Understanding Nonsegmental Vitiligo

Everyone's experience of living with vitiligo is different, and understanding what's happening in your skin can help you feel more informed about the choices ahead.

Vitiligo is an autoimmune disorder. This means the immune system mistakenly attacks melanocytes—the cells that make melanin, or skin pigment.[1,2] When melanocytes are destroyed, pigment is lost. This causes white patches to appear on the skin.[2,3]

Approximately 85%-90% of vitiligo cases are “nonsegmental”. In nonsegmental vitiligo, symmetrical patches appear on both sides of the body.[1,4] The remaining 5%-10% are “segmental”. In segmental vitiligo, patches appear on only one side of the body.[1,4]

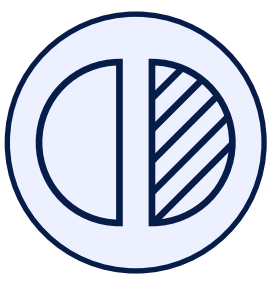
Did You Know?



Vitiligo affects about **three million people** in the United States[5]



Pigment loss can occur anywhere. **Patches often appear in highly visible or sensitive areas,** including the face, hands and groin[2]



Of people who are diagnosed, **almost half** develop vitiligo before the age of 20[3]



Vitiligo can show up on any complexion, but patches may be **more noticeable on darker skin tones** than lighter skin tones[4,6]

Living With Vitiligo

Vitiligo can be unpredictable. It can be hard to know when or where pigment loss will occur, or how much pigment will be lost. Vitiligo may be stable for a time and then become active, meaning new patches appear or existing patches spread.[7,8] New or spreading patches within the past six months may mean vitiligo is active.[1]

Signs of new or spreading patches:[1,9,10]

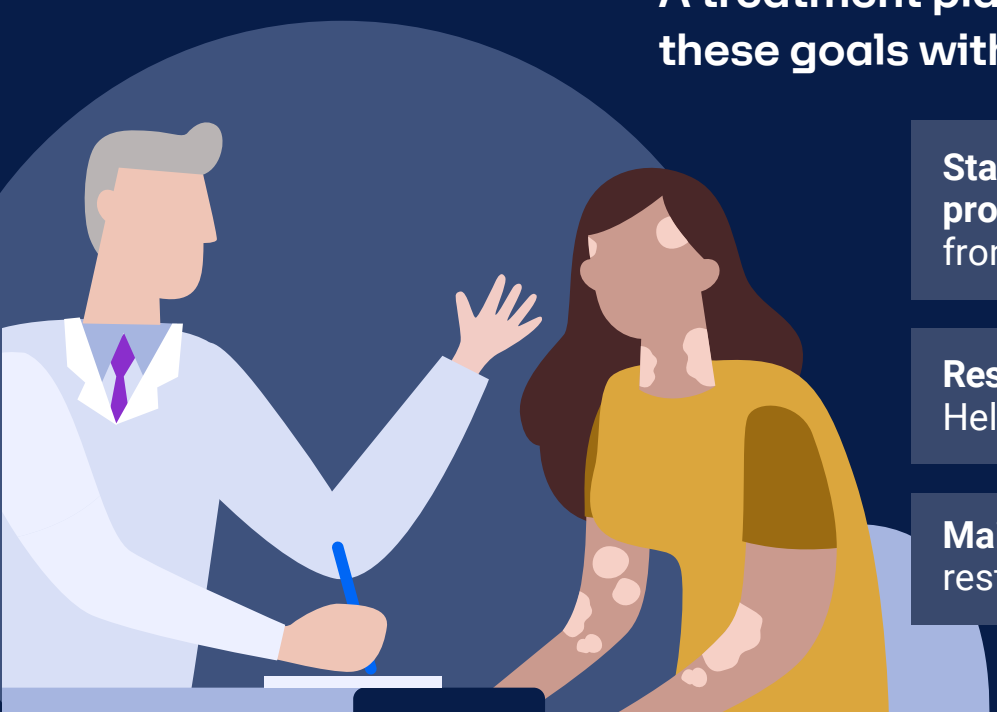
1. Appearance of new confetti-like dots
2. Patches featuring three different colors
3. New patches after a skin injury



Treating Vitiligo

How vitiligo affects you, and what you want to achieve from treatment, is personal. You can work with your healthcare provider to discuss your goals and find an approach that meets your individual needs.

A treatment plan could include setting these goals with your dermatologist:[3,11,12]



Stabilization of depigmentation progression: Helps stop patches from spreading or getting larger

Restoring pigment (repigmentation): Helps color return to affected skin

Maintaining results: Helps the restored pigment last

Every person’s vitiligo is different. Restoring pigment takes time and progress may look different from person to person.[1]

Talking to Your Dermatologist

Talk openly with your dermatologist about your treatment goals, progress and expectations. Consider asking:

1. Is my vitiligo currently stable or active?
2. What treatment options are available to stop the progression or encourage repigmentation?
3. How long does it take to treat vitiligo?
4. When should I expect results?

Following your treatment plan and attending regular follow up visits can help you and your dermatologist track your progress and make informed decisions about your care together.

Your health is worth the conversation. Learn more at www.vitiligorunsdeep.com

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