Spectra双脉冲激光对黄褐斑抗氧化功能、甲皱微循环的影响

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[摘要]目的：探讨Spectra双脉冲激光祛斑术对黄褐斑患者抗氧化功能、甲皱微循环的影响。方法：105例黄褐斑患者采用随机数字表法分为观察组（n=53）和对照组（n=52），对照组接受常规治疗，观察组在常规治疗的基础上接受Spectra双脉冲激光祛斑术治疗。比较两组疗效，治疗后血清氧化应激指标、甲皱微循环积分、生活质量改善情况及患者美观满意度。

结果：观察组总有效率为92.45%，显著高于对照组的76.92%（P＜0.05）；治疗后，两组超氧化物歧化酶（Super oxide dismutase，SOD）水平明显升高，而丙二醛（Malondialdehyde，MDA）、一氧化氮（Nitric oxide，NO）水平、甲皱微循环积分（血流速度、管袢形态、袢周状态及总积分）、黄褐斑生活质量评分（Melasma quality of life scale，MelasQOL）

及皮肤病生活质量指数（Dermatology life quality index，DLQI）明显降低（P＜0.05），且观察组SOD水平显著高于对照组，MDA、NO水平、甲皱微循环积分、MelasQOL评分、DLQI指数均显著低于对照组（P＜0.05）；观察组美观满意度为90.57%，优于对照组的71.15%（P＜0.05）。结论：采用Spectra双脉冲激光祛斑术治疗黄褐斑，能通过调节患者SOD、MDA、

NO水平，增强其抗氧化功能，促进甲皱微循环改善，继而提高治疗效果，改善患者生活质量，有较高的临床应用价值。

[关键词]黄褐斑；Spectra；双脉冲激光祛斑术；抗氧化功能；甲皱微循环；满意度；生活质量

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Effects of Spectra Double Pulse Laser Freckle Surgery on Antioxidant Function, Nail Fold Microcirculation in Patients with Chloasma

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Abstract: Objective The purpose of this study was to investigate the effects of Spectra double pulse laser freckle surgery on antioxidant function, nail fold microcirculation in patients with chloasma. Methods A total of 105 patients with chloasma were randomly divided into observation group (n=53) and control group (n=52) by random number table method. Patients in the control group received conventional treatment, and patients in the observation group were treated with Spectra double pulse laser freckle surgery on the basis of conventional treatment. Curative effect, serum oxidative stress indicators, nail fold microcirculation score, quality of life and patient satisfaction with cosmetic results after treatment were compared between

the two groups. Results The total effective rate in the observation group was 92.45%, which was significantly higher than

76.92% in the control group (P＜0.05). After treatment, the level of superoxide dismutase (SOD) was significantly increased, while the levels of malondialdehyde (MDA) and nitric oxide (NO), nail fold microcirculation scores (blood fl ow velocity, loop

shape, peri-loop status and total score), the Melasma Quality of Life (MelasQOL) scores and the Dermatology Life Quality

Index (DLQI) were significantly reduced in the two groups (P＜0.05). Meanwhile, the SOD level in observation group was

significantly higher than that in the control group, and the levels of MDA and NO, nail fold microcirculation scores, MelasQOL

scores and DLQI were significantly lower than those in the control group (P＜0.05). The satisfaction rate of cosmetic results in

observation group was 90.57%, which was better than 71.15% in the control group (P＜0.05). Conclusion Spectra double pulse

laser freckle surgery for chloasma can enhance antioxidant function and promote the improvement of nail fold microcirculation by adjusting the levels of SOD, MDA and NO, thereby improving the therapeutic effect and quality of life, with high patient

satisfaction.

Key words: chloasma; Spectra; double pulse laser freckle surgery; antioxidant function; nail fold microcirculation; satisfaction; quality of life