Medical treatments in vitiligo

Vitiligo: building the toolbox
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Clinical evaluation and tailoring therapy
Signs of activity:
- Koebner
- Trichrome
- Confetti
- Inflammatory

Treatment modality pearls
Phototherapy
- NBUVB is better tolerated, has longer duration of effect, and better color
  match compared to PUVA
- Treatment number is more important than frequency
- MED of vitiliginous skin varies with background FST, and 66% of patients
  photoadapt
- Vitiligo is protective for skin cancer

Topical therapy pearls
- Class I topical steroids can be used safely
- Metaanalyses suggest that tacrolimus is as effective as class I topical
  steroids

Emerging therapies
- Topical 2% tofacitinib and 1.5% ruxolitinib are efficacious
- Emerging targets including IL-15 inhibition offer exciting new paradigms for therapy

Adjunctive treatments
- Polypodium leucotomos, 250mg PO TID improved pigmentation on face and
  neck with phototherapy
- Ginkgo biloba 40mg PO TID increased repigmentation in limited vitiligo