



QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

## **CAMOUFLAGE IMPROVES THE LIFE QUALITY OF PATIENTS WITH VITILIGO: A RANDOMIZED OPEN-LABEL CONTROLLED STUDY**

Yuqian Chang<sup>(1)</sup> - Shaolong Zhang<sup>(2)</sup> - Weigang Zhang<sup>(2)</sup> - Chunying Li<sup>(2)</sup>

*Fourth Military Medical University, Xijing Hospital,, Department Of Dermatology,, Xi'an, Shaanxi, China<sup>(1)</sup> - Fourth Military Medical University, Xijing Hospital, Department Of Dermatology, Xi'an, Shaanxi, China<sup>(2)</sup>*

**Background:** Vitiligo is an acquired depigmented skin disorder that negatively affects patients' self-esteem and life quality. Existing therapies are often inadequate. Cosmetic camouflage is important for the patients with vitiligo. However, few studies have investigated its benefit on the life quality of vitiligo patients.

**Objective:** To analyze the therapeutic effects of camouflage treatment and lessons on the patients with vitiligo.

**Patients and Methods:** A total of 160 vitiligo patients were recruited and filled in the Chinese version of the vitiligo life quality index (VLQI-C) questionnaire. Eighty patients were given camouflage and other routine treatments for vitiligo, whereas the patients in the control group only received routine treatments. The treatment efficacy of camouflage was assessed by the scores of VLQI-C and Vitiligo Area Scoring Index (VASI). The serum levels of CXCL10 and IFN- $\gamma$  that are biomarkers in monitoring vitiligo activity were examined at weeks 4, 8, and 24.

**Results:** The patients in camouflage treatment group showed significant improvement in the scores of VLQI-C and VASI compared with the control group at weeks 4, 8, and 24. Furthermore, serum CXCL10 and IFN- $\gamma$  levels were markedly decreased in camouflage treatment group.

**Conclusions:** Our findings support that camouflage can not only cover depigmented skin lesions, but also improve the life quality and therapeutic effect of the patients with vitiligo.

