

JOINT EVENT

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A study on stability of acrofacial vitiligo**Megha Chandrashekar and Umashankar Nagaraju**
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Introduction: Acrofacial vitiligo being cosmetically disfiguring, can affect patients self-esteem, employability and interaction with society. The resistant nature if this form of vitiligo adds to anger and disillusionment in the affected individual. The defiant form in addition to its unstable nature necessitates the further study on acrofacial vitiligo.

Objectives: The objective of this study is to determine the clinical morphology with respect to stability of vitiligo.

Materials & Methods: A cross sectional study was done over a period of one year comprising of patients with acro-facial vitiligo. Relevant investigations including histopathology and patch test were done wherever necessary.

Results: A total of 191 cases of acrofacial vitiligo were included in the study. Among stable acral vitiligo (59.48%), ill-defined margins were seen in 84.61% and dorsum was the commonest site (23.57%). Among unstable vitiligo, joint was predominantly involved (27.03%).

Conclusions: Being prone for injuries, acrofacial areas are unstable. Well defined margins do not strike to the stability of acral vitiligo and signs of activity can be seen even in stable vitiligo. Hence unlike vitiligo of other areas, where well defined margins can be a marker of stable vitiligo, margins may not be a scale for defining the stability of acral vitiligo. Involvement of bony prominences could indicate unstable course and least involvement of proximal area of the phalanges may indicate its unstable nature.

Recent Publications

1. Chandrashekar Megha, Shilpa C and Navule Siddappa S (2017) A cross-sectional prospective study on cutaneous diseases in pediatric patients belonging to low economic group families attending primary health care at Bangalore rural south. Journal of Evidence Based Medicine and Healthcare. 4:5964-5968.
2. Chandrashekar M and Nagaraju U (2018) A study on stability of acrofacial vitiligo. Clin. Dermatol. Res. J. 3(1)1-6.
3. Kuzar Yadalla H K, Vivekananda, Kumar K and Chandrashekar M (2015) Psoriasis: an eye opener- a cross sectional study in tertiary care hospital of south India. Our Dermatol. Online. 6(1):5-11.
4. Cutaneous lesions during early neonatal period and prevalent skin care practices in Bangalore rural- a cross sectional prospective study.
5. Clinic-epidemiological study on acro-facial depigmentation.

Biography

Megha Chandrashekar completed her graduation from Vydehi Institute of Medical Sciences and Research Centre (2011); She pursued her postgraduation from Rajarajeswari Medical College, (2015) affiliated under the Rajiv Gandhi Institute of Health Sciences. She is presently pursuing her Fellowship in the field of Trichology in Bangalore Medical College and Research Institute. In addition to the ongoing trichology training, her areas of interests are vested in the field of vitiligo. She is passionate in creating new pathways for refining the healthcare for the rural residents based in India.

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