



# The Vitiligo Centre Australia

## Our centre is growing?

Since launching The Vitiligo Centre Australia in June 2018 we have been inundated with referrals from General Practitioners as well as enquires from the public. We now have patients visiting from all around Australia for autologous melanocyte transplantation and our most recent results are very impressive. As one of the first centres in Australia to offer excimer pulsed light treatment we are excited to submit this month our findings for consideration of scientific publication.

## Do you require urgent medical attention?

Our current appointment time is 6-8 weeks but if your vitiligo is spreading rapidly your referring Doctor can fast track your appointment by speaking to one of our Dermatologists and explaining the urgency. The quicker treatment is started the better the outcome.



## Dietary supplements in vitiligo: L-Phenylalanine

L-Phenylalanine is widely used in medicine for the treatment of different diseases such as depression, Parkinson's disease, chronic pain, osteoarthritis and rheumatoid arthritis). It is an essential  $\alpha$ -amino acid, the natural precursor for tyrosine, which is further converted within melanocytes (skin pigment cell) into the skin pigment melanin hence the interest as a supplement in vitiligo. L-Phenylalanine is found in dietary products such as eggs, chicken, liver, beef, milk, cheese, and soybeans)

L-phenylalanine is usually safe, except for people affected by the condition phenylketonuria and may be prescribed both orally (or topically by your dermatologist. Best results are reported if combined with narrow band UVB phototherapy

## We are presenting at the 2019 Asia-Derma Conference in Singapore

Dr Phillip Artemi, Founder and Director of The Vitiligo centre Australia, has been invited to present his research findings at Asia Derma, 31 October to 2 November 2019 in Singapore.

Over the past two years Dr Artemi has been investigating whether the early introduction of systemic therapy may halt progression, maximise repigmentation and reduce the relapse rate of vitiligo. Twenty patients with previously untreated, clinically active or morphologically unstable non segmental vitiligo of less than 3 months duration were commenced on oral mini pulsed dexamethasone for a treatment period of 3-6 months. Patients were then followed-up for 6 months. The results which will be published on our website after the Conference may change the way Dermatologists approach the initial treatment of vitiligo from a previous "reactive" approach to a "proactive" mindset

### The first visit

At your first visit bring a list of previously tried treatments and any original photos of your vitiligo that may assist your Dermatologist

At your first visit, in addition to consultation and personalised treatment, baseline photography, skin care, dietary and camouflage advice will be provided

## Skin care for vitiligo patients

The following self care skin tips are recommended for patients with vitiligo:

Protection from the sun (ultraviolet radiation) is very important for Vitiligo. It's good practice to apply sunscreen and cover body parts whenever venturing out in the sun between 10 a.m. to 4 p.m. Gentle early morning and/or late afternoon rays on the other hand can help in stimulating skin pigment cells and may benefit vitiligo.

When bathing, use mild soap free liquid cleansers applying gently to clean the skin, as rubbing and inflammation can trigger the onset of new patches.

Minimise skin injury: wear loose fitting protective clothing as friction, a cut, a graze, or a scratch may lead to a new patch of vitiligo

Avoid chemical-based products like deodorants or perfumes directly on skin as irritation and inflammation may promote new patches. A good alternative is to use them on clothes instead.

As options of treatment for Vitiligo such as creams, light therapy and oral medicine take many months to show results, masking the patches and using cosmetic camouflage helps in hiding visible patches on face and arms.

As Vitiligo is also a psychological and social disease, it is important to factor in the resulting mental stress and try methods like Yoga, meditation, pursuing a hobby etc. to stay positive. Mental stress may trigger patches to occur on the skin and hence must be controlled

The following occupational products may induce whitening of the skin: rubber gloves, lubricating and motor oils, commercial detergents, printing inks, certain laboratory chemicals

The following consumer products may induce whitening of the skin: hair dyes, perfumes, detergents/cleansers, bindi glue, black rubber, black socks, eyeliner, lip liner, alta dye.