

VITILIGO

and us...



VITILIGO

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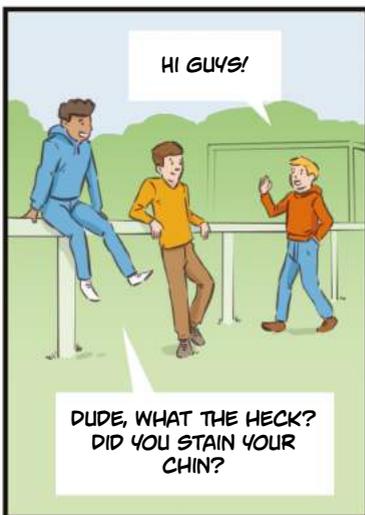
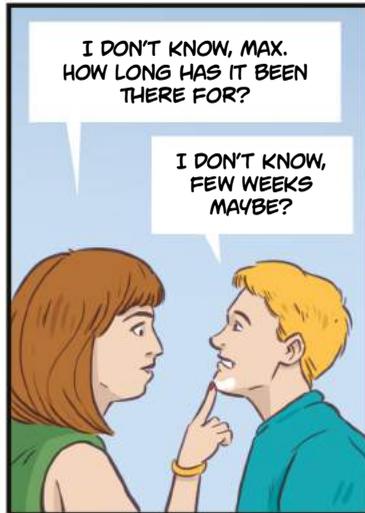
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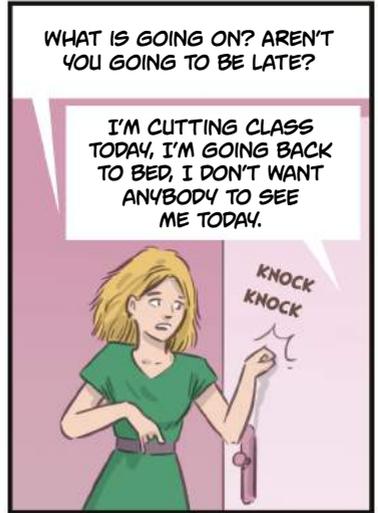
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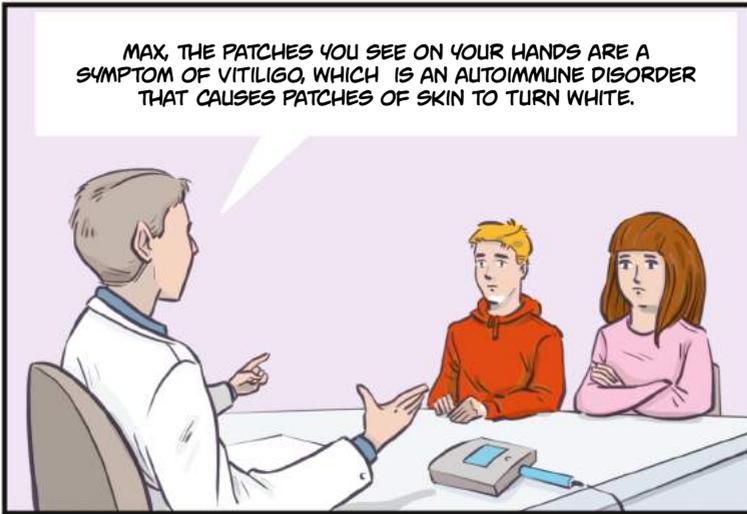
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OUTBREAK OF PATCHES ON THE SKIN

Max



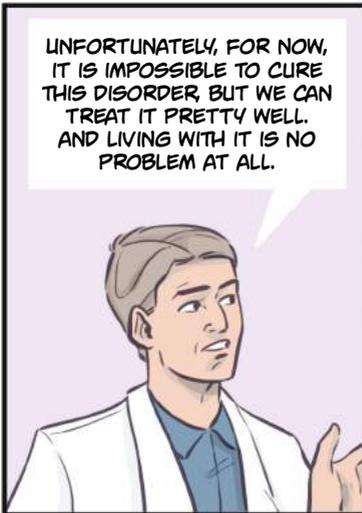




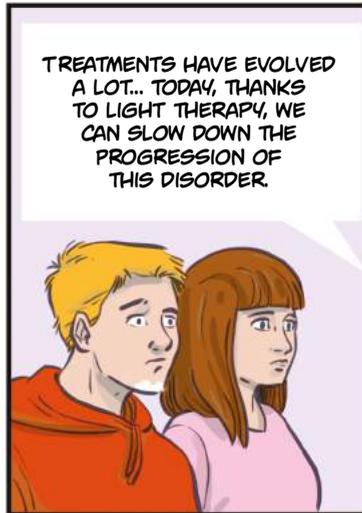
MAX, THE PATCHES YOU SEE ON YOUR HANDS ARE A SYMPTOM OF VITILIGO, WHICH IS AN AUTOIMMUNE DISORDER THAT CAUSES PATCHES OF SKIN TO TURN WHITE.



OK, AND NOW HOW DO WE MAKE THEM DISAPPEAR?



UNFORTUNATELY, FOR NOW, IT IS IMPOSSIBLE TO CURE THIS DISORDER, BUT WE CAN TREAT IT PRETTY WELL. AND LIVING WITH IT IS NO PROBLEM AT ALL.



TREATMENTS HAVE EVOLVED A LOT... TODAY, THANKS TO LIGHT THERAPY, WE CAN SLOW DOWN THE PROGRESSION OF THIS DISORDER.



HOW IS LIVING WITH PATCHES ON THE SKIN NOT A PROBLEM? THIS GUY DOESN'T REALIZE EVERYONE IS GOING TO MAKE FUN OF ME!



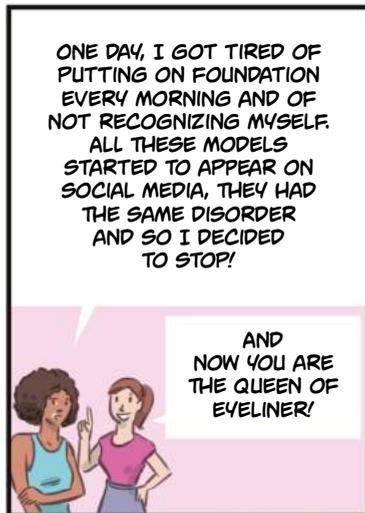
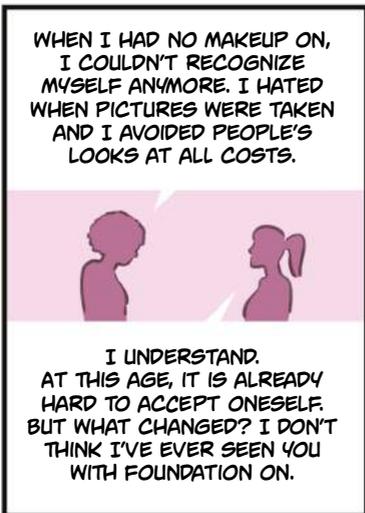
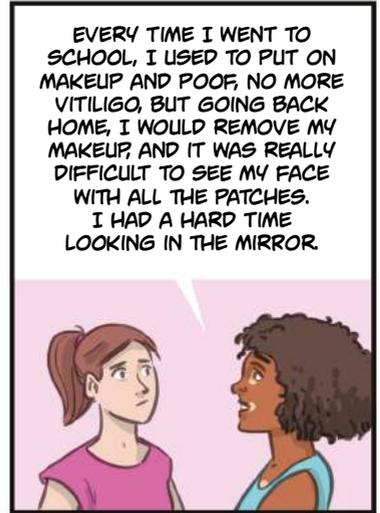
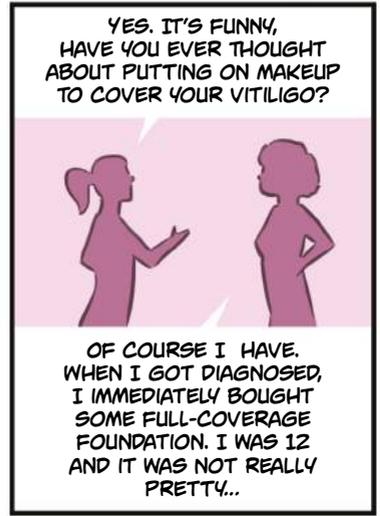
I UNDERSTAND YOU ARE WORRIED.

... MY FRIENDS, GIRLS, PEOPLE ONLINE! ALL I'M GOING TO GET ARE DIRTY LOOKS!



MAX, RELAX! NO ONE IS GOING TO MAKE FUN OF YOU! AND WE ARE GOING TO LOOK INTO TREATMENTS TO SLOW DOWN THE PROGRESSION OF THE DISORDER AND EVEN GET SOME PIGMENT BACK.

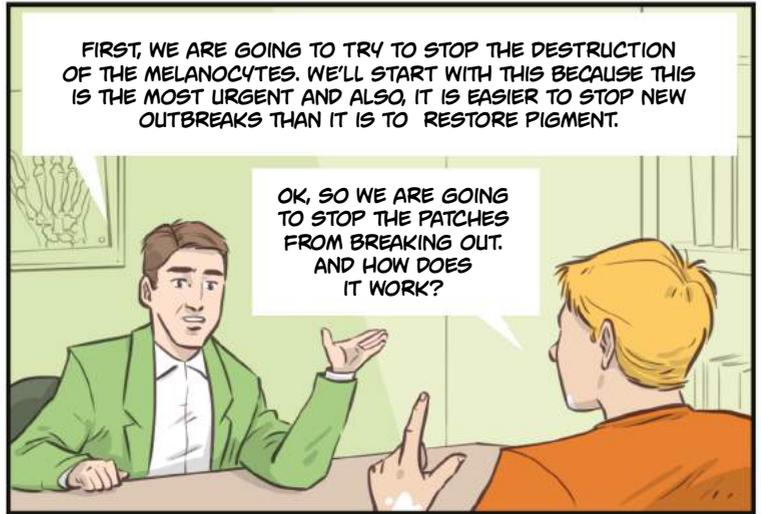
A medical appointment for vitiligo is a moment where the patient can talk with the doctor, which allows them to evaluate the date of the first symptoms, their evolution, other health problems the patient or the family might have. It is important to know the treatments which have already been tested and their efficiency, as well as possible adverse reactions. All of this can help identify the goals and also explain the treatment modalities.





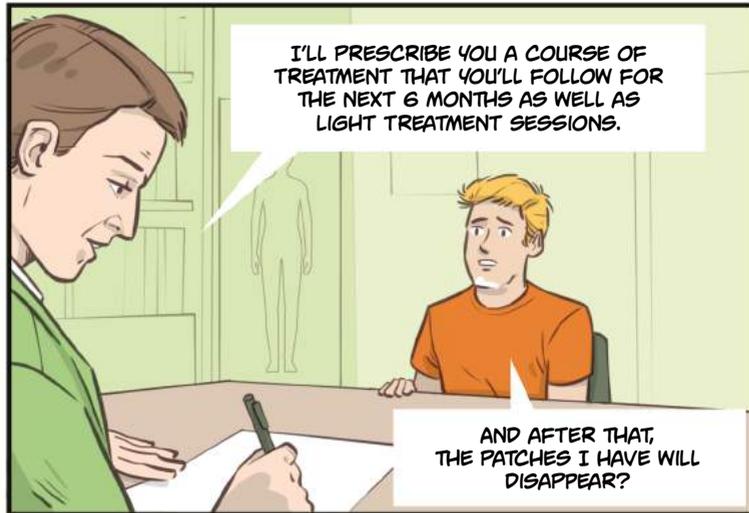
BUT I DON'T WANT TO END UP WITH PATCHES ALL OVER MY BODY!

MAX, DON'T WORRY, THE FIRST STEP IN THE TREATMENT IS TO PREVENT THE APPEARANCE OF NEW PATCHES.



FIRST, WE ARE GOING TO TRY TO STOP THE DESTRUCTION OF THE MELANOCYTES. WE'LL START WITH THIS BECAUSE THIS IS THE MOST URGENT AND ALSO, IT IS EASIER TO STOP NEW OUTBREAKS THAN IT IS TO RESTORE PIGMENT.

OK, SO WE ARE GOING TO STOP THE PATCHES FROM BREAKING OUT. AND HOW DOES IT WORK?



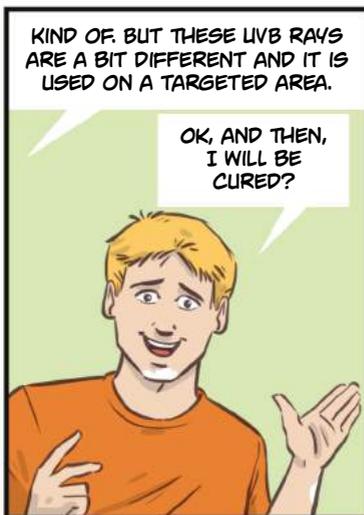
I'LL PRESCRIBE YOU A COURSE OF TREATMENT THAT YOU'LL FOLLOW FOR THE NEXT 6 MONTHS AS WELL AS LIGHT TREATMENT SESSIONS.

AND AFTER THAT, THE PATCHES I HAVE WILL DISAPPEAR?



YOU KNOW, THESE PATCHES ARE REALLY HARD TO GET RID OF BUT SOME TREATMENTS DO EXIST THAT ALLOW YOU TO GET PIGMENT BACK IN YOUR SKIN. SUCCESS RATES VARY DEPENDING ON THE ZONE BEING TREATED. YOU WILL NEED TO APPLY A CREAM ON SAID ZONE AND I WILL ALSO PRESCRIBE YOU MONITORED UVB SESSIONS.

UVB? LIKE PEOPLE THAT WANT TO GET TANNED BEFORE THEIR VACATIONS?



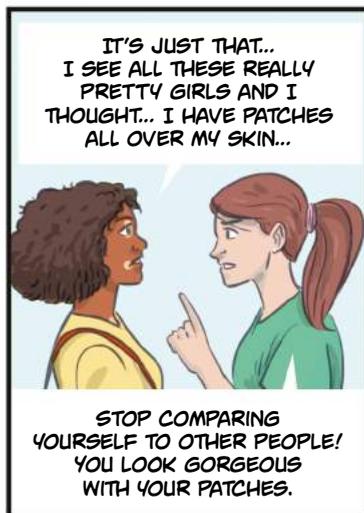
KIND OF. BUT THESE UVB RAYS ARE A BIT DIFFERENT AND IT IS USED ON A TARGETED AREA.

OK, AND THEN, I WILL BE CURED?



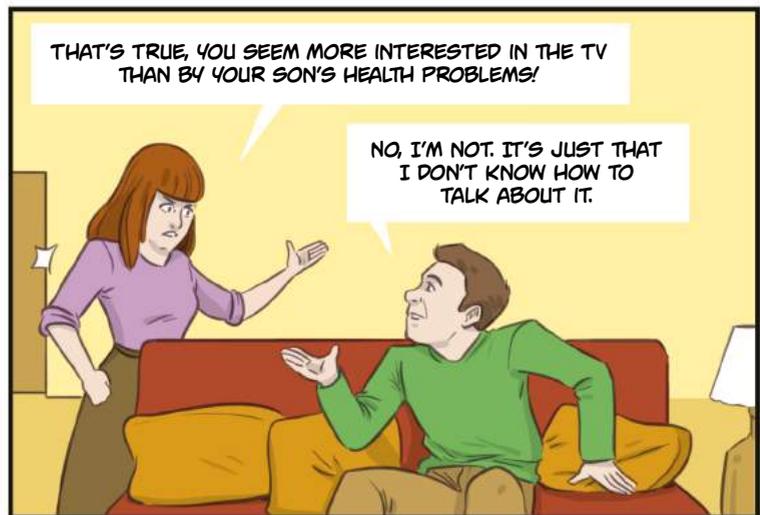
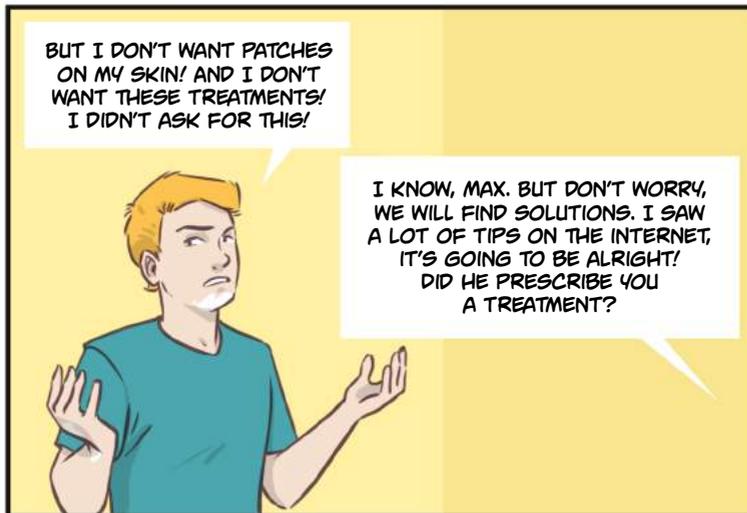
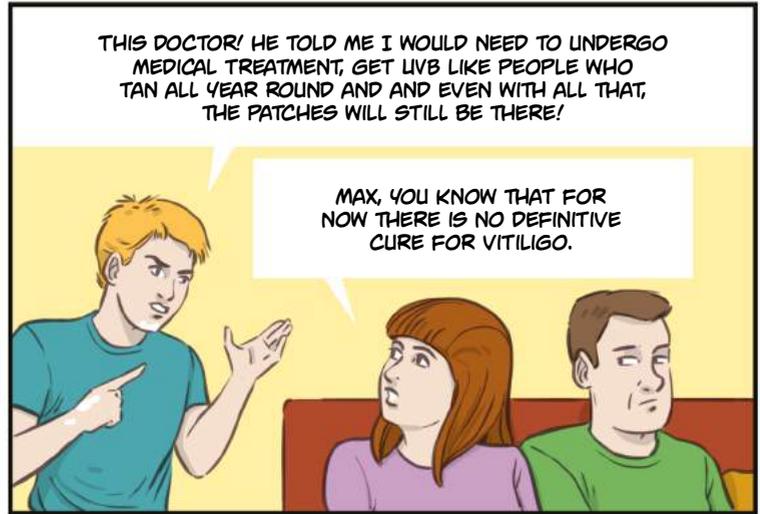
YOU KNOW MAX, THERE IS ALWAYS A RISK OF RELAPSE. THE LAST STEP OF THE TREATMENT IS TO MAINTAIN THE RESTORED PIGMENT. BUT FOR NOW, THERE IS UNFORTUNATELY NO KNOWN CURE. BUT DON'T WORRY, I WON'T LEAVE YOU ON THIS JOURNEY ALONE!

The goals of the vitiligo treatment are to 1/stabilize the disorder and avoid any further development, 2/get some pigment back and 3/maintain those pigments. The treatment is often a combination of anti-inflammatory medication and a natural exposure to the sun, or an artificial one.

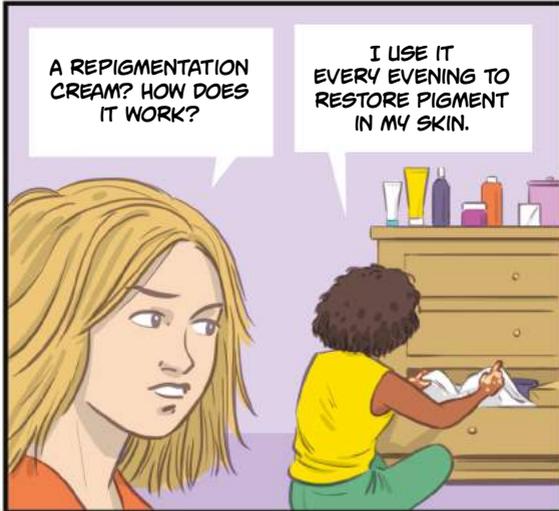
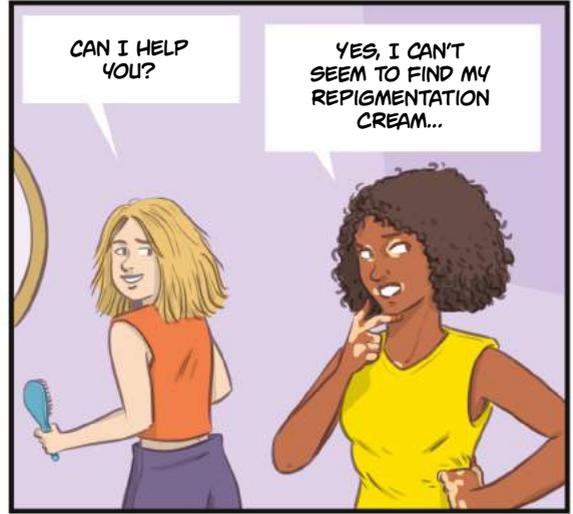


INABILITY TO UNDERSTAND AND ANGER

Max



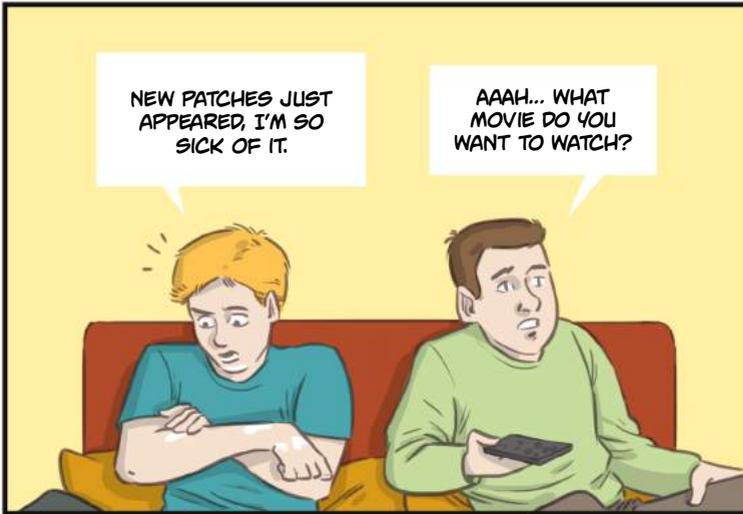
It's normal to go through an angry phase because getting a vitiligo diagnosis is a big change. It is possible to gradually learn to "tame" it. And it's important to remain hopeful that your skin will be repigmented. Feeling like you are the only person with this disorder or the fear of mockery and humiliation can lead to isolation. However, the best way to overcome these feelings and to preserve self esteem is to not be alone. Talking about it with family and friends is a first step.



Creams should be applied once or twice a day, depending on the type. It is often advised to combine this treatment with natural sun exposure or exposure to the sun via a UVB light, to enhance repigmentation. However, UVB exposure must be carried out on clean skin without cream.

PARENTS WHO DON'T CARE

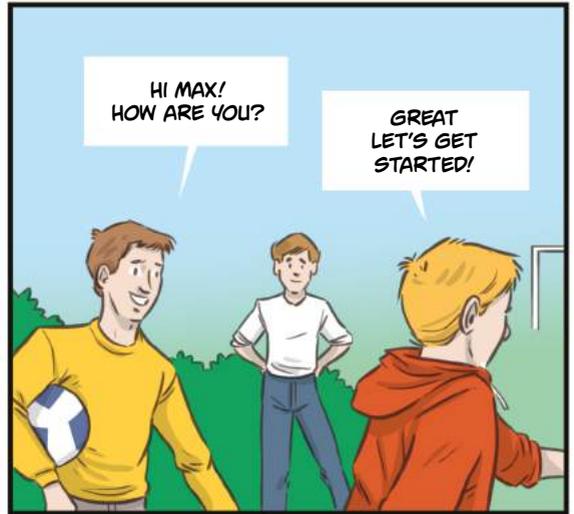
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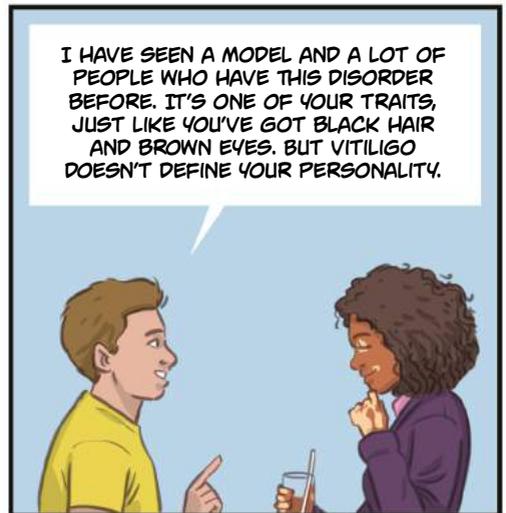




OTHER PEOPLE AND FRIENDS' OPINIONS

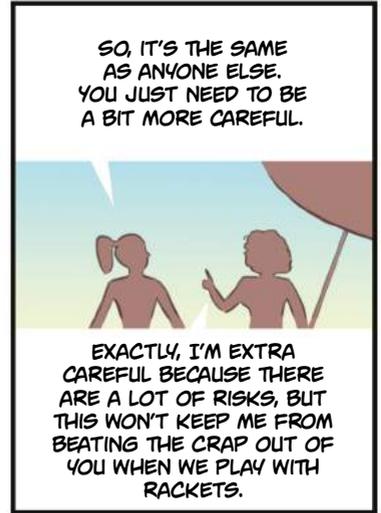
Max







It's natural for parents to worry about their children, whatever their age, just as it's natural for young people to be affected psychologically by the disorder. It's best not to avoid the subject, or to make it omnipresent and a determining factor in the choices made by the whole family (vacation destinations, choice of sports activities or hobbies, etc.). Being attentive to the child's behavior, allusions and silences, without being intrusive with too many questions, advice or demands: this is the difficult but essential role of parents.



Natural sun exposure can be used to enhance repigmentation. However, this should be done avoiding the hottest hours of the summer (before 11am or after 4pm) and in moderation. At most, skin affected by vitiligo can take on a pinkish appearance. However, it's important to avoid sunburn, and once you've been exposed to the sun, it's important to protect yourself with clothes or sunscreen.

THE MEETINGS

Max



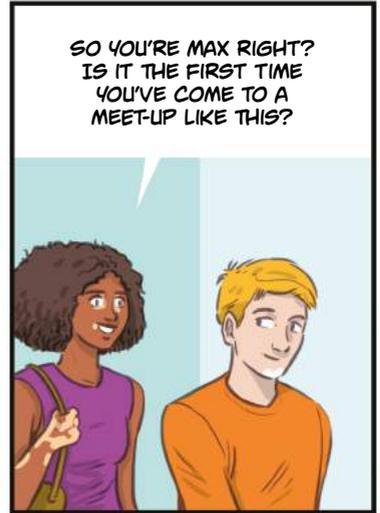
TODAY, LET'S WELCOME MAX WHO'S COMING FOR THE FIRST TIME. MAX, CAN YOU INTRODUCE YOURSELF?



UM... HELLO EVERYBODY... MY NAME'S MAX, I'M 17 YEARS OLD AND I GOT DIAGNOSED WITH VITILIGO 3 MONTHS AGO.



THANKS MAX! TODAY THE THEME OF OUR MEETING IS TALKING ABOUT VITILIGO WHEN YOU ARE IN CLASS AND HOW...



SO YOU'RE MAX RIGHT? IS IT THE FIRST TIME YOU'VE COME TO A MEET-UP LIKE THIS?



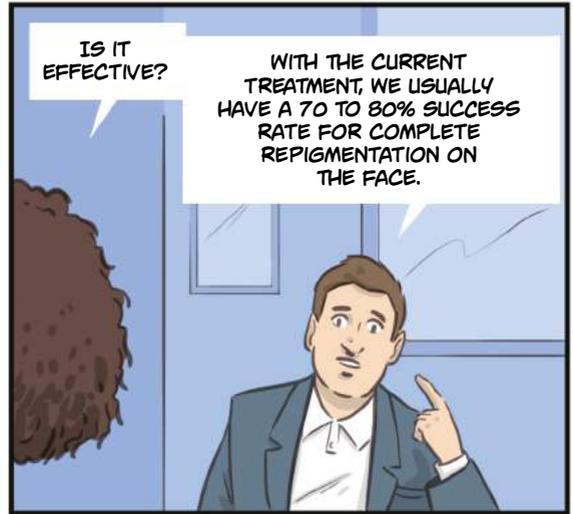
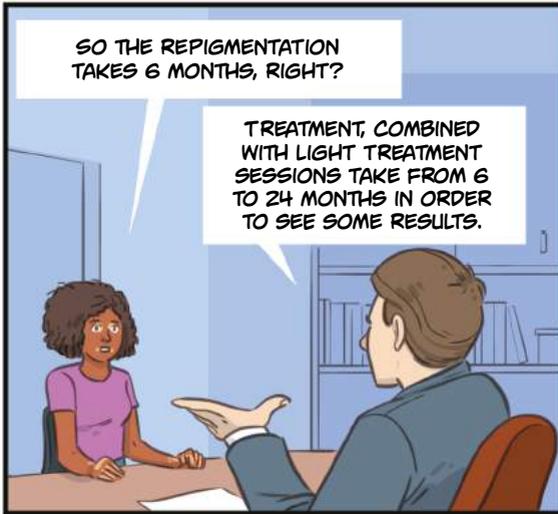
YES, MY MOM HEARD ABOUT THIS AND INSISTED THAT I GO.



YOU'LL SEE, IT'S REALLY COOL HERE, AND YOU GET TO MEET A LOT OF PEOPLE WITH THE SAME PROBLEMS AS YOU!

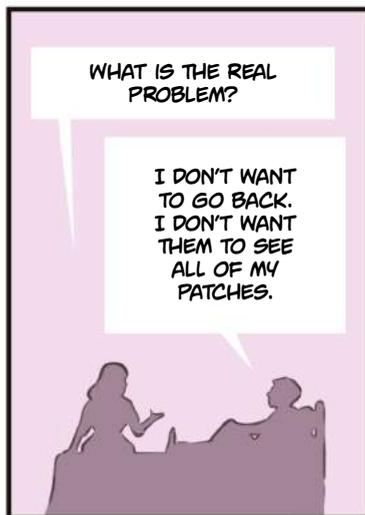


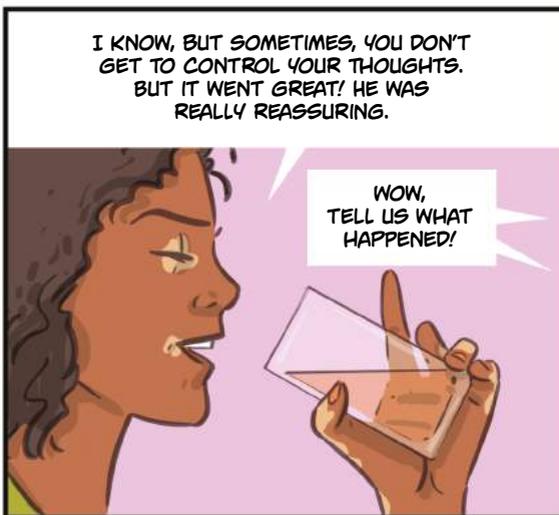
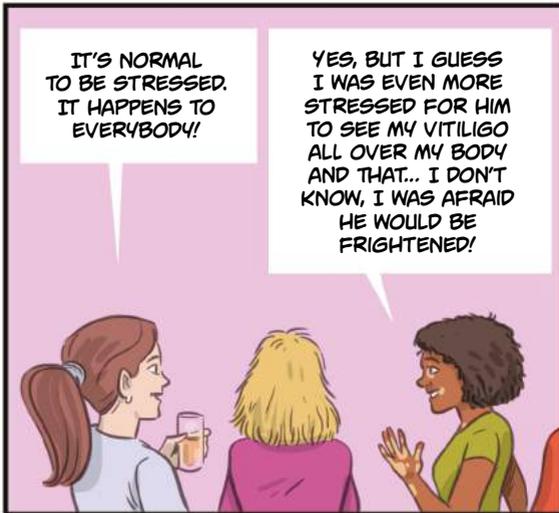
WE WERE GOING TO GET SOME COFFEE WITH THE REST OF THE GROUP, WANT TO COME? THIS WAY YOU'LL GET TO KNOW EVERYBODY!



Repigmentation of vitiligo lesions takes different forms: either homogeneous, generally on the face or eyelids, or with pigmentation beginning at the edge of the lesion, or, and most frequently, with small areas of pigmentation generally located around the hairline, which then gradually merge. This takes time, and it generally takes from 6 to 12 months of well-managed treatment to achieve these results.

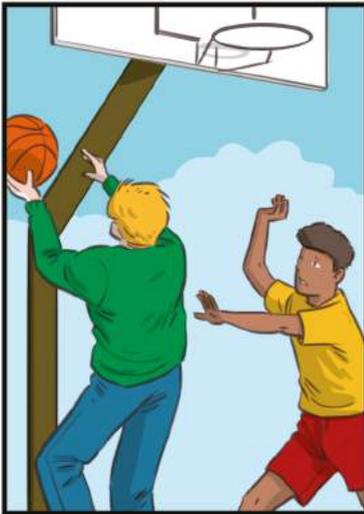


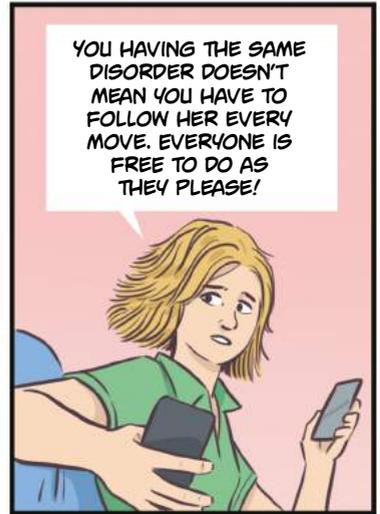


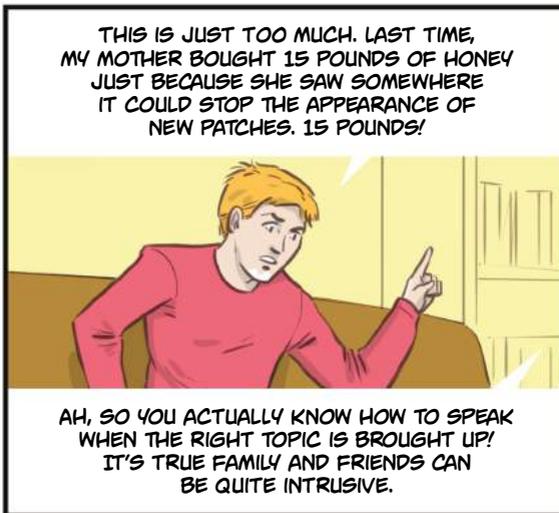
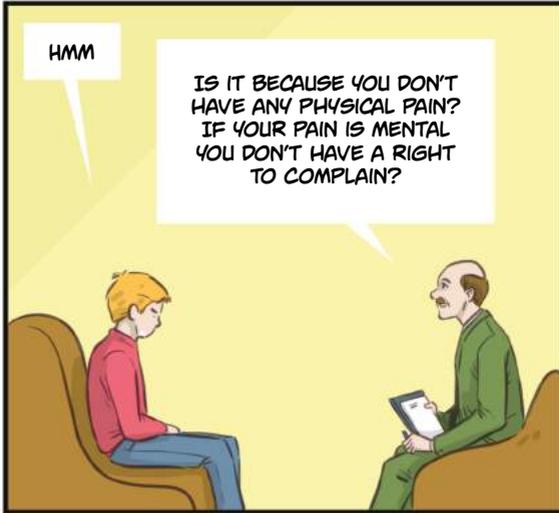
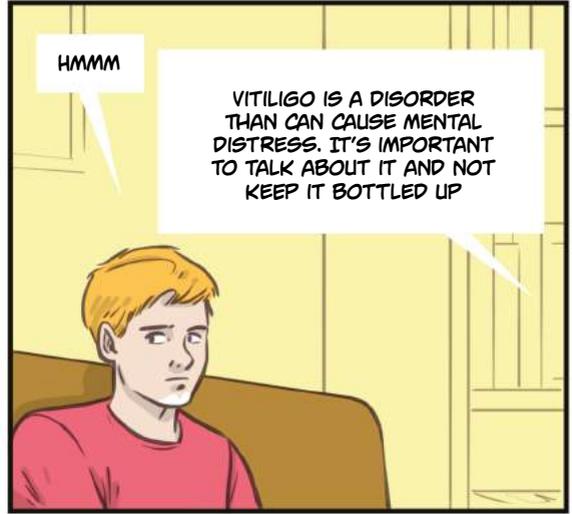


CLOTHES

Max







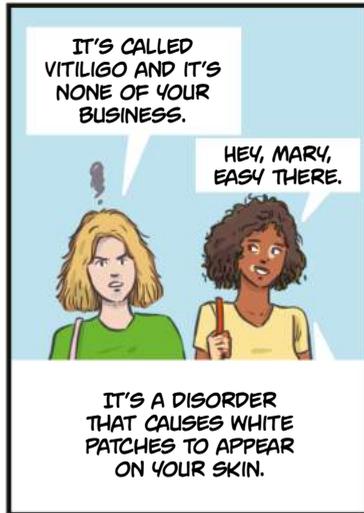
Talking about your difficulties is the first step to feeling better. Talking to a professional helps you to put words to your feelings, to be listened to without judgment, and to feel less alone with your doubts and questions. Psychological help doesn't have to be face-to-face, and can be shorter or longer, depending on what you need: there are numbers to call, support groups where people your age can talk about it together, psychologists available for video-chat...



HEY, WHAT IS YOUR PROBLEM?



NOTHING. WE SAW THE PATCHES ON JULIETTE'S ARM AND WE JUST DIDN'T KNOW HOW TO ASK WHAT IT WAS.



IT'S CALLED VITILIGO AND IT'S NONE OF YOUR BUSINESS.

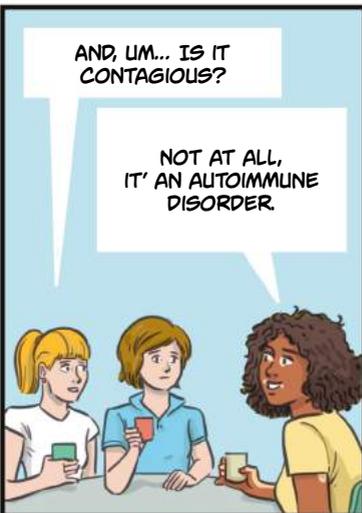
HEY, MARY, EASY THERE.

IT'S A DISORDER THAT CAUSES WHITE PATCHES TO APPEAR ON YOUR SKIN.



OH OK! HOW LONG HAVE YOU HAD IT?

IF YOU WANT TO, WE CAN GO GRAB A COFFEE AND I'LL TELL YOU?



AND, UM... IS IT CONTAGIOUS?

NOT AT ALL, IT' AN AUTOIMMUNE DISORDER



THAT'S REALLY NICE OF YOU TO TAKE THE TIME TO EXPLAIN IT TO US.

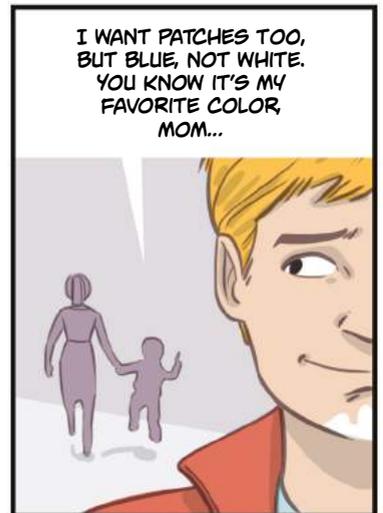
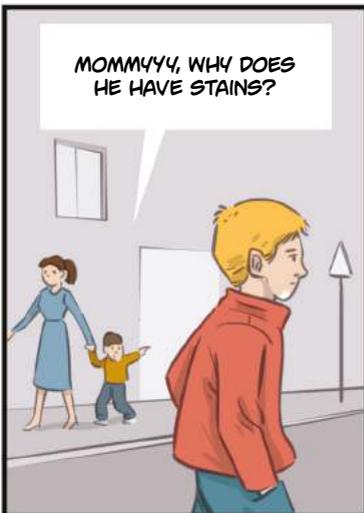
THIS IS BETTER THAN PEOPLE STARING AT ME FROM ACROSS THE LECTURE HALL!



YES, SORRY ABOUT THAT. WE DIDN'T KNOW ANYTHING ABOUT THIS DISORDER SO WE HAD A LOT OF QUESTIONS.

SOMEONE SHOULD WRITE A BOOK TO TALK ABOUT IT. OR EVEN A COMIC BOOK!







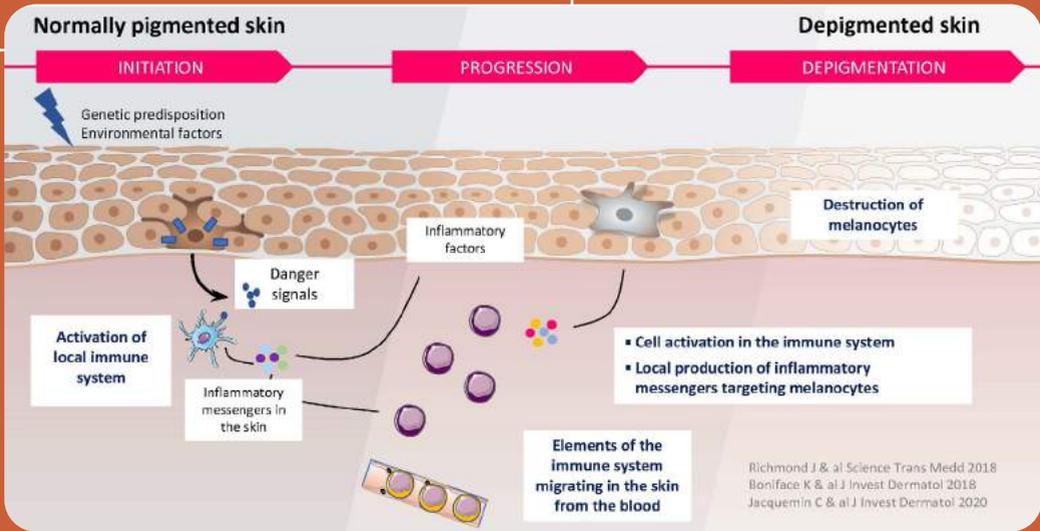
Discrimination occurs when an employer treats job applicants or employees differently on the basis of origin, gender, physical appearance, etc., during the recruitment, transfer or promoting to another position, determining salary, applying for training, etc.

ACCEPTANCE

Max

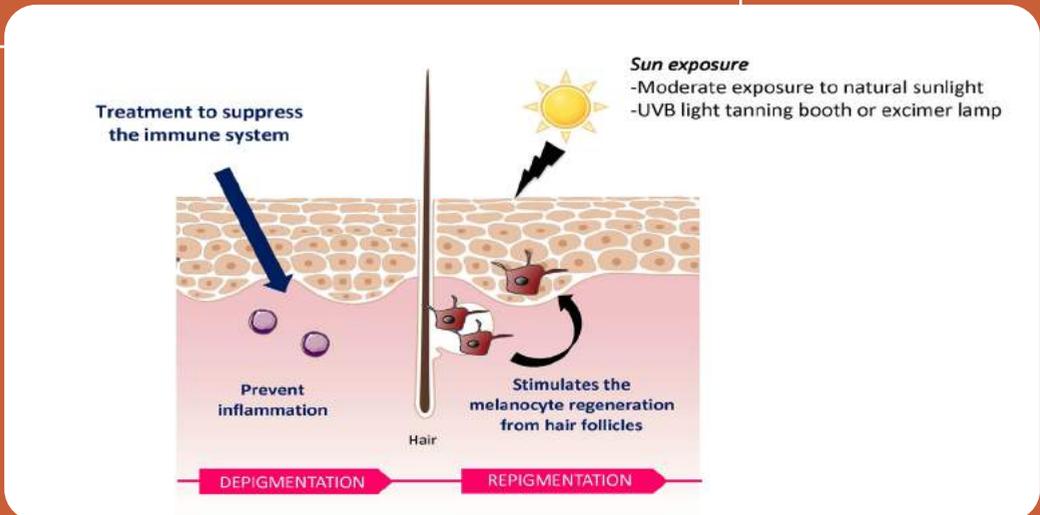


The mechanism of the disorder



In a predisposed person, under the influence of environmental factors (e.g. stress, friction...), the skin will react as if it were in danger, and produce inflammatory messengers that will activate immune system cells present in the skin. These in turn produce other inflammatory factors, resulting in the recruitment of other elements of the immune system from the blood, and the activation of cell populations producing other inflammatory messengers targeting the melanocyte, leading to its loss from the skin and the appearance of white lesions.

Vitiligo treatment: two important aspects



To ensure optimal repigmentation, it's important to use local anti-inflammatory treatments, and sometimes oral medications) to suppress the immune system. It is also important to ensure the regeneration of melanocytes from their reservoir in the hair follicles. This is made possible by moderate natural sun exposure, or by UVB light or excimer lamp therapy at the dermatologist's office.

L'association Française du Vitiligo (French Vitiligo Association) exists to inform, **represent and protect people with Vitiligo** in the public, private and professional spheres!

Created in 1991, AFV is national institution of public interest; the association is supported by an active board of directors and a renowned scientific committee.

Its mission is:

- To **spread awareness** about the vitiligo (precautions to take, associated disorders, etc.) and advances in scientific research concerning the disorder, via the internet website, newsletters, the annual vitiligo meet-up, etc.
- To **support and guide** vitiligo patients and their families, through an online discussion group for young people, e-mail responses, workshops on concealing with make-up, a Sharing and Support Group, webinars, etc.)
- To **raise public awareness** of vitiligo and its psychological impact (via poster campaigns, radio, press, television, social networks...)
- To **represent vitiligo patients** at healthcare institutions for genuine and free medical care.
- To **promote and encourage** scientific research into vitiligo and to get involved in clinical trials.
- To **develop international alliances** with foreign associations of vitiligo patients, in collaboration with researchers and physicians all around the world.



Association Française du
Vitiligo

www.afvitiligo.com



**Vitiligo International
Patient Organizations
Committee**

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VITILIGO

and us...



Discover the story of Juliette, 25, and Max, 17, both suffering from vitiligo. 28 pages to help you better understand this skin disorder: the appearance of depigmented patches, treatments, how you see yourself and how others see you, your first steps in the professional world, support from family and friends, romantic encounters... our characters share their experiences.

abbvie



Incyte Dermatology




Pierre Fabre
Direction Médicale & Relation Patient
Consommateur



SERVIER

Association Française du

Vitiligo