



PHOTOTHERAPY, PHOTODYNAMIC THERAPY

## **NB-UVB PHOTOTHERAPY IN VITILIGO: CONTINUOUS OR INTERRUPTED??**

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**Introduction:** Phototherapy has been the pillar of vitiligo treatment. One of the main obstacles in phototherapy treatment is the non-compliance. It was noticed that patients continue to have repigmentation even after stopping the sessions so the idea of interrupted phototherapy has emerged.

**Objective:** to evaluate the effectiveness of interrupted of NB-UVB versus continuous ones in the non-segmental vitiligo treatment.

**Materials and methods:** Twenty-three patients with bilateral symmetrical non-segmental vitiligo with no age limit or sex privilege were included. All patients were treated with NB-UVB phototherapy for one month then one side received continuous therapy (Side A) and the other side received interrupted course (Side B) for a total of 6 months. Since a systemic effect of NB-UVB has been suggested two more groups 10 patients each were enrolled in the study. One received continuous NB-UVB treatment and the other received the interrupted course for 6 months. Evaluation of the results was done clinically, by digital photography, planimetry and Vitiligo Area Scoring Index (VASI) before, after 3 months and after 6 months.

**Results:** By comparing sides A and B in group I, there was a statistically significant clinical improvement in each group compared to baseline. However there was no significant statistical difference among both of them as regard the clinical evaluation, point counting and VASI scores. By comparing the other 2 groups, there was a statistically significant clinical improvement in each group after 6 months of treatment compared to baseline while there was no significant statistical difference among them.

**Conclusion:** The current study suggests that interrupted NB-UVB phototherapy is a good alternative to continuous one with improved patient's compliance, less side effects and less cost of treatment.

