STANDARD TREATMENT WORKFLOW (STW)

VITILIGO

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Binod K Khaitan¹, Deepika Pandhi², Ananta Khurana³, Dipankar De⁴, Rahul Mahajan⁵, Renu George⁶, Vishal Gupta⁷

¹All India Institute of Medical Sciences, New Delhi; ²University College of Medical Sciences, New Delhi; ³Dr. Ram Manohar Lohia Hospital, New Delhi; ⁴Postgraduate Institute of Medical Education and Research, Chandigarh; ⁵Postgraduate Institute of Medical Education and Research, Chandigarh; ⁶Christian Medical College, Vellore; ⁷All India Institute of Medical Sciences, New Delhi

CORRESPONDING AUTHOR
Dr Binod K Khaitan, Department of Dermatology, All India Institute of Medical Sciences, New Delhi
Email: binodkhaitan@hotmail.com

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VITILIGO

**Generalized Vitiligo**
- Lesions in a generalized distribution, usually affecting trunk, extremities and face
- No prediction for any specific site; also called vitiligo vulgaris

**Acrofacial Vitiligo**
- Affects the distal extremities and/or faciogenerals
- Less responsive to treatment

**Universal Vitiligo**
- Universal ≥ 80% of body surface area involvement

**Segmental Vitiligo**
- Unilateral with a midline demarcation
- Orient in childhood
- Leucotrichia both within and later to the lesion
- Usually stabilizes within a year after initial period of progression
- Response to medical treatment is variable and most patients may require surgical treatment

**COMMON DIFFERENTIAL DIAGNOSES**
- Leprosy
- Hypopigmented, not depigmented muscles
- Overlying sensory loss
- Enlarged peripheral nerves
- Pityriasis alba
- Hypopigmented scaly lesions usually on a child’s face
- Nevoid depigmentation
- Present since birth or early childhood
- Single hypopigmented/muscle/segmental lesion

**TREATMENT**

1. **Stable**
   - Primary/secondary Level
   - No change in disease activity
   - No change in melanocyte count

2. **Progressive**
   - Primary/secondary Level
   - Increase in disease activity
   - Increase in melanocyte count

3. **Refractory**
   - Tertiary Level
   - No response to previous treatment
   - Consider surgical treatment

**TREATMENT OPTIONS**
- **Topical Treatments**
  - Tacrolimus 0.1% ointment BD
  - Monosodium glutamate (MSG) cream OD
  - Levo-methasone dipropionate cream 0.05%
  - Psoralen + Ultraviolet A (PUVA)/Ultraviolet B
  - Laser therapy
- **Systemic Treatments**
  - Azathioprine
  - Methotrexate

**IMPORTANT COUNSELLING POINTS**
- Not the same as leprosy
- Does not spread by touch
- Not caused by certain foods such as milk, curd, lemon, fish etc.
- Treatment is available for vitiligo
- Multifactorial, predominantly autoimmune

**REPEATED GENERAL PRINCIPLES OF MANAGEMENT**
- **Stable**
  - Primary/secondary Level
  - No change in disease activity
  - No change in melanocyte count

- **Progressive**
  - Primary/secondary Level
  - Increase in disease activity
  - Increase in melanocyte count

- **Refractory**
  - Tertiary Level
  - No response to previous treatment
  - Consider surgical treatment

- **SIDE EFFECTS**
  - **Topical Treatments**
    - Skin irritation, burning sensation
  - **Systemic Treatments**
    - Gastrointestinal side effects
  - **Laser therapy**
    - Temporary redness, swelling

**REFERENCES**
- Khaitan BK, et al. JEFI 2023

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