

VITILIGO

and us...

Volume 2 - Living with vitiligo



VITILIGO

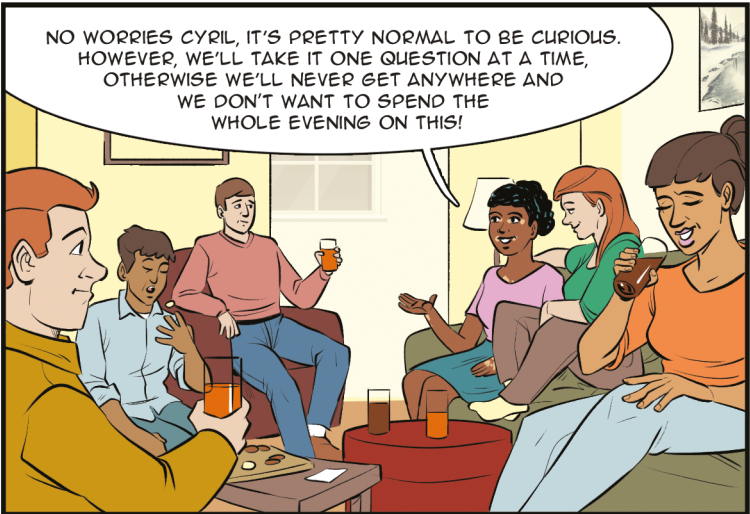
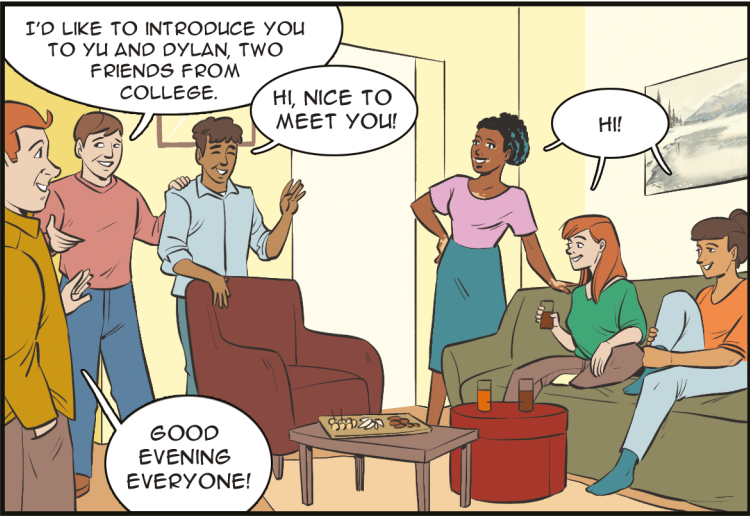
and us...

Volume 2 - Living with vitiligo

With our thanks to Emilie, Laura, Péroûndévy, Philippe, Siddiq,
to Martine Carré and Lucille Mauny, Clinical Psychologists.

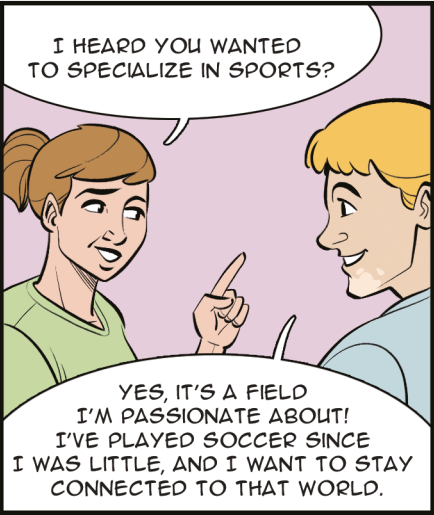
To Professor Julien Seneschal, Department of Adult and Pediatric Dermatology, Bordeaux University
Hospital and to our partner laboratories: AbbVie, ACM, Incyte, Pierre Fabre, and Pfizer.

HAPPY HOUR

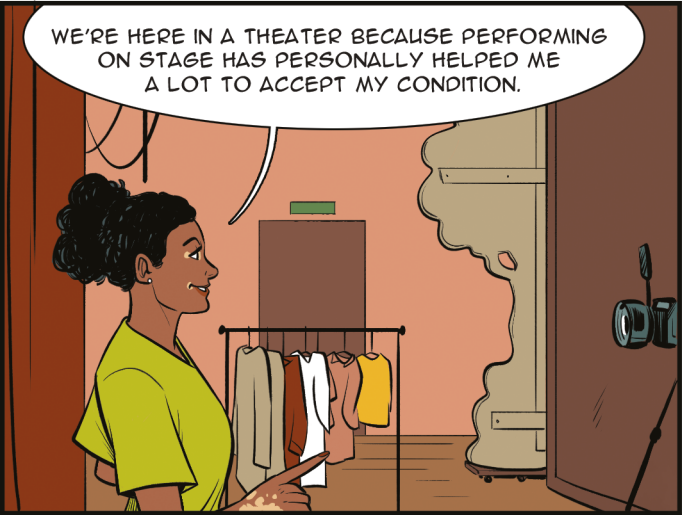
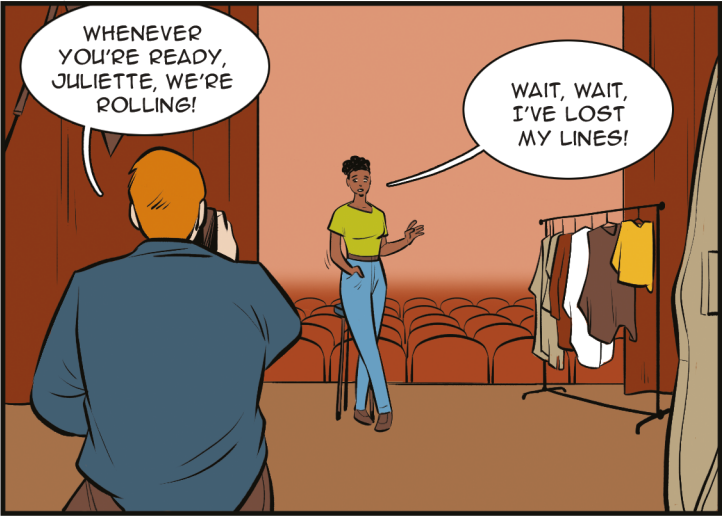


In social situations, if you don't have vitiligo and you're curious, ask the person concerned if it's ok to ask them a question. The important thing is to maintain a friendly and natural atmosphere: curiosity shouldn't turn into an interrogation.

THE FAREWELL PARTY



BEING FILMED

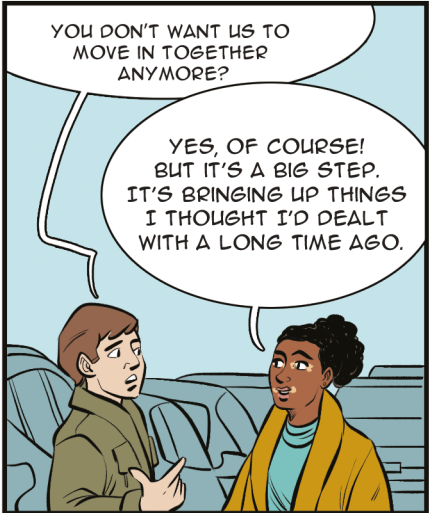
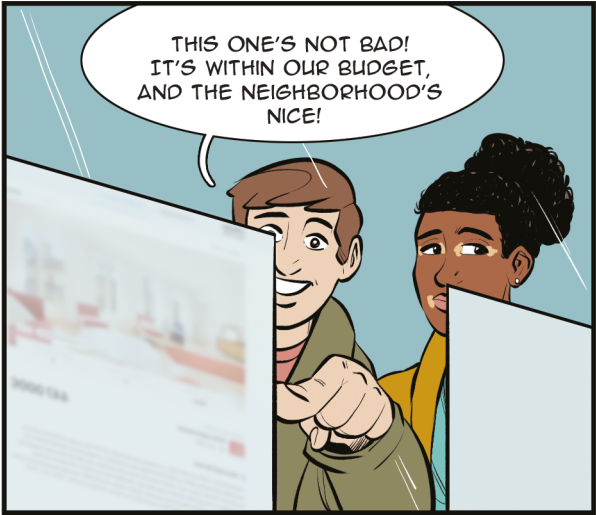
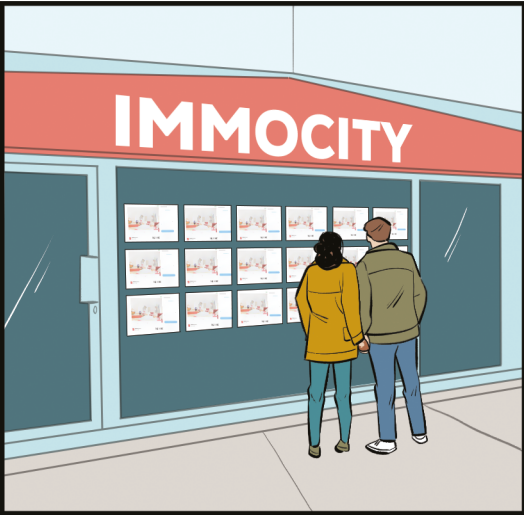


THE JOB INTERVIEW

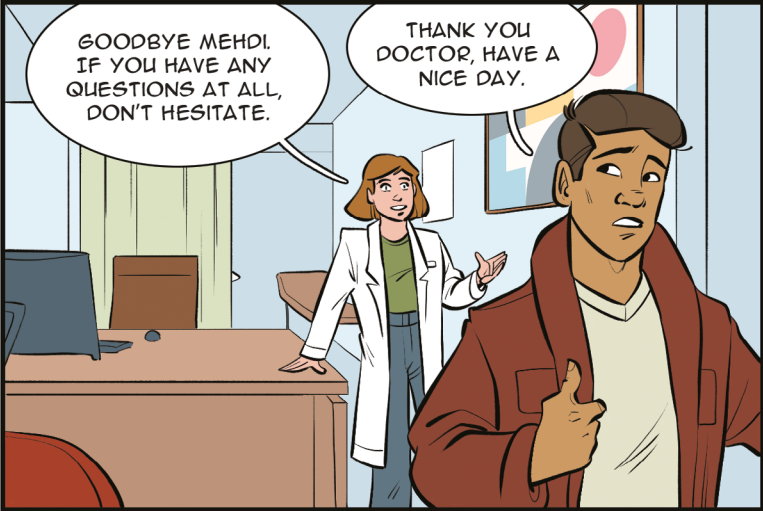


In the workplace, discrimination occurs when an employer treats candidates or employees differently because of their origin, gender, religion, or physical appearance. It can affect recruitment, salary, transfers, promotions, or training.

AT THE REAL ESTATE AGENCY



MEHDI

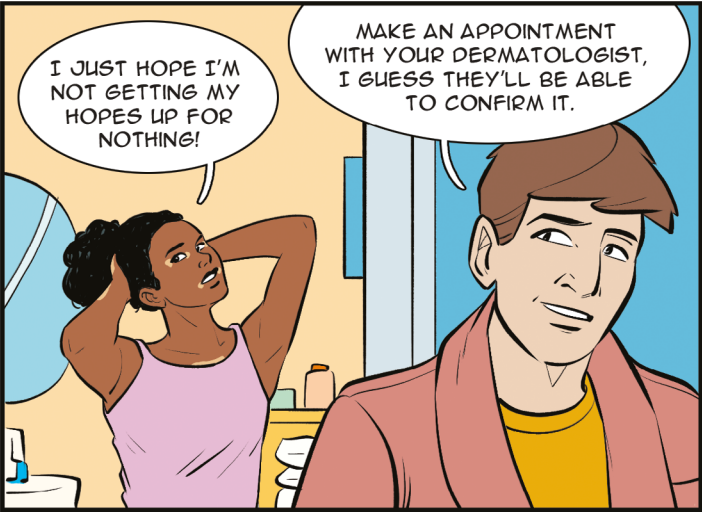


THE HAIRDRESSER

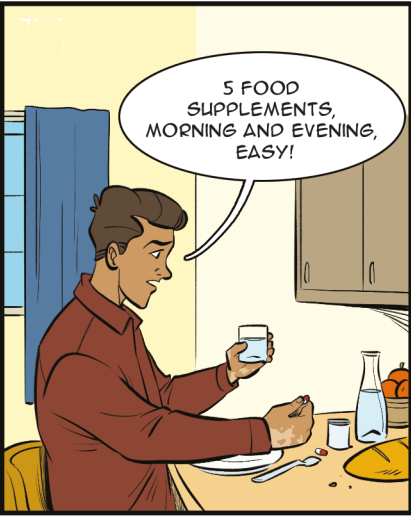
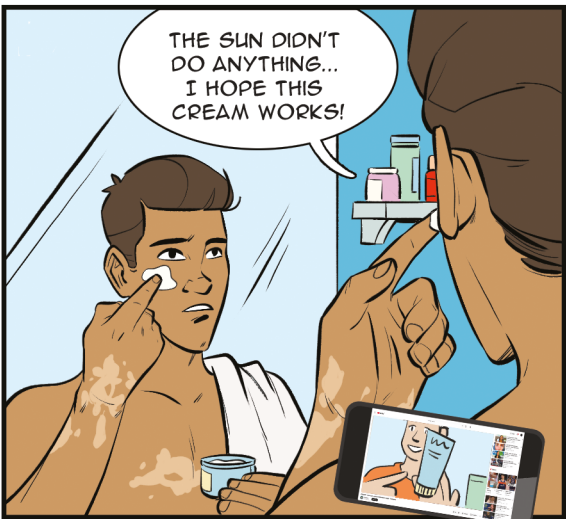
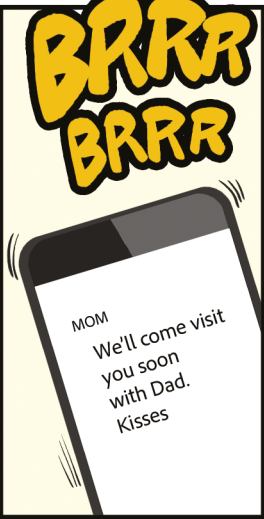
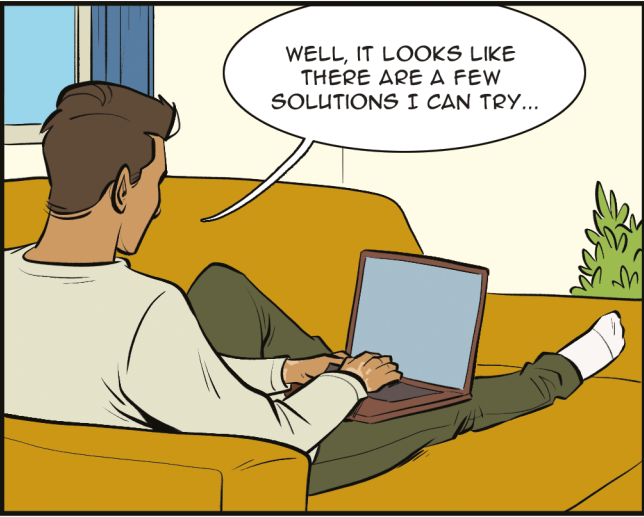


Vitiligo changes the appearance of the skin, but it is neither contagious nor painful. If you meet someone with vitiligo, you can ask respectful questions and behave as you normally would: kindness helps ease fears. And to you, who have vitiligo and may already have experienced awkward situations because of your skin: some clumsy reactions come from a lack of information. You are free to explain... or to say nothing at all. Both are perfectly valid.

REPIGMENTATION

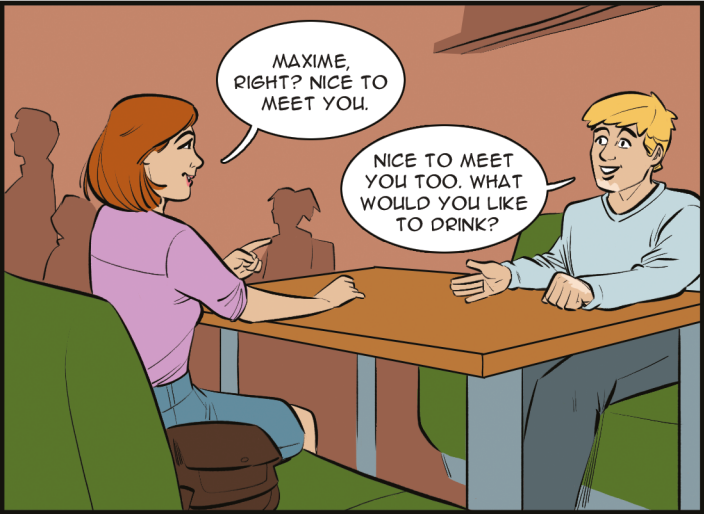


THE "MIRACLE REMEDIES"

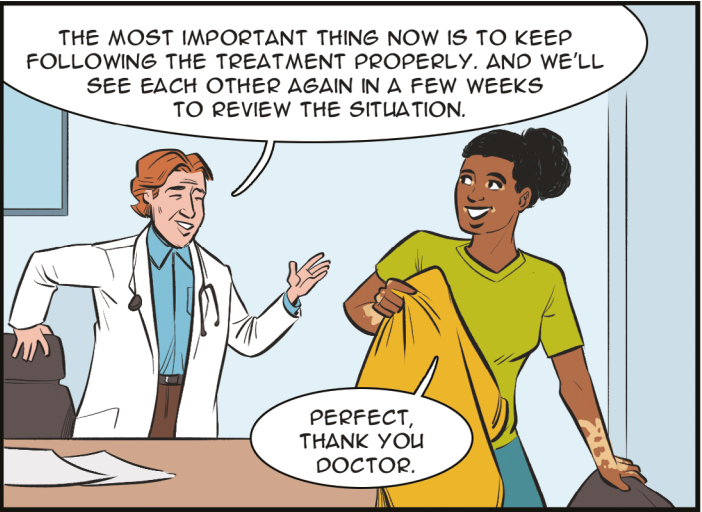
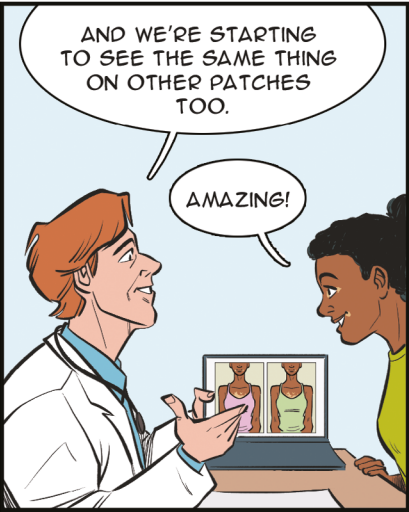
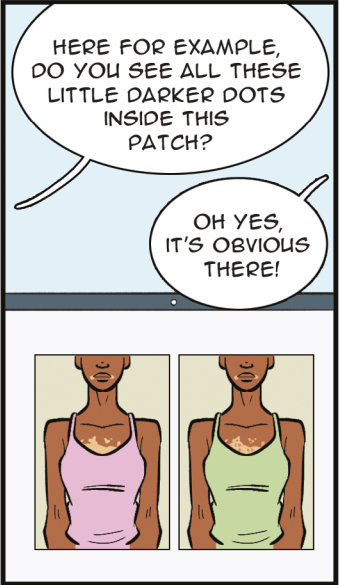
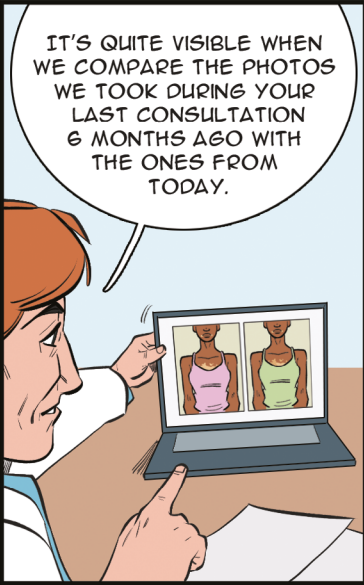
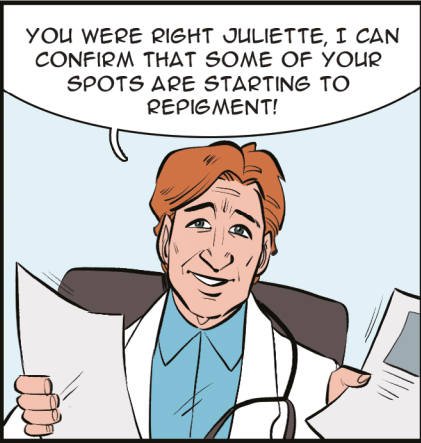


A vitiligo diagnosis can be difficult to accept.
In those situations, it's common to look for miracle solutions to recover quickly.
A lot of false information circulates online. You should stay vigilant and always ask a doctor for advice.

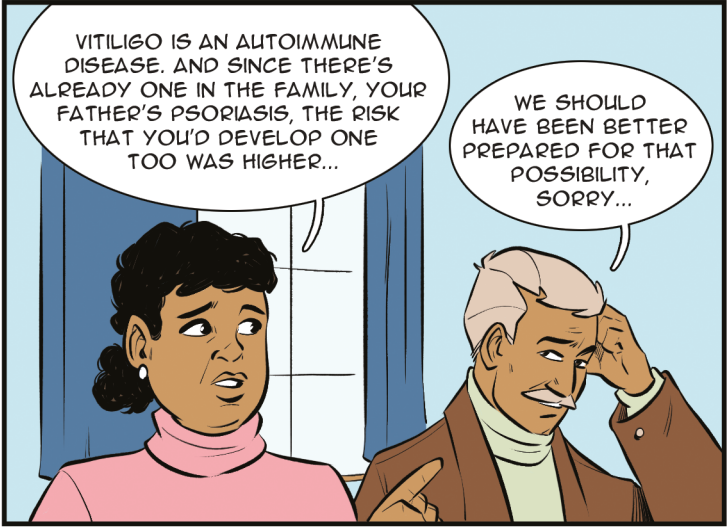
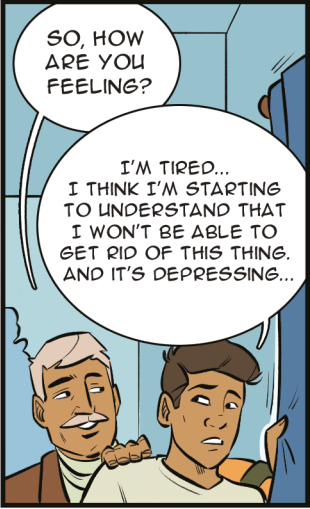
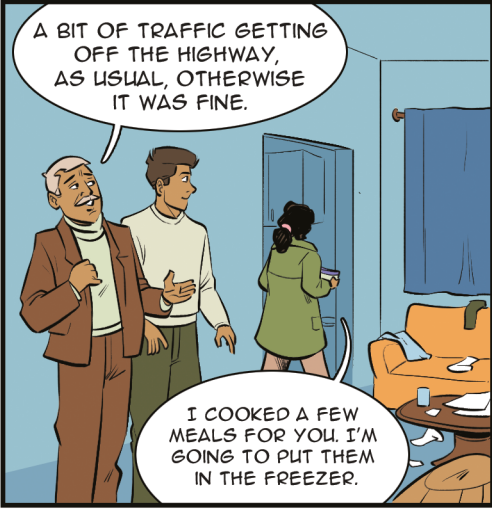
THE DATE



CONFIRMATION



THE PARENTS



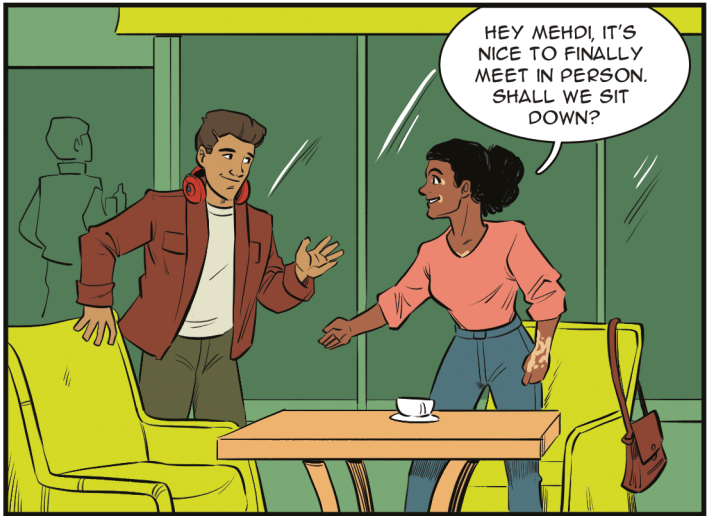
IN A RELATIONSHIP



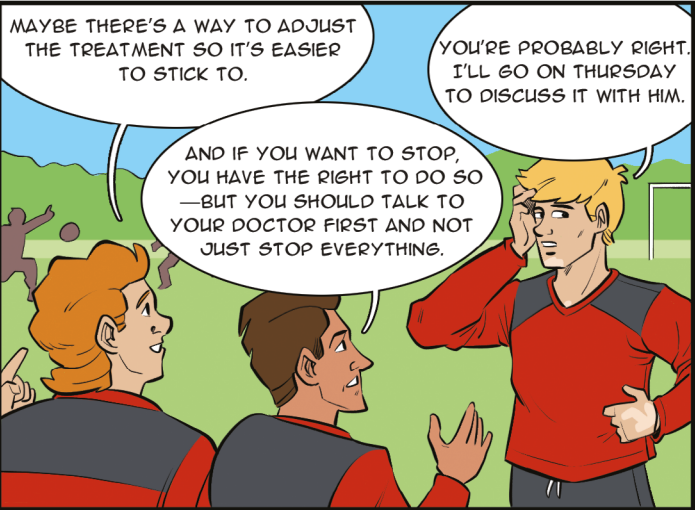
THE IDENTITY CRISIS



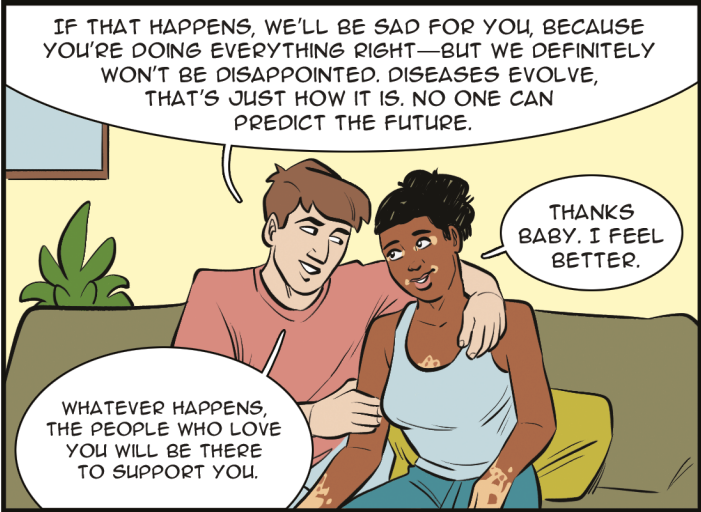
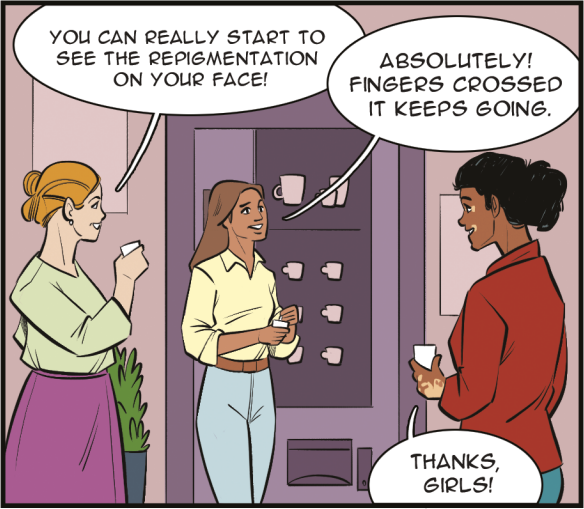
THE MEETING



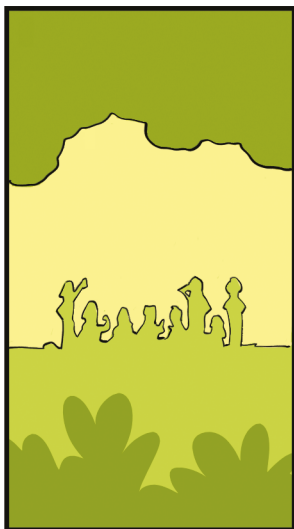
SICK OF TREATMENTS!



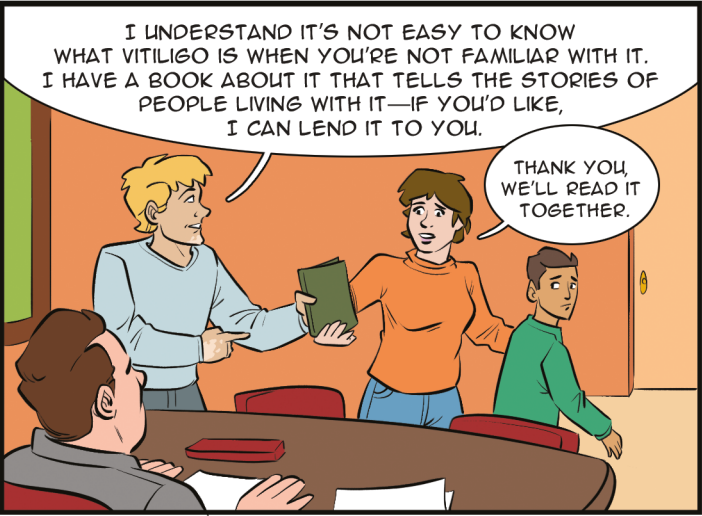
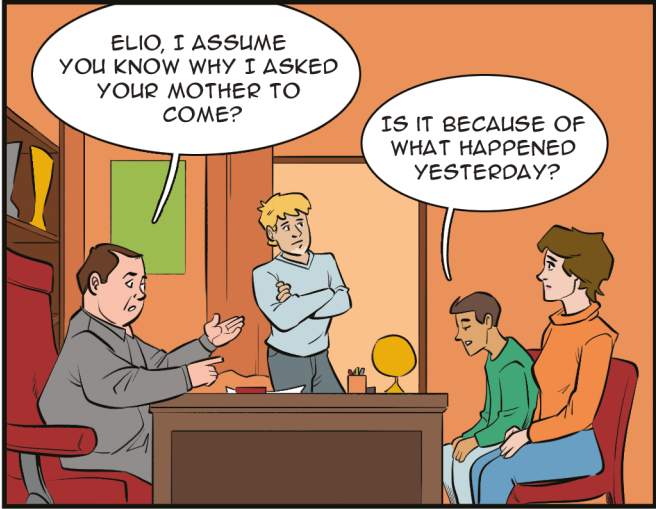
FEAR OF RELAPSE



ADVICE



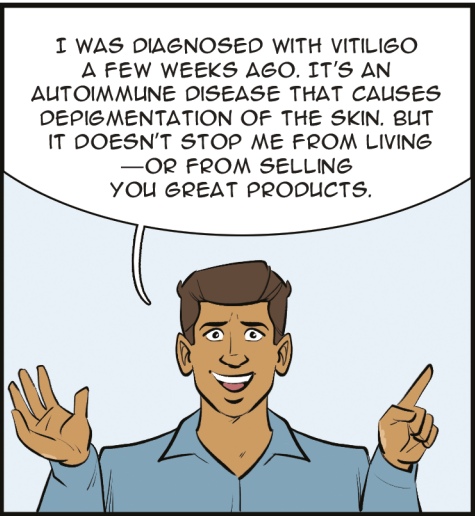
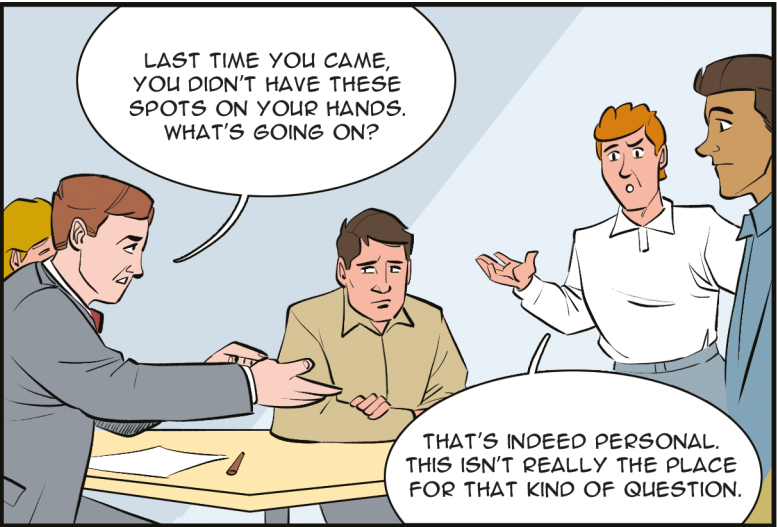
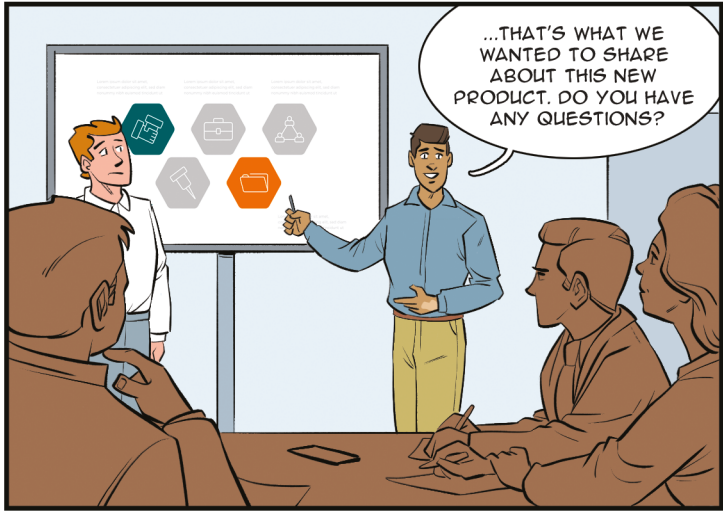
EDUCATION



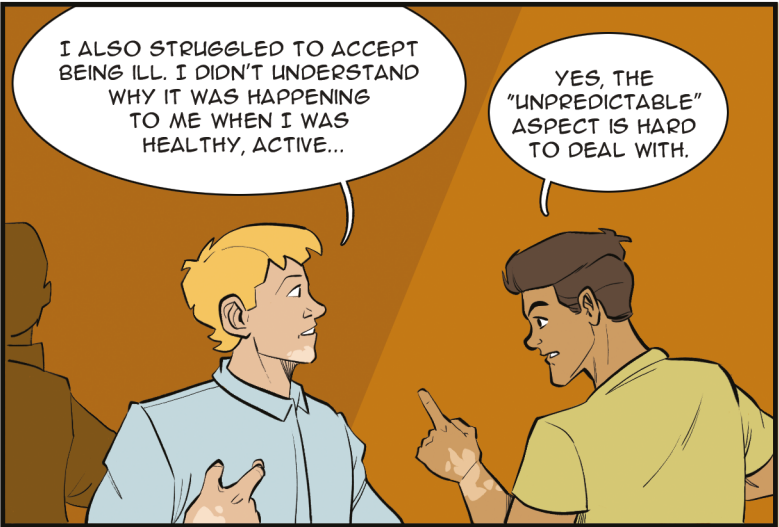
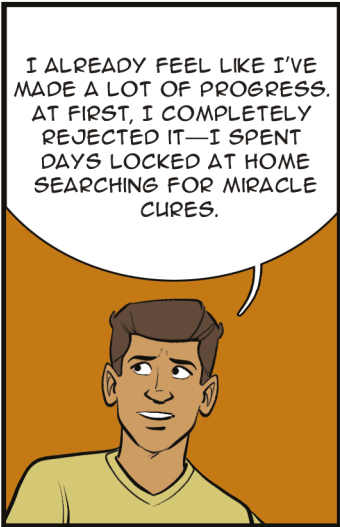
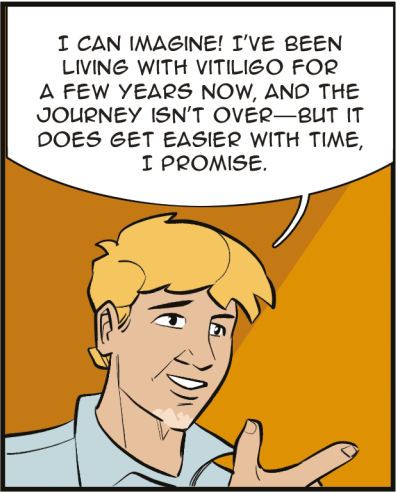
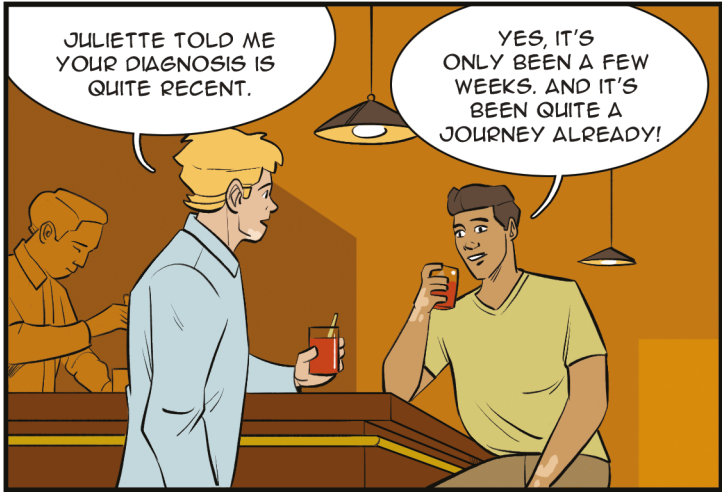
THE PHONE CALL



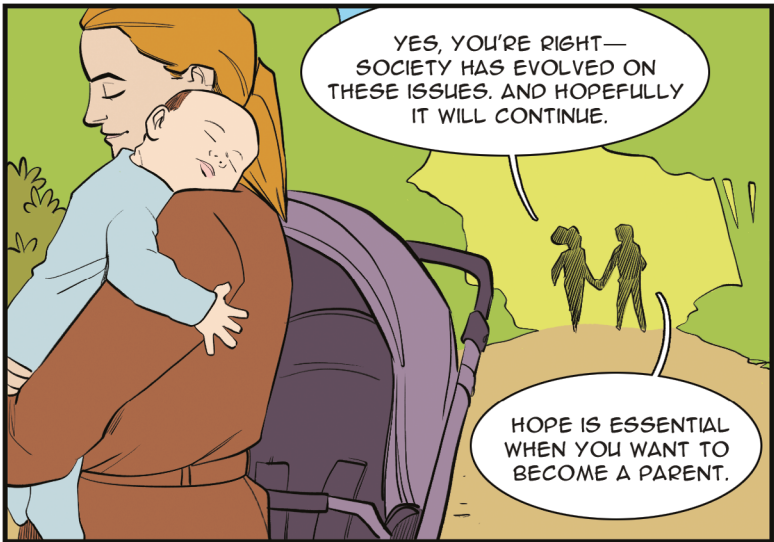
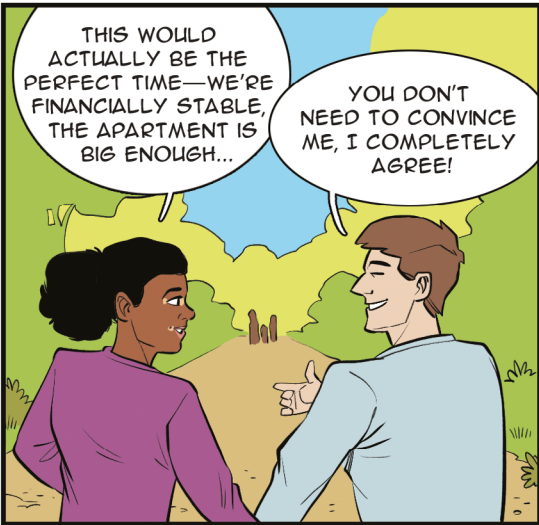
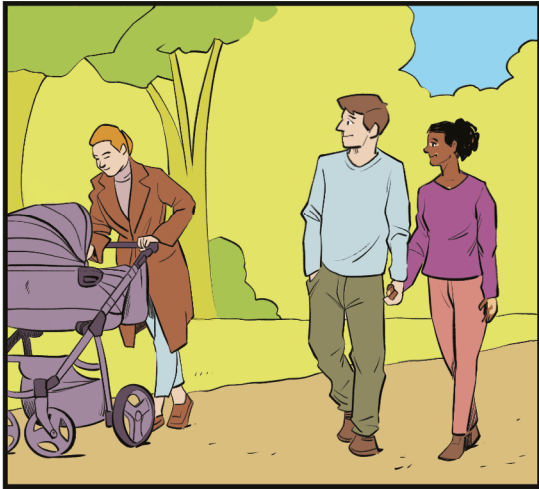
THE BUSINESS PRESENTATION



PERSONAL JOURNEYS



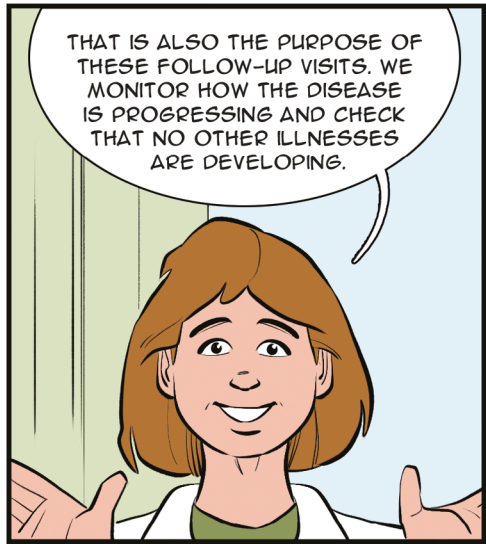
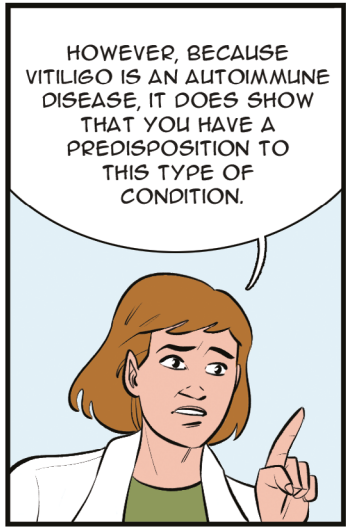
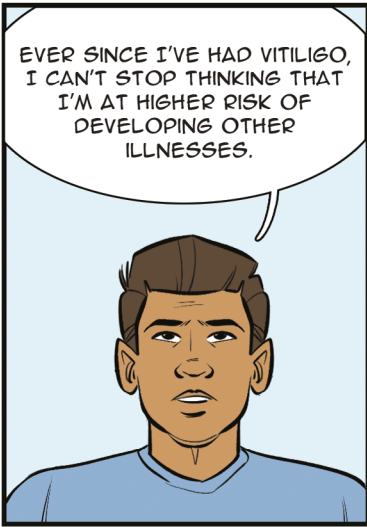
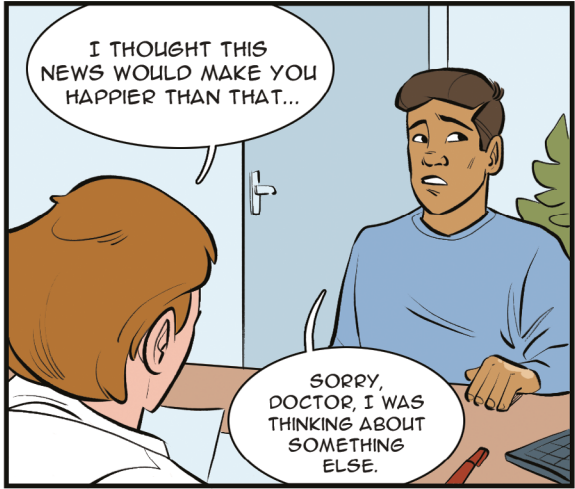
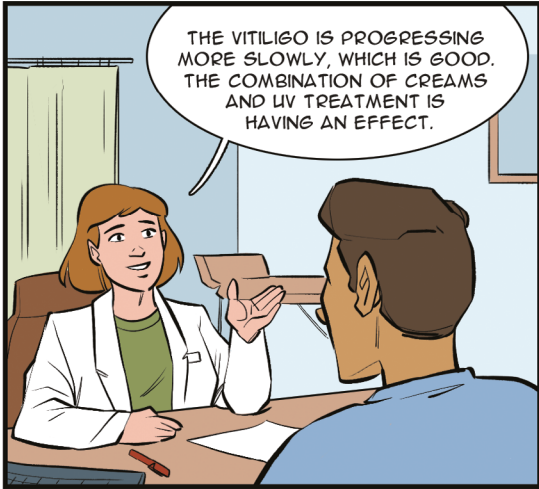
THE DISCUSSION



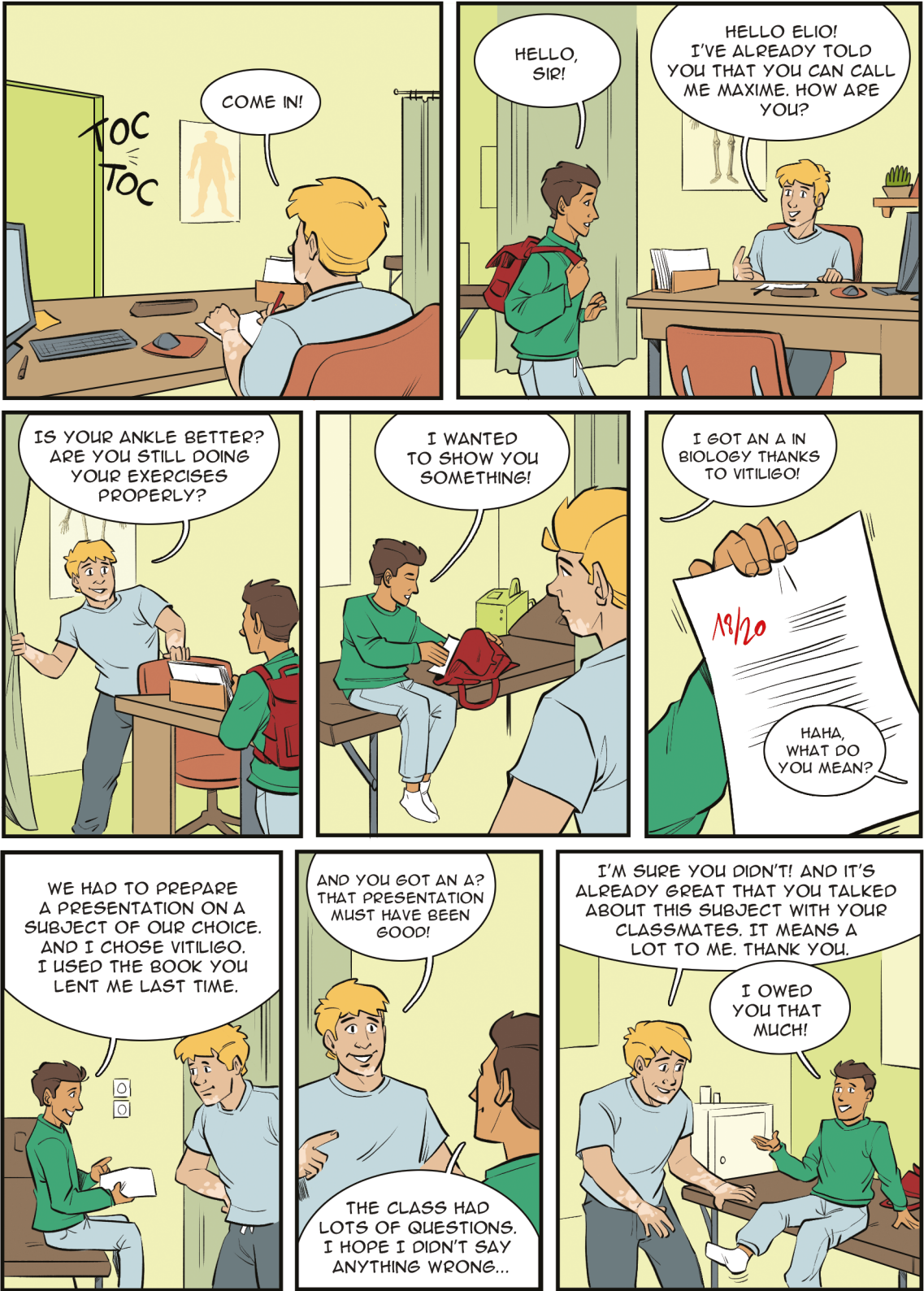
There is a genetic predisposition to developing the disease, but it is not directly hereditary. Vitiligo affects about 0.5 to 2% of the global population. First-degree relatives (children, siblings) of a person with vitiligo have a 5 to 8% increased risk of developing the disease. However, they still have over a 90% chance of never developing it.

Source: cure-vitiligo.com

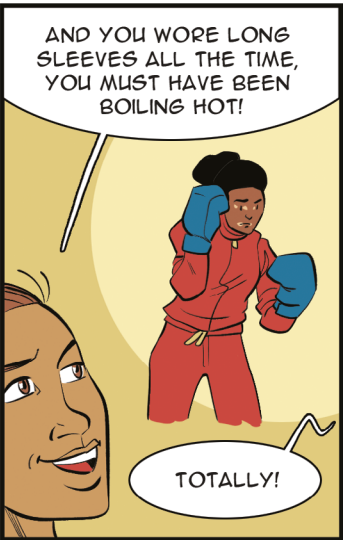
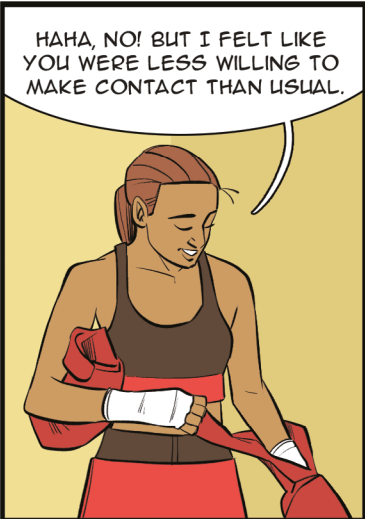
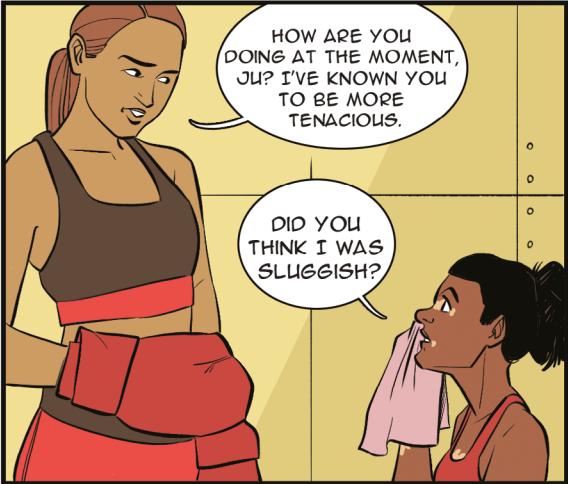
OTHER ILLNESSES



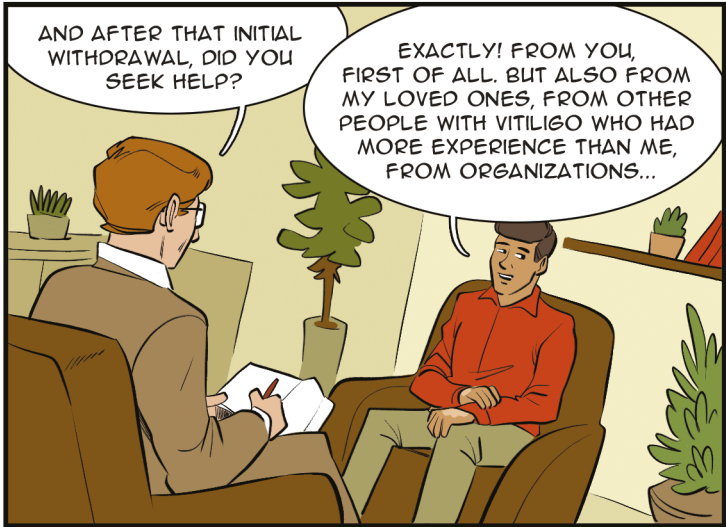
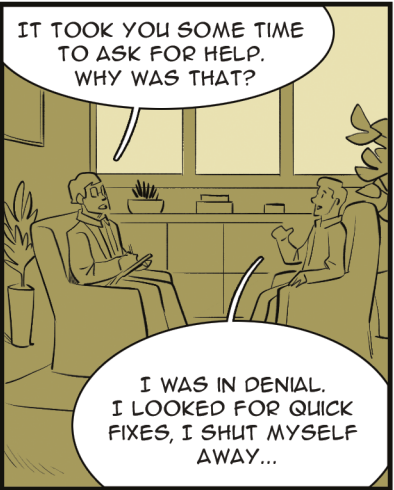
ELIO'S RETURN



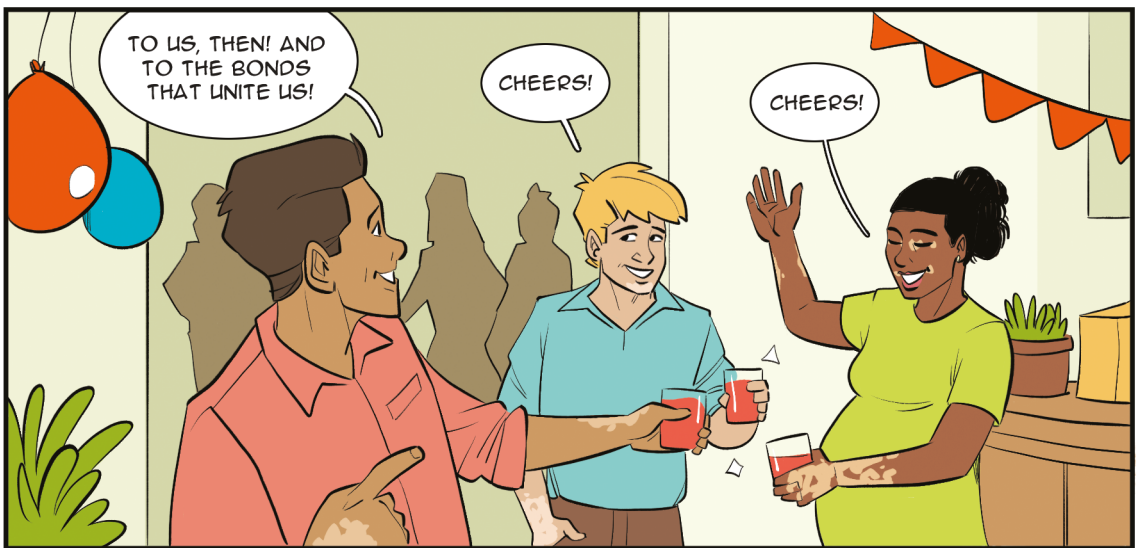
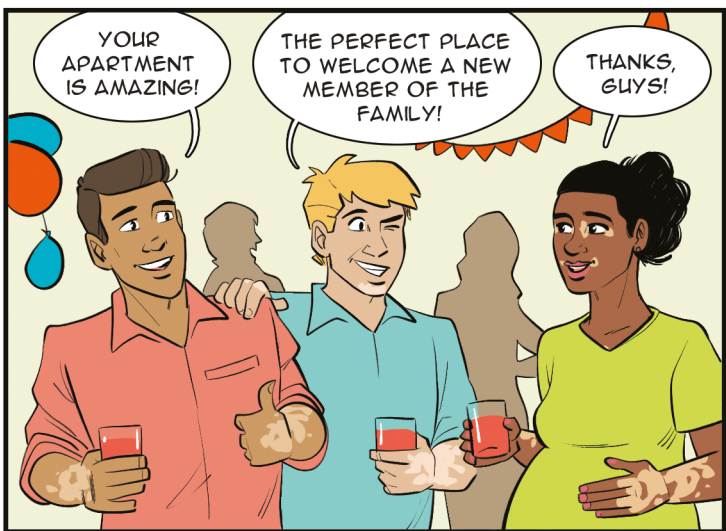
SPORT FOR EVERYONE



PROGRESS



THE HOUSEWARMING PARTY



Vitiligo explained by Professor Seneschal, Department of Adult and Pediatric Dermatology, Bordeaux University Hospital

What is an autoimmune disease?

It is when the immune system “malfunctions”. The body then starts attacking its own cells. In the case of vitiligo, the target is the melanocyte (the cell that produces skin color). This “targeting” creates the white areas without pigment. It is possible to develop several autoimmune diseases. When the immune system is “activated” for one disease, it can sometimes attack other areas. Thyroid diseases are the most frequently associated with vitiligo. Regular medical follow-up makes it possible to monitor the appearance of these other diseases.

At what age can vitiligo appear?

At any age. However, in 50% of cases, it starts before the age of 20. This is a period when the immune system is particularly active.

Is vitiligo hereditary?

Not directly. What is inherited is rather a predisposition (a favorable background), but an external factor is often needed to trigger vitiligo lesions.

What are the triggering factors?

The most common are emotional stress, repeated friction on the skin, or sunburn (sun exposure is important for repigmentation, but excessive exposure is harmful).

Can vitiligo be cured?

There are treatments available (creams, oral treatment, or natural sun exposure or light booth exposure). New treatments, called JAK inhibitors, are also available or under development. Repigmentation is possible, but we do not speak of a definitive “cure” because immune sensitivity remains.

What is phototherapy used for?

It uses UVB rays (medically controlled) to calm local inflammation and stimulate dormant melanocytes or melanocyte precursors at the edge of the lesions or around the hairs so that they activate, proliferate, and repigment the skin.

How long does a treatment take to work?

The first signs of repigmentation usually appear after 3 to 6 months of regular treatment, sometimes up to a year. It often begins with small dark dots, which eventually merge to “fill in” the white lesion.

Is repigmentation long-lasting?

It can be, but relapses sometimes occur. To maintain it, doctors often recommend a “maintenance treatment” even when the lesion has disappeared, in order to stabilize the area.

How should you protect yourself from the sun?

You should apply SPF 50+ sunscreen to the white areas, wear protective clothing, avoid the hottest hours of the day, and reapply sunscreen according to the manufacturer’s recommendations.

Vitiligo and skin cancer?

People with vitiligo are not at greater risk of skin cancer than others. On the contrary, some studies suggest increased natural protection, although sun protection is still necessary.

Is dermopigmentation (permanent makeup) a solution?

It is rarely recommended for active vitiligo, because the trauma caused by the needle can trigger new lesions. For tattoos, vitiligo should be completely stable for several years, and you should seek advice from a dermatologist.

Does diet play a role?

No specific diet has any scientifically proven benefit for vitiligo.

The French Vitiligo Association (AFV) aims to inform, represent, and defend patients in their private, professional, and public lives.

Created in 1991, the AFV is recognized as being of general interest. It relies on an active board of directors and a renowned scientific committee.

The AFV has set itself the following missions:

- **To provide** the best possible information about the disease (precautions to take, associated diseases, etc.) and about advances in scientific research through our website, newsletters, Annual Vitiligo Meetings (RAV), etc.
- **To support and assist** patients, their families, and their loved ones (telephone helpline, online discussion group for young people, email responses, corrective makeup workshops, Sharing and Support Group, webinars, etc.).
- **To raise** public awareness about vitiligo and its psychological impact (poster campaigns, radio, press, television, social media, etc.).
- **To represent** vitiligo patients before public authorities (Health, National Education, Youth and Sports, etc.) in order to promote comprehensive care including psychological support and reimbursement of treatments.
- **To initiate and encourage** scientific research on vitiligo and to take part in clinical trials.
- **To develop** internationally with the support of the Vitiligo International Patient Organizations Committee (VIPOC) and in collaboration with researchers and doctors around the world.



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Vitiligo

www.afvitiligo.com

Publication Director:

Martine CARRÉ

Editorial Committee:

Martine CARRÉ, Philippe DENTZ, Emilie DIEDA, Péroûndévy LEBON,
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A few years have passed.....

Meet Juliette and Maxime again as adults, and meet Mehdi, 32, who has just received his diagnosis. Self-image and the way others see us, professional and romantic lives, mutual support and conflicts all shape the lives of our characters.

They share their experiences, their joys and their sorrows to illustrate what it means to live with vitiligo.

abbvie

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Pierre Fabre

Direction Médicale & Relation Patient
Consommateur



Association Française du

Vitiligo

