



# Body Care Tips for Vitiligo Patients



## Protect your skin

Wear sunscreen every day, even on cloudy days, and wear protective clothing when spending time outdoors. UV rays from the sun can cause further changes in your skin colour and worsen your vitiligo.



## Moisturize

Keeping your skin hydrated is important in preventing further skin changes. Use a moisturizer regularly to keep your skin healthy and supple.



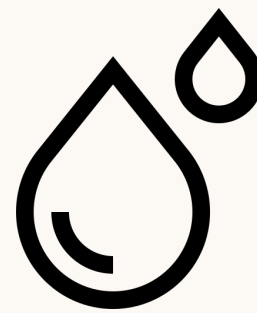
## Avoid Stress

Stress can cause further changes in your skin color, so it's important to find ways to reduce stress in your life. Exercise, meditation, and other relaxation techniques can help reduce



## Avoid harsh chemicals

Certain chemicals, such as those found in hair dyes and bleaches, can irritate the skin and trigger vitiligo. Use gentle, natural products whenever possible.



## Stay hydrated

Drinking plenty of water can help keep the skin hydrated and reduce dryness..



## Talk to your doctor

Your doctor can help develop a treatment plan that works for you, including topical creams, light therapy, or other treatments. Regular check-ups with your doctor can also help monitor your condition and adjust your treatment plan as needed