

PIGMENTATION

## MEDICAL MANAGEMENT AND PHOTOTHERAPY OF VITILIGO

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Vitiligo is a common pigmentary disorder which causes significant psychological stress worldwide. Although it is difficult to treat, and few patients achieve 100% repigmentation, there have been several advances in recent years in the management of vitiligo. This lecture will include the following advances:

Clinical signs of activity, including, confetti-like, trichrome and Koebner lesions, are important to detect when examining a patient to determine prognosis and optimal treatment Sampling of confetti-like lesions shows increased numbers of cytotoxic T cells and chemokines that attract these pathogenic cells to the epidermis

Mini-pulse oral corticosteroids can arrest disease activity with minimal side effects

Phototherapy guidelines have been published recently which provide consensus-based recommendations on optimal treatment of vitiligo with phototherapy

Oral antioxidants may increase the response to phototherapy

Home phototherapy may be just as effective as office-based therapy at a fraction of the cost and with an acceptable safety profile

Photoadaptation occurs in most patients undergoing phototherapy, allowing increased doses of NBUVB over time

Starting treatment within the first 2 years has the greatest likelihood of success

Phototherapy for vitiligo is not associated with an increased risk of skin cancer

Oral and topical JAK inhibitors have been found to improve patients with vitiligo in pilot studies

Larger multicenter trials with JAK inhibitors are under way and show promising results Disrupting the IL-15 pathway in skin may result in durable remission of vitiligo

References: Rodrigues M, Ezzedine K, Hamzavi I, Pandya AG, Harris JE. New discoveries in the pathogenesis and classification of vitiligo. J Am Acad Dermatol. 2017;77(1):1-13 Rodrigues M, Ezzedine K, Hamzavi I, Pandya AG, Harris JE. Current and emerging treatments for vitiligo. J Am Acad Dermatol. 2017;77(1):17-29





