PIGMENTATION

APREMILAST IS EFFECTIVE IN CONTROLLING THE PROGRESSION AND INDUCING REPIGMENTATION IN ADULT VITILIGO: A CASE SERIES

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Introduction: There are limited treatment options available to control the progression of vitiligo and most of these treatment options carry the risk of both short term as well as long-term adverse effects.

Objective: The objective of this study is to assess the therapeutic efficacy of oral apremilast in controlling the spread and inducing repigmentation in adult patients of vitiligo.

Materials and Methods: Oral apremilast was used in a group of 30 adult patients who had rapidly progressive non-segmental vitiligo involving 4% to 30% body surface area. All these patients were either unresponsive or intolerant to standard systemic treatments of vitiligo. The patients were enrolled after a proper informed consent and were given apremilast in dose of 30 mg twice daily for a period of 3-months. The primary outcome measure assessed was stabilization of disease process and repigmentation of lesions. This was analyzed through baseline and repeatVASI scores and physician global assessment scores. Adverse effects to oral apremilast were also monitored.

Results: Adverse effects in the form of headache, nausea, vomiting and abdominal pain were reported by 3 patients who withdrew from the treatment. Out of the 27 patients who completed the treatment of 3-months 26 (96.3%) patients could achieve stabilization of the disease process. Additionally, partial repigmentation was seen in 19 cases (70.3%) on different parts of the body including hands. Ten out of the 27 patients had lesions of vitiligo on acral areas and they also reported repigmentation or reduction in the size of their lesions (Fig 1a,b).

Conclusions: Oral apremilast seems to be effective in controlling the progression and in inducing repigmentation in progressive adult vitiligo including acral vitiligo that is traditionally considered to be resistant to treatment.