

表 2

カフェオレ斑の低フルエンスQスイッチNd:YAGレーザー(1064 nm)治療のエビデンス 論文リスト					
Reference	Type of study	Laser	Location, Skin type	Results	Comments
Kim JS et al. 2009	Case report	Qswitch Nd:YAG 1064 nm First: 1.6J/cm <sup>2</sup> 2 pass 6 mm Subsequent: 2.5-2.8 J/cm <sup>2</sup> 2 pass 4mm 10 Tx (2 week interval)	1 Asian, Korean Skin type IV	A clinical response of >50% clearance	No satisfactory improvement by dermabrasion, Q-switched laser or bleaching agent. No recurrence at 6 months follow-up after the last treatment. No PIH.
Kim HR et al. 2015	RCT Prospective case series	Qswitch Nd:YAG 1064 nm 2.6-3.0 J/cm <sup>2</sup> 10 Hz, 3 pass 7 mm 6 Tx (2 week interval)	32 Asian, Korean	A clinical response of >50% clearance in 74.4% of 39 CALMs,	Low fluence 1064-nm QS Nd:YAG > 532 nm conventional QS Nd:YAG Recurrence rate : 24.1%, Side effects of mottled hypopigmentation: 15.4% No PIH.
Kim J et al. 2018	Retrospective case series	Qswitch Nd:YAG 1064 nm 2.4-2.5 J/cm <sup>2</sup> 10 Hz, 1-2 pass until the appearance of mild erythema 7 - 7.5 mm 12-24 Tx (2 week interval)	4 Asian, Korean Face 3, lower extremities 1	2 cases: 75-99% clearance (marked) 1 case: 50-74% clearance (moderate) 1 case 99% clearance (complete)	no post-treatment mottled hypopigmentation no rebound hyperpigmentation. no evidence of recurrence over 1-2 years after treatment.
Beak JO et al. 2018	Retrospective case series	Qswitch Nd:YAG 1064 nm (Fotona Qx-Max) 2.2-2.4 J/cm <sup>2</sup> 10 Hz, slow single sliding- stacking pass 7 mm 20-50 Tx (1 week interval)	35 Asian, Korean 1-40 y.o. mean 18.5 y.o. Skin type III: 3, IV: 32	All treated CALMSs showed more than 50% clinical improvement. Grade 5: 69%, grade 4: 26%, grade 3: 6%	No scarring, mottled hypopigmentation, or PIH. No recurrence after 12 months of follow-up.

\*Improvement scale: 0-5%: grade0, 6-24%: grade1, 25-49%: grade2, 50-74%: grade3, 75-99%: grade4, 100%clearance: grade5.