abnormalities in melasma, oral tranexamic acid (TXA), an antifibrinolytic, has been explored and found to be an effective off-label treatment for melasma.
• Unfortunately, its use is often limited to three to six months duration due to a lack of long-term safety data regarding its thrombotic risk. Thus, patients must often cycle between therapies to mitigate these risks.
• Gynecologic studies of women who took up to a total dose of 526.5g of oral TXA over 27 months or 19.5g/month for heavy menstrual bleeding reported no significant increase in thromboembolic events.
Methods

**Objective:** Retrospective chart review evaluating the treatment outcomes and adverse events of using oral TA beyond six months for melasma in patients from a dermatologic center in Vancouver, Canada.

<table>
<thead>
<tr>
<th>Inclusion Criteria</th>
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<tbody>
<tr>
<td>• Patients ≥ 18</td>
<td>• Patients &lt; 18 years old</td>
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<td>• Diagnosis of moderate to severe melasma, diagnosed by a dermatologist</td>
<td>• Insufficient documentation or pictures</td>
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<td>• Received oral tranexamic acid for at least 6 months</td>
<td>• Patients lost to follow-up</td>
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<td>• Patients who took &lt; 6 months of tranexamic acid</td>
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**Baseline Patient Characteristics:** age, sex, Fitzpatrick skin phototype, comorbid medical history, previous and/or concurrent treatment, TA treatment duration, treatment dose.

**Primary Outcomes:** Treatment response will be evaluated using the Modified Melasma Area and Severity Index (mMASI) score.

**Analysis:** Mean mMASI scores at each time point will be calculated. Adverse events during treatment will be reported as documented in the charts.