











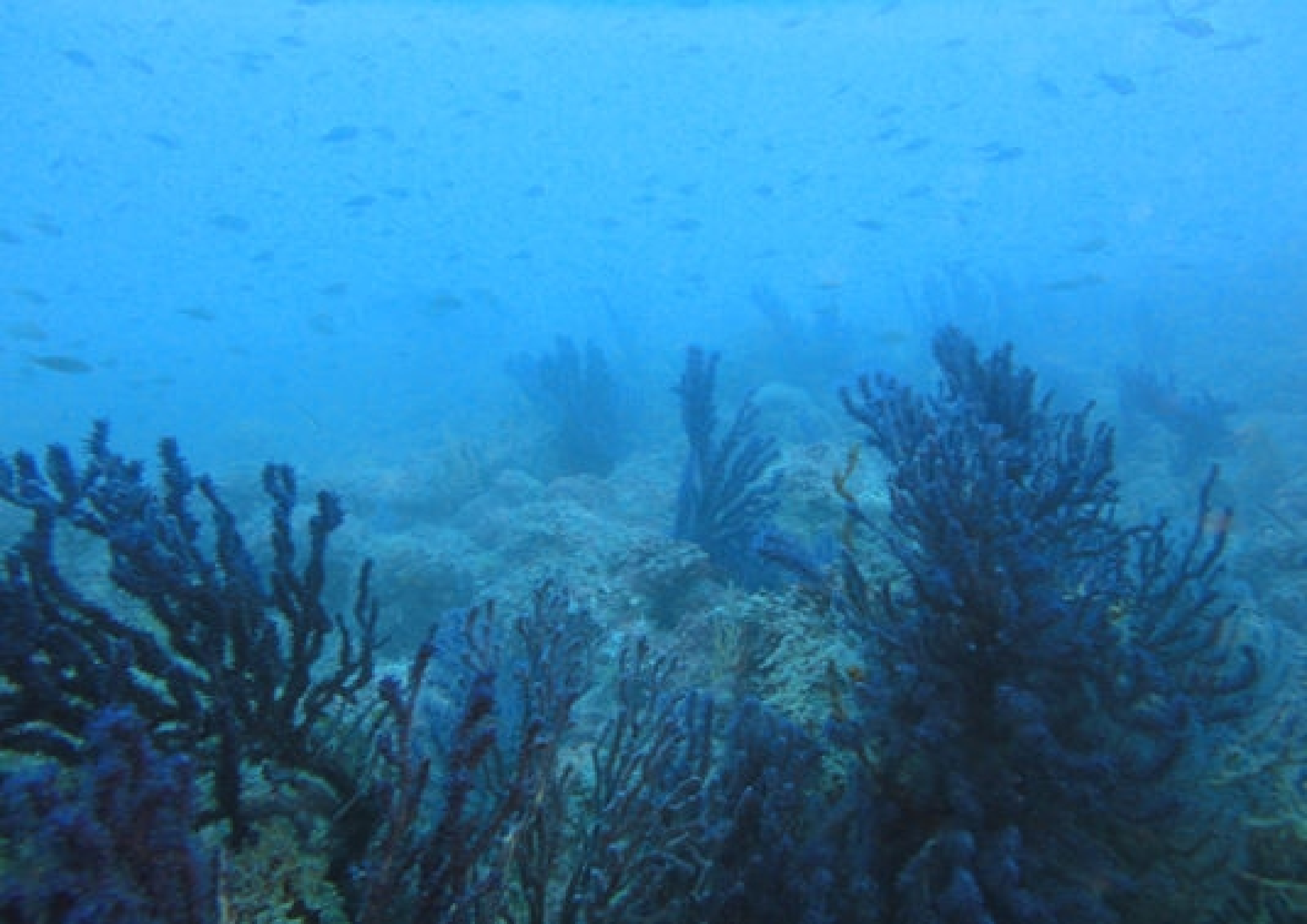




















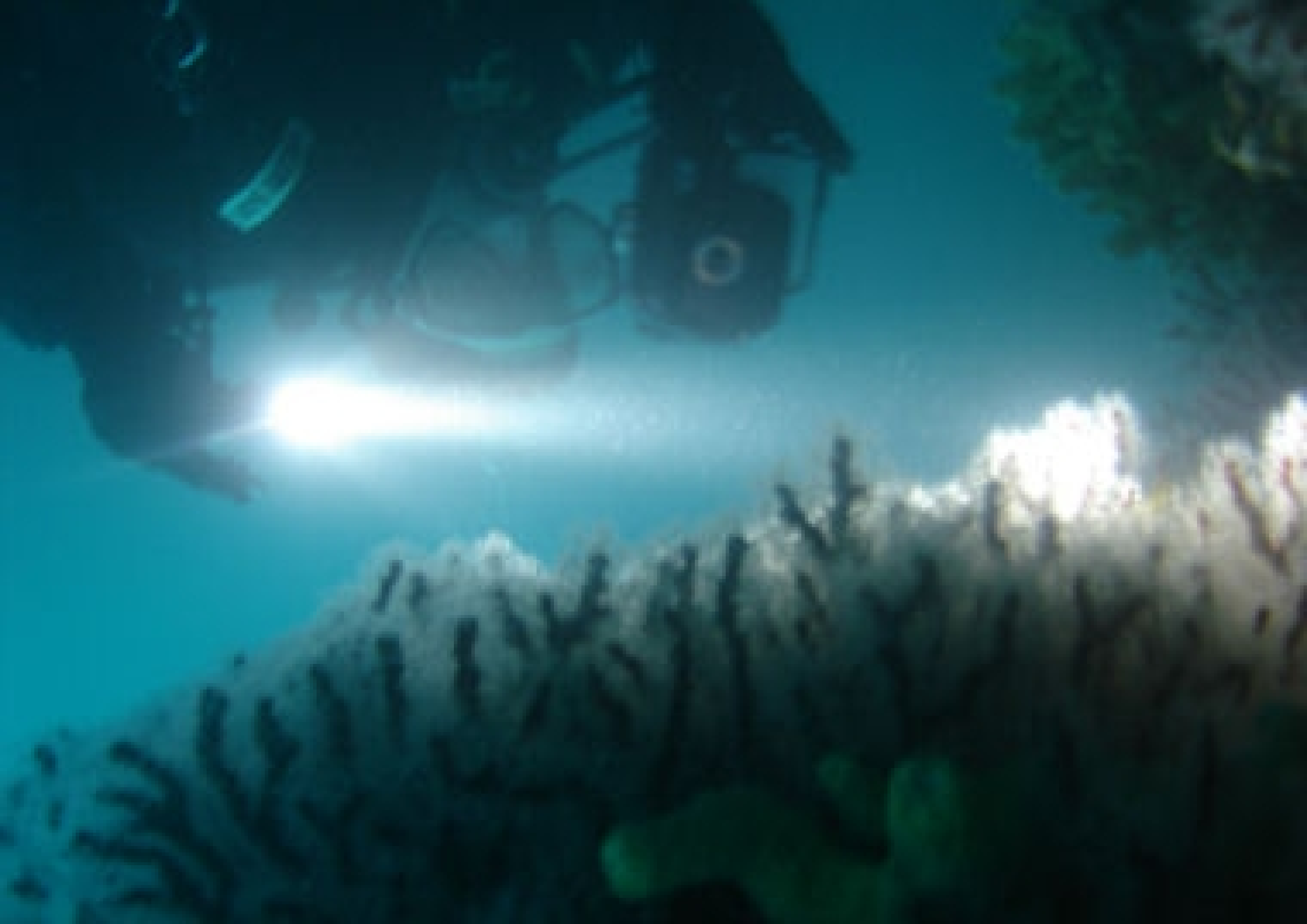






















































































































































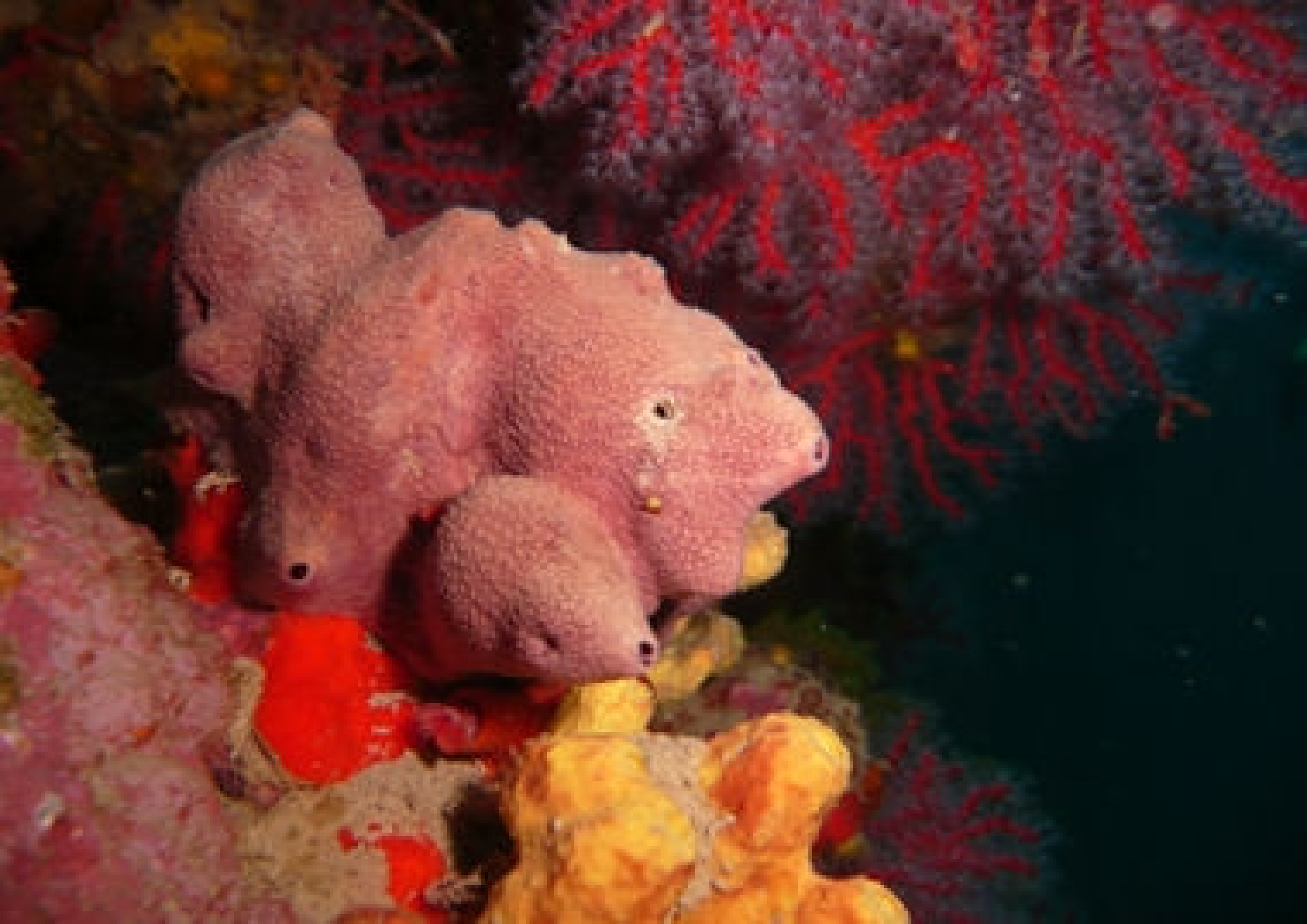
























































































































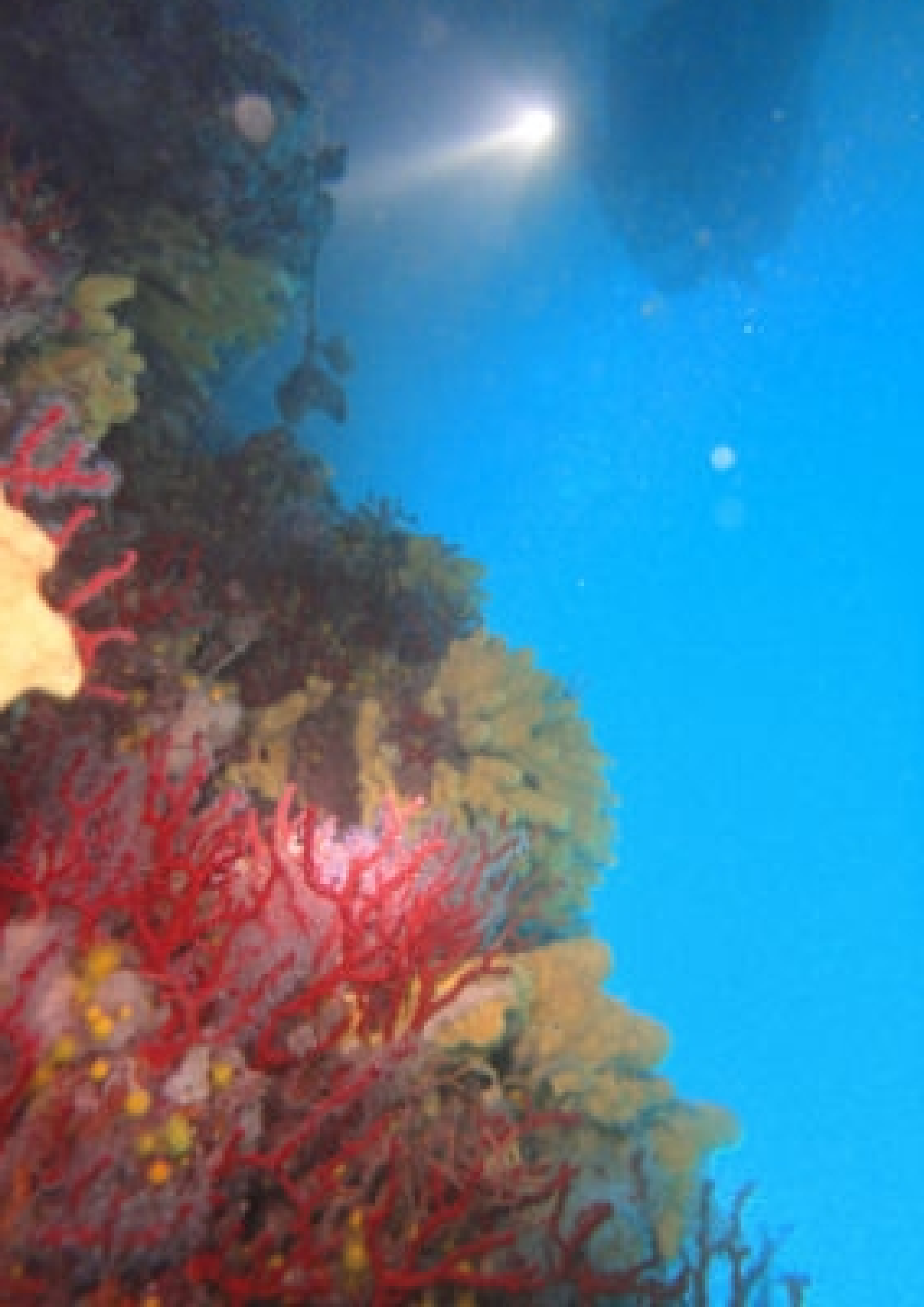
























































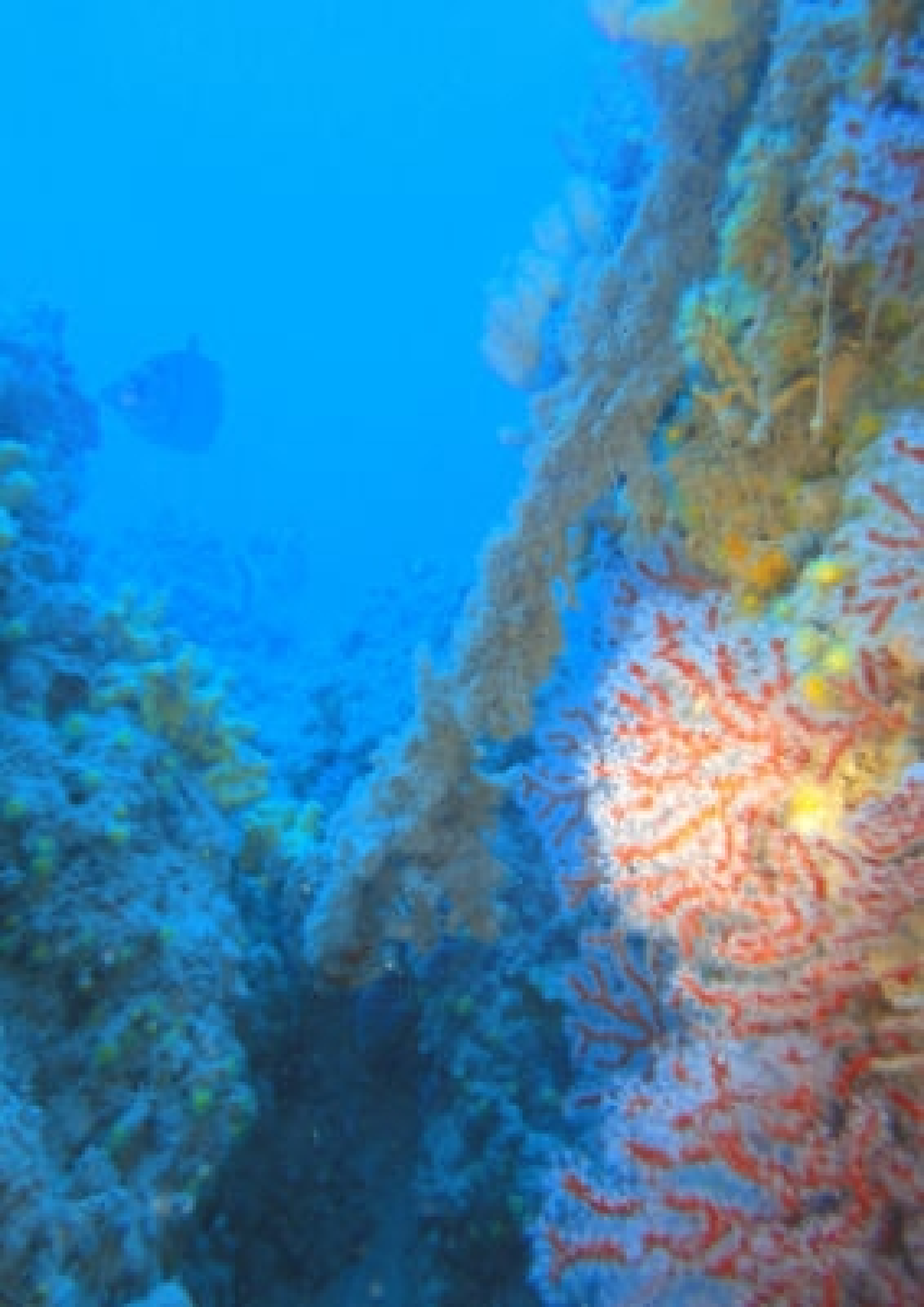


















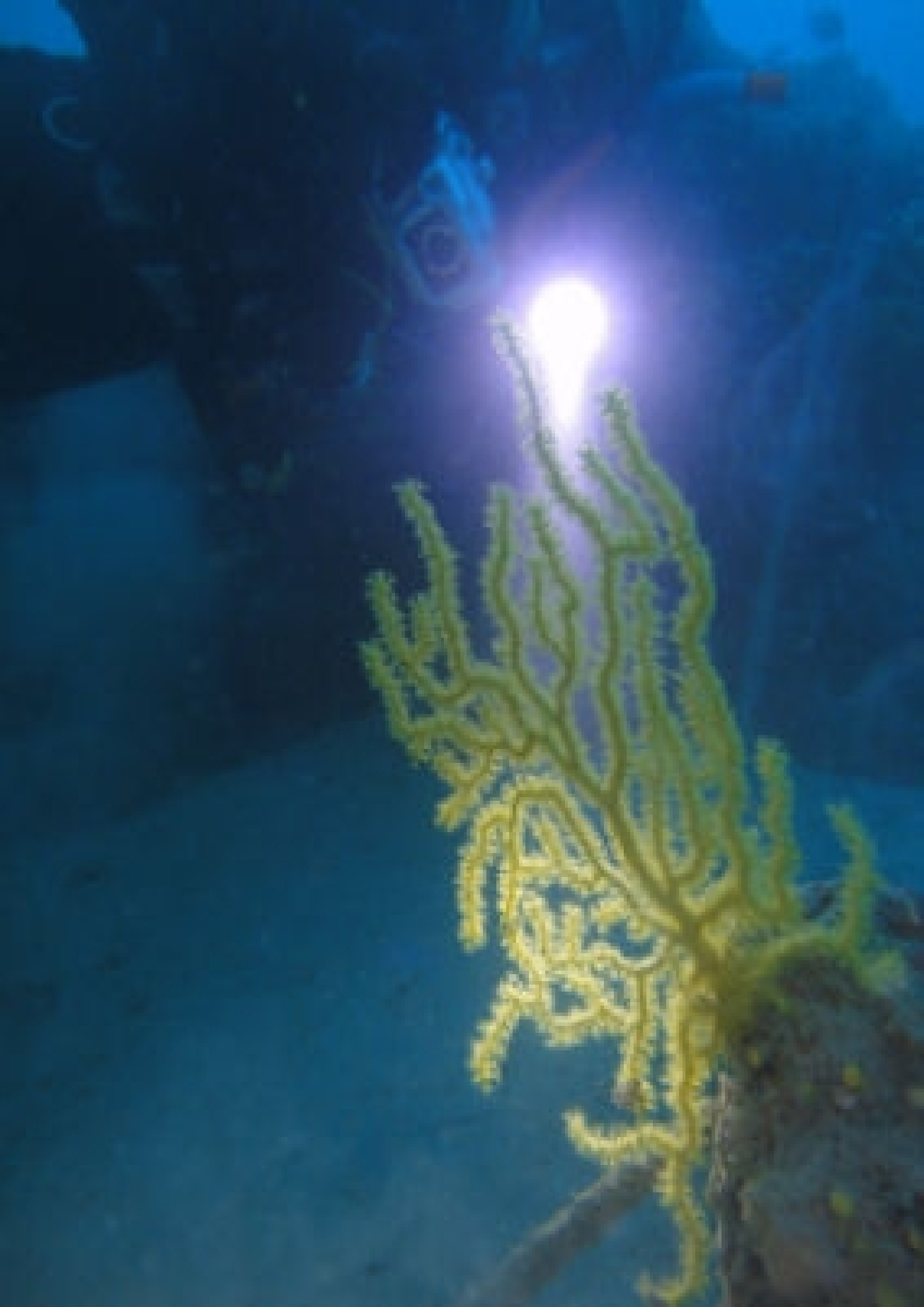








































































































































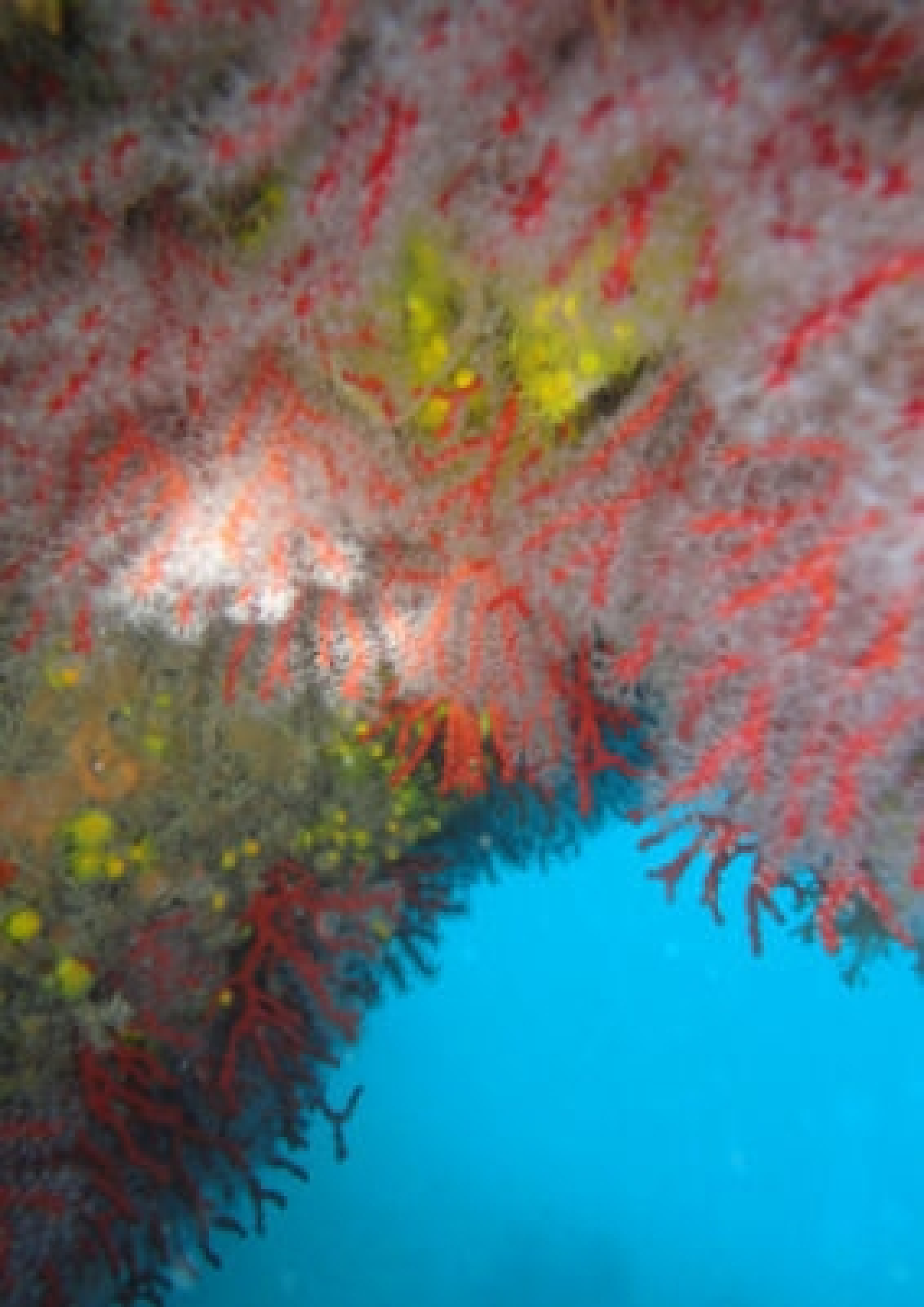


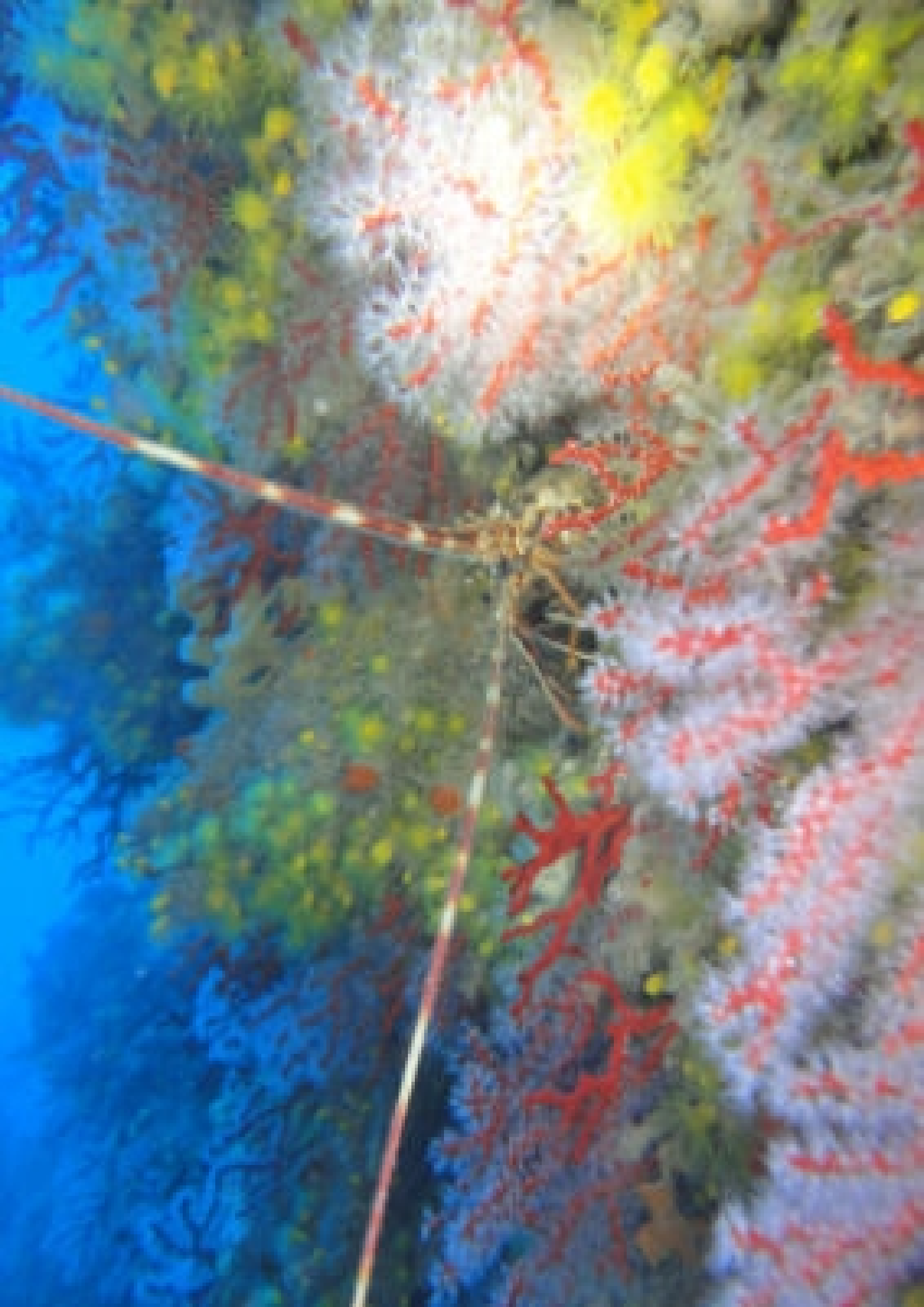
































































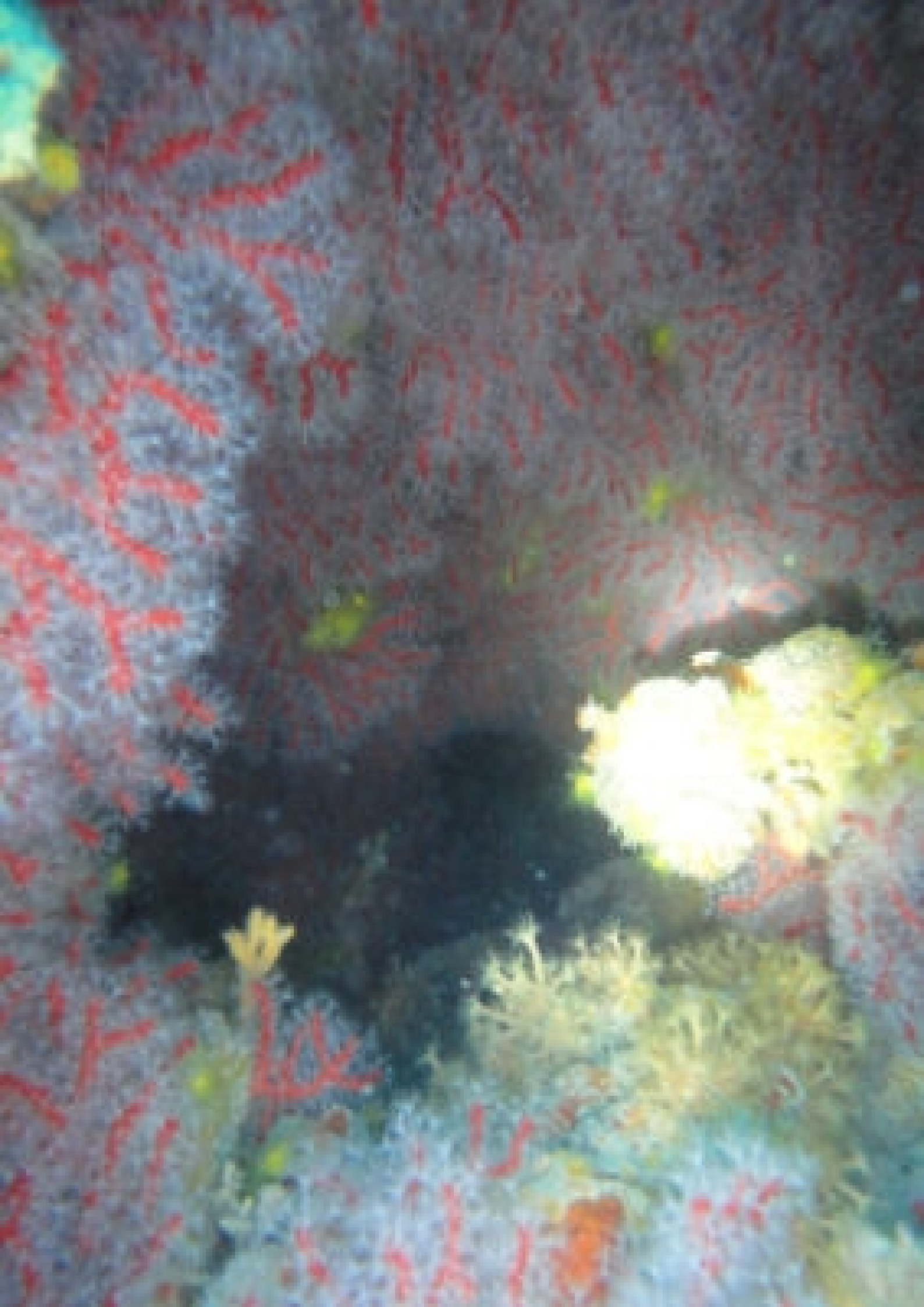


























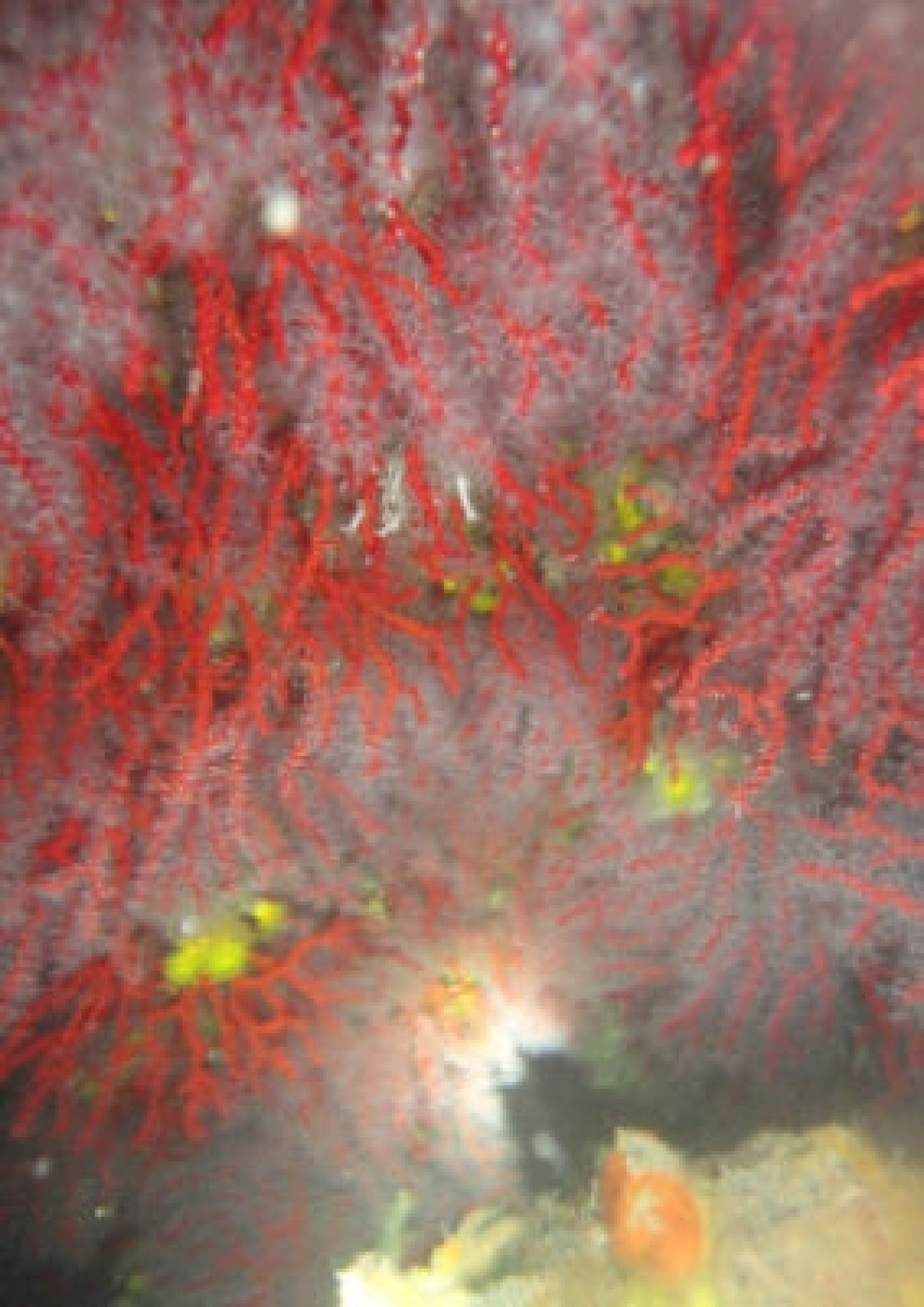


































































































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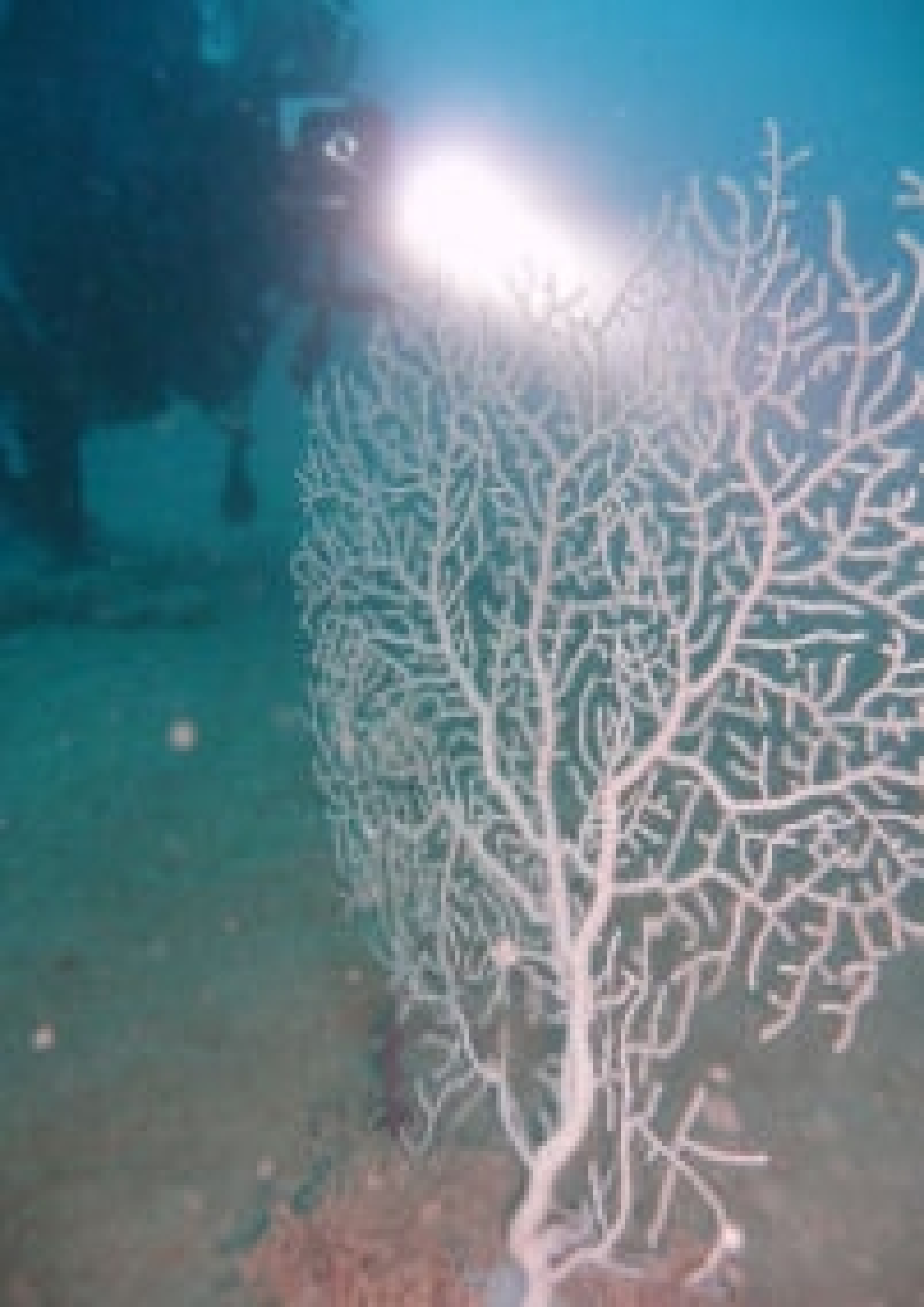














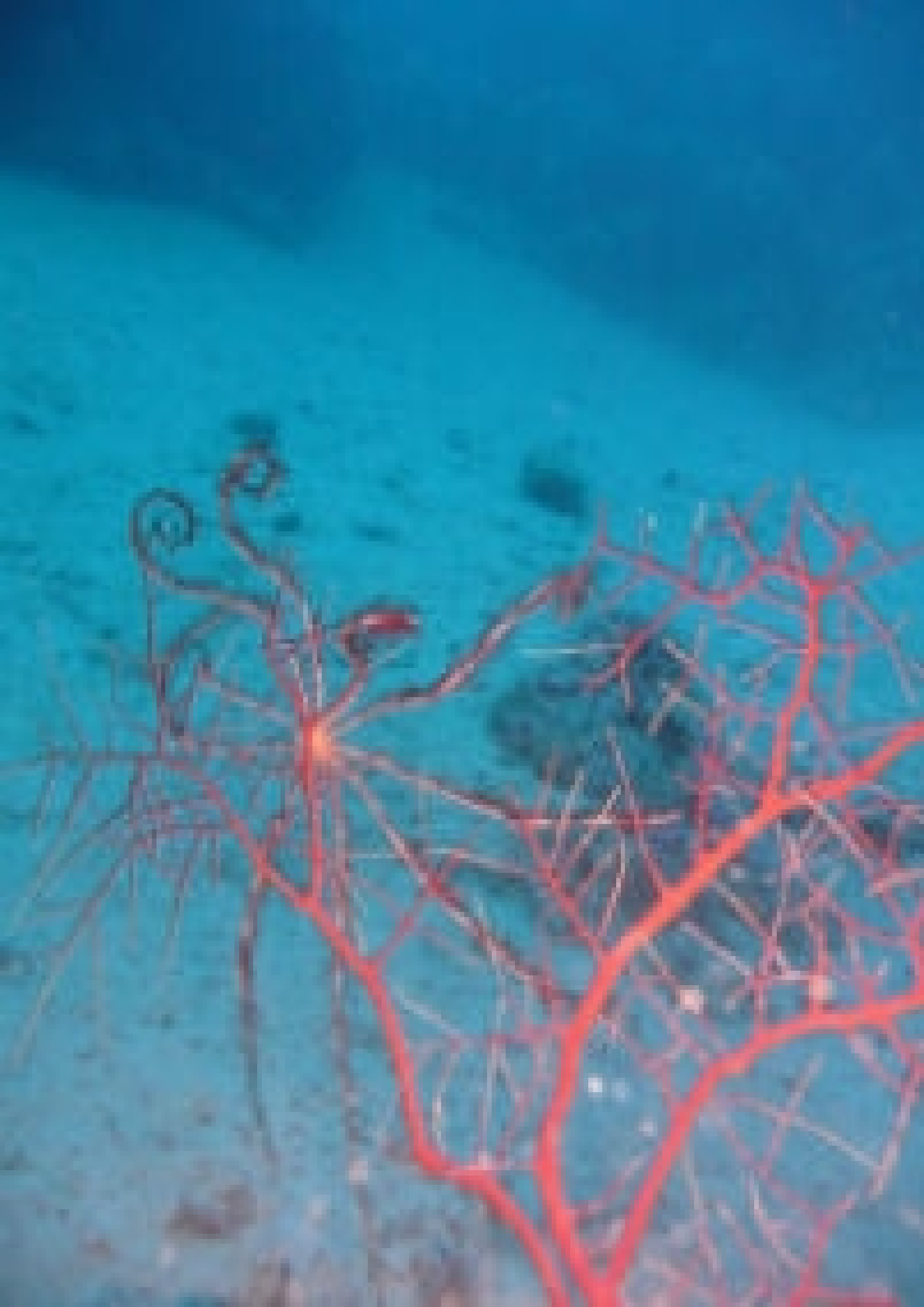






































Hyperpigmentation

Hyperpigmentation is a common skin condition that causes patches of skin to become darker than the surrounding skin. It can be caused by a variety of factors, including sun exposure, hormonal changes, inflammation, and certain medications. While hyperpigmentation is not usually harmful, it can be cosmetically concerning for many people.

There are several types of hyperpigmentation, including:

- **Melasma:** This type of hyperpigmentation is characterized by brown or gray-brown patches on the face, usually on the cheeks, forehead, and upper lip. It is often triggered by hormonal changes, such as pregnancy or birth control pills.
- **Post-inflammatory hyperpigmentation:** This type of hyperpigmentation occurs after an injury or inflammation to the skin, such as acne, eczema, or psoriasis. The darkened patches can appear anywhere on the body.
- **Sun spots:** These are small, dark spots that appear on areas of the skin that have been exposed to the sun, such as the face, hands, and arms. They are also known as age spots or liver spots.

Treatment for hyperpigmentation depends on the type and severity of the condition. Some common treatments include:

- **Topical creams:** These creams contain ingredients that can lighten the skin, such as hydroquinone, kojic acid, or vitamin C.
- **Chemical peels:** These peels use a chemical solution to remove the top layer of skin, which can help to reduce the appearance of hyperpigmentation.
- **Laser therapy:** This type of therapy uses a laser to target the melanin in the skin, which can help to break up the pigment and reduce the appearance of hyperpigmentation.

It is important to note that hyperpigmentation can be difficult to treat, and it may take several months or even years to see results. It is also important to protect the skin from the sun, as sun exposure can worsen hyperpigmentation.

























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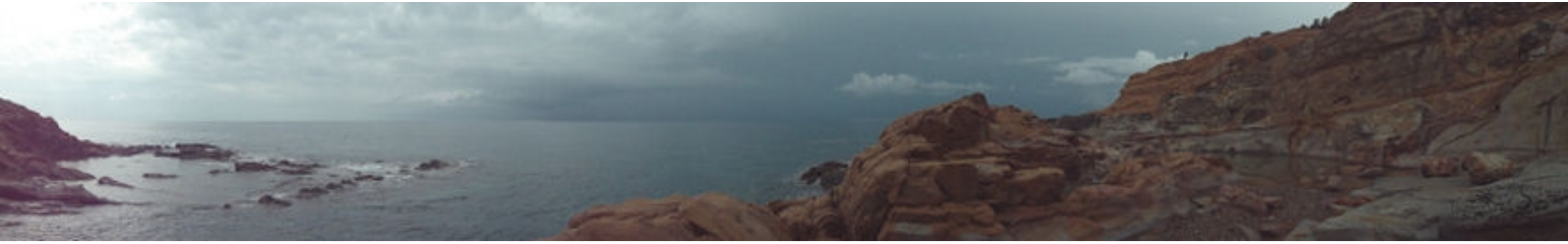








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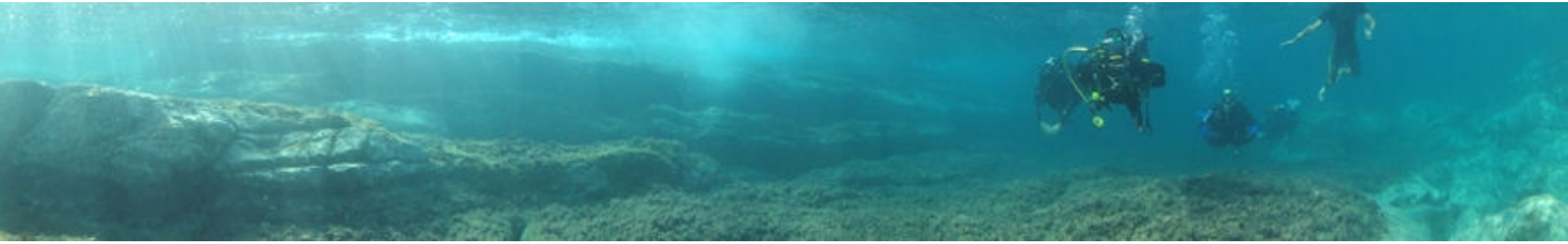


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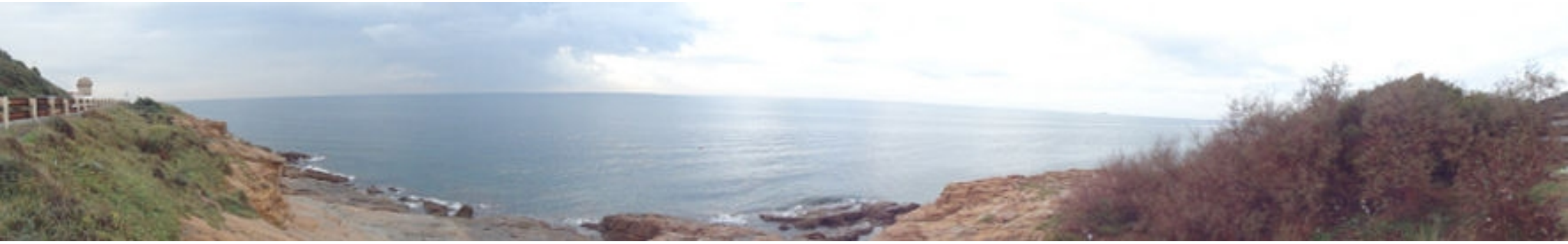








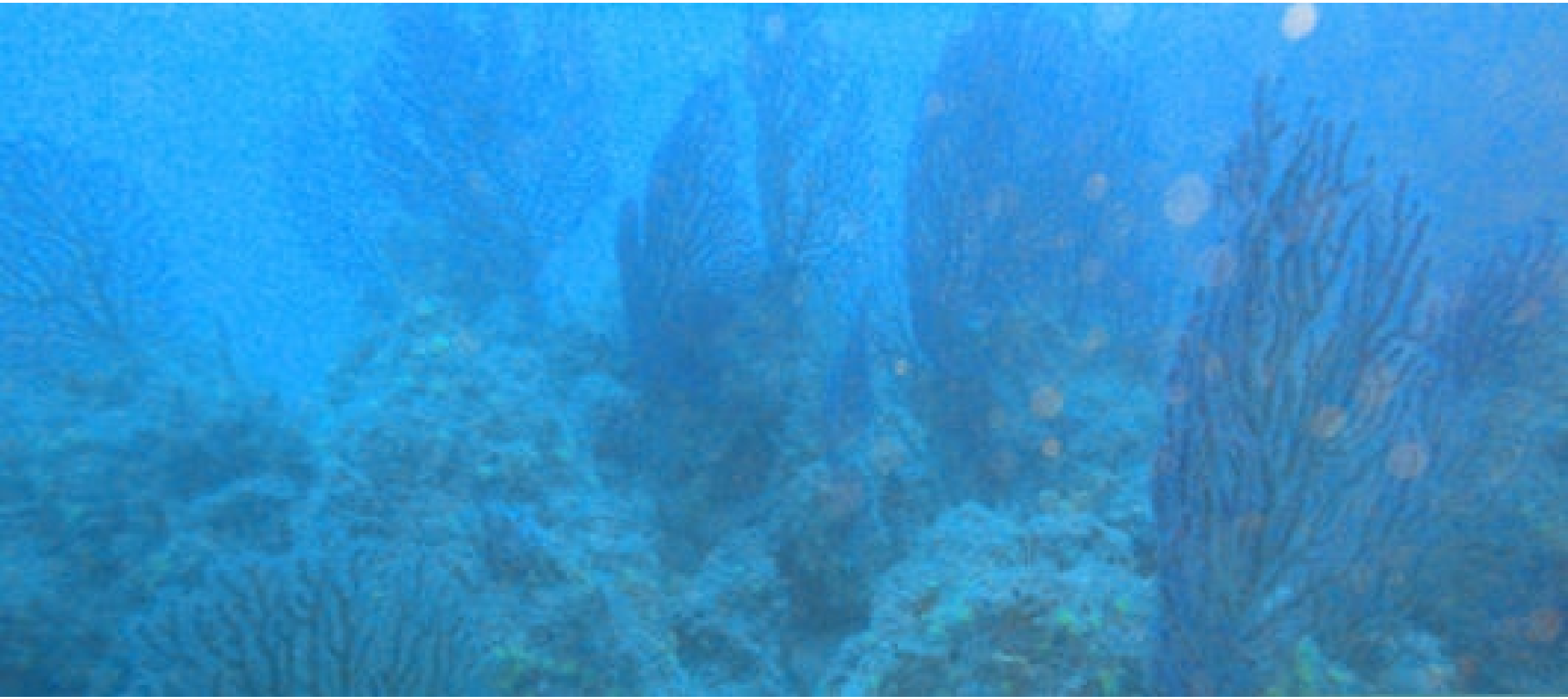
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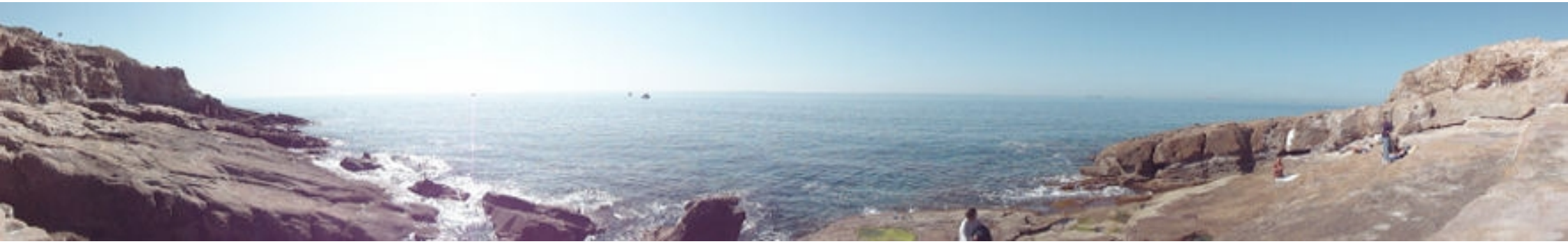
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