

Vitiligo (Piebald Skin)

a) Definition

The term vitiligo describes the decline of the pigment producing cells with a tendency to spread (progression). This means the unpigmented white areas accumulate and grow. To this day the original cause of this dysfunction remains unknown. It is commonly believed that the disease is caused by a disorder of the immune system.

b) Occurrence

In Germany the number of people affected is estimated at approximately 1.5 million.

c) Possible Causes and Negative Factors

- *Negative Stress*
- *UV overexposure (sunburn)*
- *Mechanical Stimuli*
- *Chemical Effects*

d) Common Methods of Treatment

- PUVA
- SUP (SET)
- Corticosteroids (Cortisone)
- Melanine Precursors

e) Treatment of Vitiligo in the Dead Sea Region

Treatment consists of gradually increased exposure to the sun as well as skin care with ointments or oils (baby oil, avocado oil) and protection of the already sufficiently irradiated skin with either sunscreen or lotions with a high solar factor. Patients are asked to directly expose themselves to the sunlight, which gives the areas of skin affected by vitiligo a pink or red discoloration. Upon achieving such an intense erythema the exposure to the sun must be stopped. Should not all vitiligo affected areas have assumed the same reddening, the intensely discolored areas of skin must be covered with sunscreen so that the lighter areas can be further exposed to the sun. Achieving the necessary erythema while avoiding the development of blisters can be a difficult task which requires patience, attention and experience of both doctor and patient. Areas padded by fat such as face, throat, neck and stem react a lot more intensely to UV radiation and therefore redden and pigment a lot faster than the back of the hand or the arch of the foot. Fingers and toes react even slower to the effects of sunlight. The resulting pigmentation is located perifollicularly and appears within the vitiligo foci macroscopically, either punctiform or from the edges. It merges and gradually diminishes the vitiligo areas. Behandlungsdaten:

Treatment timetable

Recommended Treatment Period
April – October

Recommended Duration
4 – 6 weeks