



**JAAD Game Changers*:
Randomized, placebo-controlled,
double-blind study of oral tranexamic
acid in the treatment of moderate-to-
severe melasma**

*A game changer is a short narrative stating how an article that originally appeared in *JAAD* changed the game of dermatology. **NOTE:** The Game Changer author is not the original author of the article. Please see the reference section for the original author information.

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Capsule Summary

- Melasma is often recalcitrant to therapy.
- Oral tranexamic acid was found to be effective and superior to placebo in patients with moderate-to-severe melasma.
- Tranexamic acid should be considered in the treatment of patients with moderate to severe melasma who do not respond to standard therapy.

How did this article change the practice of dermatology?

Tranexamic acid is a fibrinolytic agent that causes decreased tyrosinase activity in melanocytes. When used in combination with sunscreen, tranexamic acid, 250 mg twice daily for 3 months, improved moderate to severe melasma. Before initiating treatment, it is important to screen patients for thromboembolism risk.¹

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REFERENCE

1. Del Rosario E, Florez-Pollack S, Zapata L Jr, et al. Randomized, placebo-controlled, double-blind study of oral tranexamic acid in the treatment of moderate-to-severe melasma. *J Am Acad Dermatol.* 2018;78(2):363-369.