

TREATMENT WITH NARROW BAND UVB IN CHILDREN WITH VITILIGO

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Summary

Objective: The aim of this paper is to show the efficiency of narrow band UVB therapy in the treatment of vitiligo in children.

Methods: The study was performed in a group of 9 children, aged between 6-11 years, who had the generalized form of vitiligo. The unpigmented lesions were disseminated on the face, trunk, limbs, around the genital organs.

Results: Therapy was initiated with a dose of 0.005 J/cm^2 , in a regimen of 3 times weekly. After 5-6 sessions, punctiform pigmentary maculae were found at the level of the lesions. Therapy was continued with the same dose, in a regimen of 2 times a week. After 7 months of treatment with the same dose, the lesions became pigmented in a proportion of 70-75%. After 11-12 months of treatment, pigmentation occurred in 90-100% of the lesions. No adverse reactions were shown.

Conclusions: Narrow band UVB treatment is efficient in the treatment of vitiligo. The treatment is less aggressive and as efficient as PUVA therapy. It stabilizes the evolution of the lesions and assures their repigmentation, improving the quality of life.

Key words: vitiligo, PUVA-therapy, UVB-narrow band.