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The efficacy of UVB phototherapy in patients with long-existing vitiligo

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Introduction: There is a view of the impossibility of recovery of skin pigmentation in the long-existing vitiligo lesions. We studied efficacy of UVB phototherapy in long-existing vitiligo.

Materials and methods: 80 patients enrolled in the study had non-segmental vitiligo with duration of disease from 4 month to 42 years. The 64 patients underwent Narrowband UVB phototherapy (311 nm) in the cabin Waldmann UV 7001K (Germany), 16 patients - ultraviolet excimer laser irradiation with a wavelength of 308 nm (XTRAC XL PLUS, PhotoMedex Inc, USA). Median number of procedures per course was 54.

Results: Analysis of treatment results showed the efficacy of phototherapy in long-existing vitiligo. In patients with duration of disease less 10 years (n=54) the average percentage of repigmentation in lesions after a course of phototherapy was 46.4%, in patients with duration of disease 10-20 years (n=15) – 26.9%, in patients with duration of disease more than 20 years (n=11) – 36.8%. The correlation analysis in the general group (n=80) revealed weak inverse correlation of percentage of skin repigmentation and disease duration (Kendall tau rank correlation coefficient is -0.15). Three of the 11 patients with duration of disease more than 20 years after treatment had the percentage of skin repigmentation more 70% in vitiligo lesions, four patients – from 30 to 50%, four patients – less 15%. The patient with duration of disease 42 year showed percentage of repigmentation 30%.

Conclusions: The findings suggest the ability of UVB phototherapy to stimulate repigmentation in vitiligo patients with long duration of disease, including more than 40 years.

Biography

Diana Proshutinskaia is a leading researcher of department of dermatology. She has published 30 papers in reputed journals. She is a member of EADV, ESPD.

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