

Vitiligo Doctor Discussion Guide

What age were you diagnosed with vitiligo?

Where does your vitiligo appear?

(Select all that apply.)

- ☐ Face
- ☐ Hands
- ☐ Arms
- ☐ Legs
- ☐ Feet
- ☐ Torso
- ☐ Sensitive areas, including the genitals
- ☐ Other areas (please specify):

Over the past 6 months, have you noticed your patches expanding or appearing in new areas? If so, how and where?

Tip: If you notice any changes in your vitiligo, take photos to keep track of its progression to show your dermatologist.

In a typical week, how often do you think about your vitiligo?

- ☐ Not at all
- ☐ Sometimes
- ☐ Often
- ☐ It's always on my mind

How does your vitiligo make you feel?

(Select all that apply.)

- ☐ Sad or upset
- ☐ Anxious or stressed
- ☐ Self-conscious or uncomfortable
- ☐ Unique
- ☐ Confident
- ☐ Other:

Tip: Your skin can't tell your dermatologist your full story. Get detailed about the ways vitiligo affects your daily life.

How does your vitiligo impact your life?

(Select all that apply.)

- ☐ It impacts my social life
- ☐ It impacts my intimate relationships
- ☐ It impacts what I wear
- ☐ Managing it takes time out of my day
- ☐ In other ways:

What vitiligo treatments have you used to help with repigmentation, if any?

(Select all that apply.)

IN THE PAST:

- ☐ Topical creams or ointments
(steroids, calcineurin inhibitors, JAK [Janus kinase] inhibitors)
- ☐ Light therapy
(Narrowband UVB [ultraviolet B], PUVA [Psoralen plus ultraviolet A], laser)
- ☐ Systemic pills or injections
(oral steroids, immunosuppressants)

CURRENTLY:

- ☐ Topical creams or ointments
(steroids, calcineurin inhibitors, JAK [Janus kinase] inhibitors)
- ☐ Light therapy
(Narrowband UVB [ultraviolet B], PUVA [Psoralen plus ultraviolet A], laser)
- ☐ Systemic pills or injections
(oral steroids, immunosuppressants)

Tip: Help your dermatologist tailor your treatment plan. Specify what you like and dislike about both your current and past treatments.

Which of the following are the most important aspects of treatment to you?

(Select all that apply.)

- ☐ Convenience of treatment
- ☐ Effectiveness of treatment
- ☐ Frequency of treatment
- ☐ Maintaining results over time
- ☐ Number of treatments used at one time
- ☐ Other:

Fill in the blanks to create your vitiligo treatment goals:

I want my treatment to prioritize:

I don't want a treatment that:

Tip: Discussing your treatment goals and expectations with your dermatologist is important for managing your vitiligo. Go into every appointment with honesty and an open mindset.