



## Vitiligo

Vitiligo is a skin condition that causes the skin to loose it's natural color thus it appears lighter or whitish compared to the areas of surrounding skin. The term often used for this color loss is depigmentation. It can happen anywhere on our bodies including hair, skin, eyes, inside the mouth or even the genitatia. It can just be one spot or area (localized) or many scattered areas (generalized) and can affect men and women - from children on up. It affects people of all skin colors and of all races. It can be on one side of the body or affect the same place on both sides of the body - like hands or knees.

The cause of vitiligo is thought to be autoimmune - meaning that for some reason the body sees the melanocytes (our pigment cells) as enemies instead of friends and destroys them. We are unsure why this happens but those at higher risk to develop vitiligo are people with a blood relative who has the condition or if they happen to have an autoimmune disease themselves like Hashimoto's disease (a thyroid disease) or alopecia areata (hair loss in patches).

This condition can wax and wane with periods of return of pigment (repigmentation) and subsequently periods of loss of pigment.

Vitiligo can be devastating depending on the race of the patient and the location and severity of the condition

Treatments range from use of camouflage makeup/self tanners/skin dyes (that is obviously temporary) to topical prescription medications like strong corticosteroids to controlled light therapy (through a dermatology office) to laser treatments to surgery. All of the medical treatments can be effective in restoring the lost pigment. No treatment is quick or only done once - the treatments work best when used consistently over a period of months.

A fair amount of patients do repigment thankfully but everyone is different and we are unable to predict who will best respond to what. Research is actively being done for this condition - trying to gain information by identifying the genes involved in vitiligo and studying them in hopes of developing better treatments or even possibly a cure!

## Shea Tera Argan Oil & Acacia Honey Facial Wash

Shea Tera Argan Oil & Acacia Honey Facial Wash is a gentle cleanser that is 100% natural. It removes grime and breaks dead skin cells without stripping. It cleans and ultra-hydrates skin all at the same time! It is best suited for those skin types that may be sensitive or normal to dry. This time of year all skin hypes may enjoy this cleanser.

## General Reminders

As the weather gradually gets nicer, please don't forget to apply your SPF 30 sunscreen daily and re-apply every 2-3 hours if you are continuously in the sun. A wide-brim hat is a great idea and start stocking-up on your UPF 50 T-shirts and swimwear today!















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