




# Causes, Diagnosis, and Treatment of Hyperpigmentation

## 01 What causes hyperpigmentation?

  
Skin inflammation or injury

  
Hormonal diseases, such as Addison's disease

  
Vitamin deficiency

  
Thyroid issues

  
Use of certain drugs, such as birth control pills

  
Excess iron in the body

  
Sun damage


## 02 How is hyperpigmentation diagnosed?

  
Medical history

  
Blood tests

  
Physical examination

  
Wood lamp test

  
Biopsy

## 03 How can hyperpigmentation be treated?

  
Avoid sun damage

  
Vitamin supplements

  
Chemical peels

  
Cryotherapy

  
Stop the drugs that are causing it

  
Topical therapy with glycolic acids, hydroquinone, or corticosteroids

  
Laser skin resurfacing

### References:

1. Hyperpigmentation; Cleveland Clinic
2. Skin - abnormally dark or light; School of Medicine at Mount Sinai