A Study of Vitiligo at Out Patient Department of Dermatology, Mayo Hospital, Lahore.

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Vitiligo is a depigmentating condition of unknown origin. However, during recent years important clues have been found, such as antibodies against melanocytes, generation of free radicals affecting cell membrane or cytoplasm. Our study included 30 patients of vitiligo reporting to Department of Dermatology, Mayo Hospital, Lahore. A questionnaire was filled including various variables like age, sex, site of onset, skin type etc. It was observed that age of onset was between 10-29 years in the majority of cases. The light skin patients were more affected (76.6%) than dark skin patients (23.3%) So, it indicates as if light skin patients between the age of 10-29 years are more susceptible to vitiligo.

Key Words: Vitiligo, Skin Type.

Vitiligo affects 1% to 3% of the population. The precise pathogenesis of this disorder is unknown. However, genetic, neural, biochemical, chemical, immunologic, and self-destructive mechanisms have been proposed[1,2]. Current research suggests that vitiligo is probably a heterogeneous disease with multiple causes. Despite these emerging concepts, autoimmunity remains the most popular pathogenic mechanism. Autoimmune diseases are often increased in-patients with vitiligo. Furthermore, humoral and cell-mediated immunologic defects have been well documented in the population affected by this elusive disease[3,4].

Patients and Methods

The study group included 30 patients visiting the Out Patient Department of Dermatology, Mayo Hospital, Lahore. The questionnaire given to patients included variables in terms of age, age at onset of disease, sex, site of lesion, skin type & family history of vitiligo.

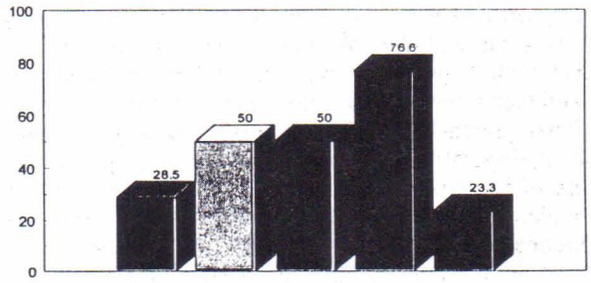
Results

The age onset of the disease was 10-29 years (table-1). The mean age of patients of vitiligo was 28.5 years. The ratio of male to female was 50:50. The skin type was recorded as light skin type and dark skin type. It was observed that 76.6% of cases were of light skin 23.3% case were of dark skin (fig. 1).

Table: 1: Clinical characteristics of the total groupo patients of vitiligo.

		Vitiligo cases (n=30)
Mean age		28.5 years
Male		50%
Female		50%
Skin Type	Light	76.6%
	Dark	23.3%

Fig. 1 Clinical characteristics of the total group patients of vitilgo



Discussion

Our results showed that 76.6% of light skin patients presented with vitiligo while dark skin patients were only 23.3%. These results are in accordance with that of Maria et al 5. This may be due to the presence of tyrosinase in normal dark skin, which provides a protective factor against depigmentation or perhaps functions as pigmentation promoter.

Vitiligo may develop at any age, but usually begins at 10-30 years of age 6,7,8. In our study the age of onset was 10-29 years. This suggests age as a risk factor for the development of vitiligo.

The study reveals that light skin patients of age between 10-29 years are more susceptible to vitiligo.

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