



Talking about vitiligo

Living with vitiligo can be challenging and impact how you feel and live day to day. This guide can help you prepare for visits with your dermatologist, understand vitiligo and how it can affect daily life, and share what matters to you. Partnering with your doctor can help you feel empowered as you work together on a care plan—treatments, support, and follow-up that fit your goals and your life.

Topics for discussion include:



Understanding vitiligo¹

The autoimmune nature of the disease



How vitiligo impacts daily life²

The invisible burden of the disease



Setting treatment goals^{1,3}

The 3 primary goals of vitiligo treatment





Understanding Vitiligo

Topics about how vitiligo occurs:

- Though vitiligo is visible on the skin, it is caused by the immune system mistakenly attacking melanocytes—the cells that produce color in your skin¹
- Vitiligo is a chronic, unpredictable autoimmune disease that can be progressive⁴⁻⁶
- Having a disease that can be progressive may cause many people living with vitiligo to worry. It is not uncommon to be concerned about vitiligo spreading to new areas, but make sure to talk to your doctor about how you feel

How vitiligo impacts daily life

When talking with your doctor, you may want to tell them about how vitiligo impacts your life. You can talk about:

- If there have been times when vitiligo has impacted your mental health
- If you ever avoid social situations because of your vitiligo
- Any areas or patches that concern you the most and how they affect you
- How often you find yourself thinking about your vitiligo on a typical day or week

Remember, there are resources and specialists available to support you.





Setting Treatment Goals

When considering how to manage vitiligo, there are 3 primary goals*:

- **Stopping the immune attack** is an important first step before repigmentation starts. Delaying this could risk further loss of pigment or may lead to new patches appearing^{3,7-11}
- **Achieving repigmentation** may take time. Speed, appearance, and level of repigmentation can look different from patient to patient.^{8,12}
- Continuing therapy may be necessary to **maintain repigmentation** and to avoid the risk of the disease coming back^{3,5}

Work together with your doctor to determine realistic treatment goals and milestones for managing your vitiligo.

*These treatment goals can apply to both nonsegmental and segmental vitiligo.

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