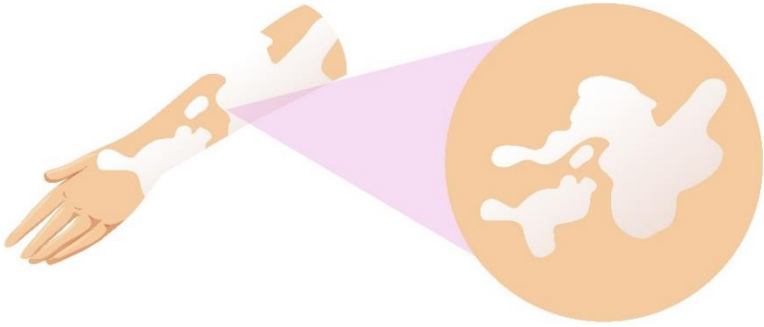




مدينة الملك فهد الطبية
King Fahad Medical City



Vitiligo

Vitiligo

A disease causes the loss of skin color which can affect any part of the body. It affects people of all skin types and may also affect hair and inside of the mouth.



Types of Vitiligo

Generalized vitiligo

- Many parts of the body

Segmental vitiligo

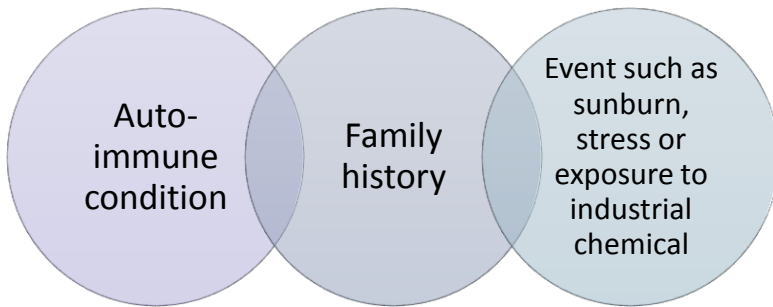
- Only one side or part of the body

Localized vitiligo

- One or only few areas of the body

Causes

Vitiligo occurs when the producer of melanin (the one that gives your skin, hair and eyes color) stops or die. The involved area of skin become lighter or white. It may be related to:



Symptoms

- Loss of skin color in different area
- Early development of white or gray hair on your scalp, eyelashes, eyebrows or beard
- Loss of color inside of your mouth and nose
- Change in color of the inner layer of the eyeball

Diagnostic Procedure

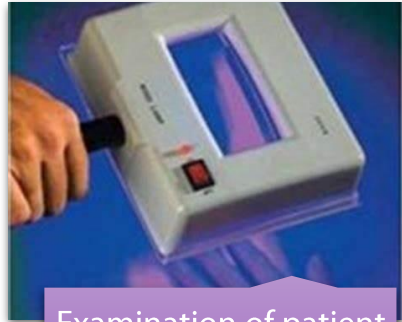
Medical history and exam: your doctor will ask about your medical history, he or she may use a special lamp (woods lamp) to determine whether you have vitiligo or not.

Skin biopsy: Will take skin sample on the affected skin and send to pathology to diagnose Vitiligo.

Blood draw: Laboratory test to look for underlying autoimmune conditions



Skin Biopsy



Examination of patient using woods lamp

Treatment

Medications:

1. Creams that control inflammation. Applying a corticosteroid cream to affected skin may help return color.

2. Medications that affect the immune system.

Ointments containing tacrolimus or pimecrolimus.

Therapy:

- 1. Light Therapy**
- 2. Removing the remaining color (depigmentation)**
- 3. Surgery**



Narrow Band Ultraviolet B machine
Light Therapy for treating Vitiligo
(Generalized)



Theralight Machine
Light Therapy for treating Vitiligo (Segmental
or Localized)

Health Education for Vitiligo Patients

Avoid sun exposure



Use sunscreen protection when going out



Don't get a tattoo to avoid skin injury



Consider daily supplement of Vitamin D



Avoid food that contains hydroquinone (pears and blueberries), excessive sour food (lemon and lime), spicy foods –that will make the condition worse



لأن الوعي وقاية ..

إدارة التمريض الصحي

Outpatient Nursing Department

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