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Pediatric vitiligo: A study to delineate the clinical profile of a morbid disease

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Introduction: Approximately 50% of vitiligo patients are less than 20 years, while 25% of children experience vitiligo before the age of 10 and its onset is on the rise since two decades.

Aim: To study clinical pattern in childhood vitiligo.

Material & Methods: A total of 120 patients with vitiligo were included. The diagnosis of vitiligo was made on clinical grounds by two different dermatologists independently. The inclusion criteria were unequivocal clinical diagnosis of vitiligo and age of onset up to 18 years. The cases whose clinical diagnosis was in doubt, which did not consent to take part in the study, were excluded. Relevant differential diagnoses were ruled out on basis of assessment and appropriate investigation. A detailed history of the patient and his/her relatives was taken and clinical examination was done.

Results: Out of 120 patients in study, 75 (62.5%) were females and 45 (37.5%) were males. The mean age of onset was 8.4 years. A positive family history was seen in 27 (22.5 %). Clinically, 45 (37.5%) patients had vitiligo vulgaris, 36 (30%) had segmental distribution, local variant in 24 (20%) while 15 (20%) showed acral distribution. The most common site was trunk (33.9%) followed by head and neck (32.14%), extremities (23.4%) and palms/soles (10.7%). 6 (5%) patients had additional mucosal involvement. 18 (15%) of the patients relatives had autoimmune disorder, most common being hypothyroidism. Leucotrichia was seen in 42 (35%) of the patients, premature graying in 12.5% of patients. Koebnerization was seen in 15 (12.5%) while nail involvement was seen in 57 (47.5%) of patients with the most common finding being striate leuconychia (32.5%) followed by pitting (15%).

Conclusion: In recent times, vitiligo is affecting younger generation with an increasing incidence. The occurrence of vitiligo in young may offer a more clear understanding of its pathogenesis. Its short duration and limited history can point to the triggering event more clearly. Further childhood vitiligo requires special consideration both in terms of pharmacological and psychological management.

Biography

S B Murugesh is the Head of the Department of Dermatology at JJM Medical College in India and has been an avid learner and Teacher since past 25 years and also a Fellow at American Society (VIENNA). He is an Academician with several published articles in national and international journals.

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