

# VITILIGO

*and us...*



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Acknowledgments:

Emilie, Péroûndévy, Philippe, Siddiqa

Clinical psychologists Martine Carré and Lucille Mauny

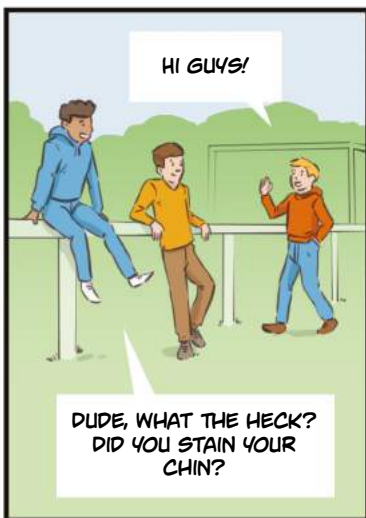
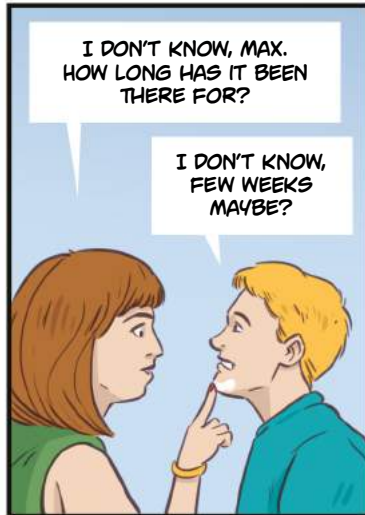
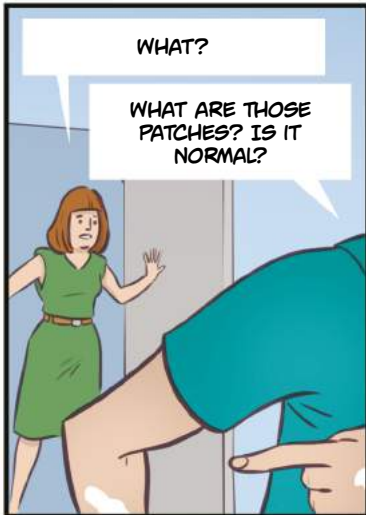
Professor Julien Seneschal, Adult and Pediatric Dermatology Department

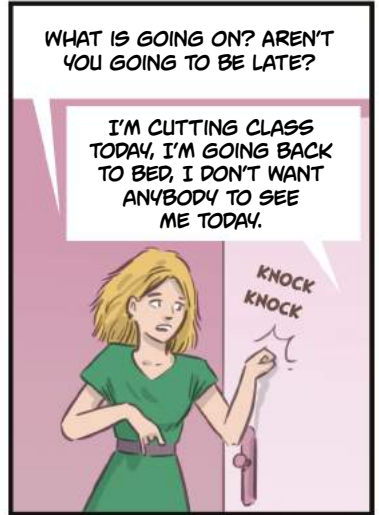
Bordeaux University Hospital and partner laboratories AbbVie,

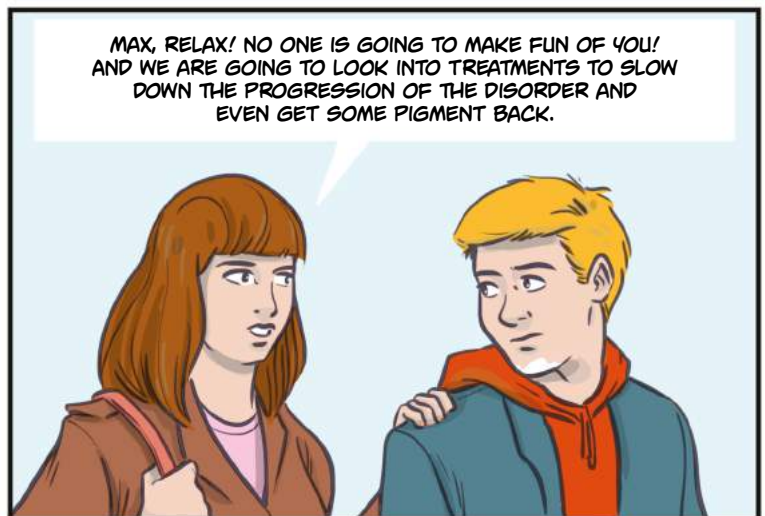
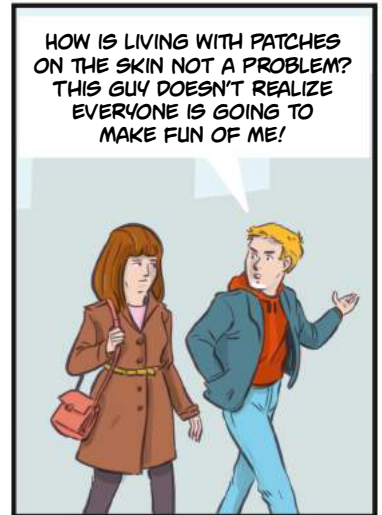
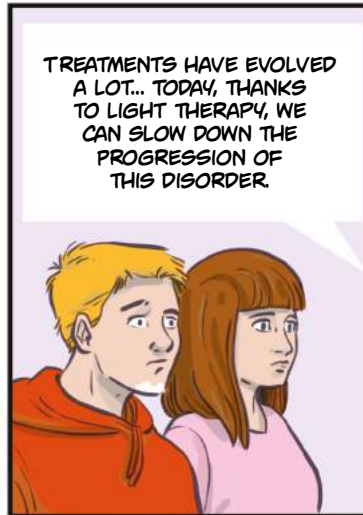
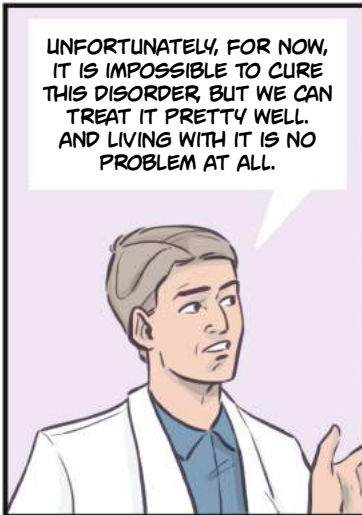
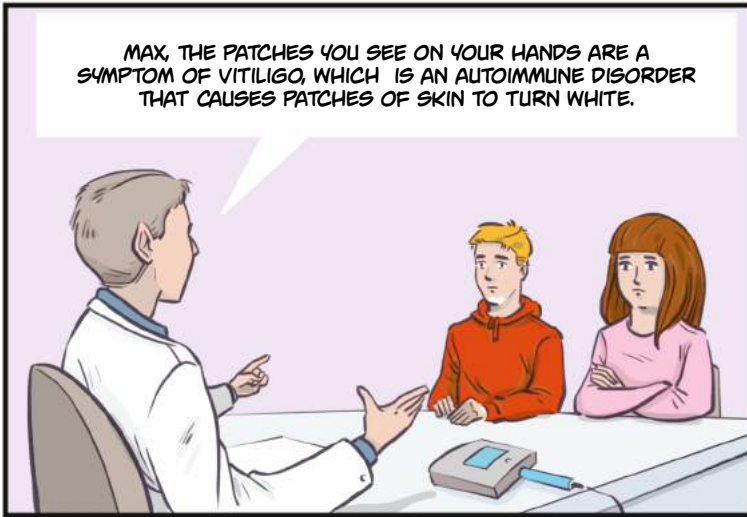
Léo Pharma, Incyte Dermatology, Pierre Fabre, Pfizer, Servier.

OUTBREAK OF PATCHES ON THE SKIN

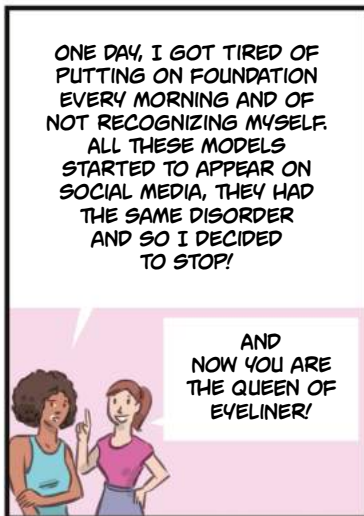
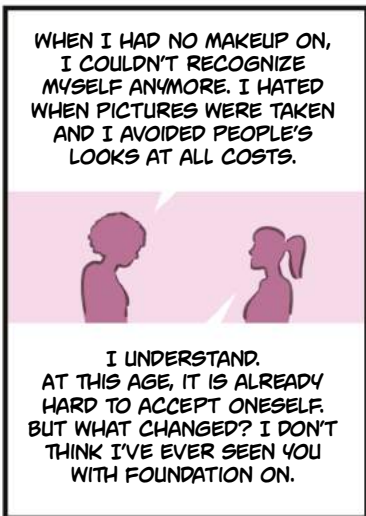
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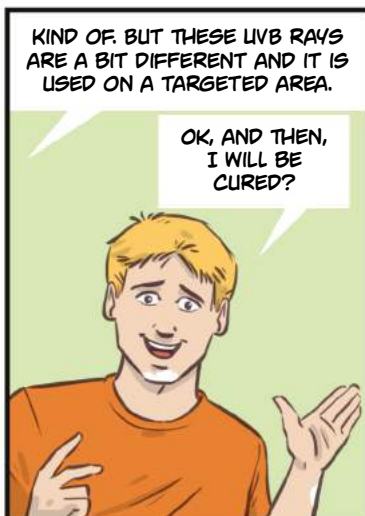
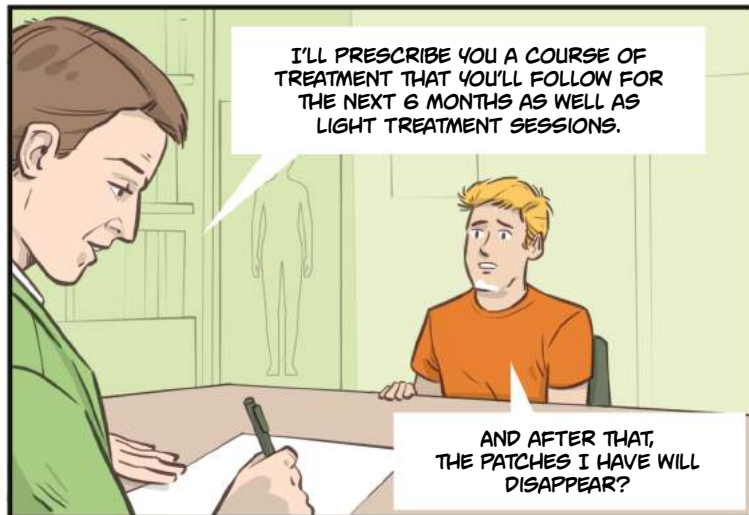


A medical appointment for vitiligo is a moment where the patient can talk with the doctor, which allows them to evaluate the date of the first symptoms, their evolution, other health problems the patient or the family might have. It is important to know the treatments which have already been tested and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

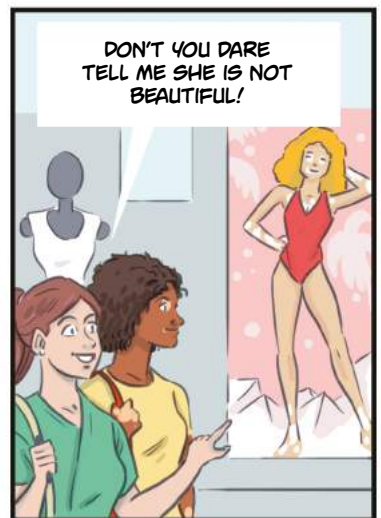


# TREATMENT

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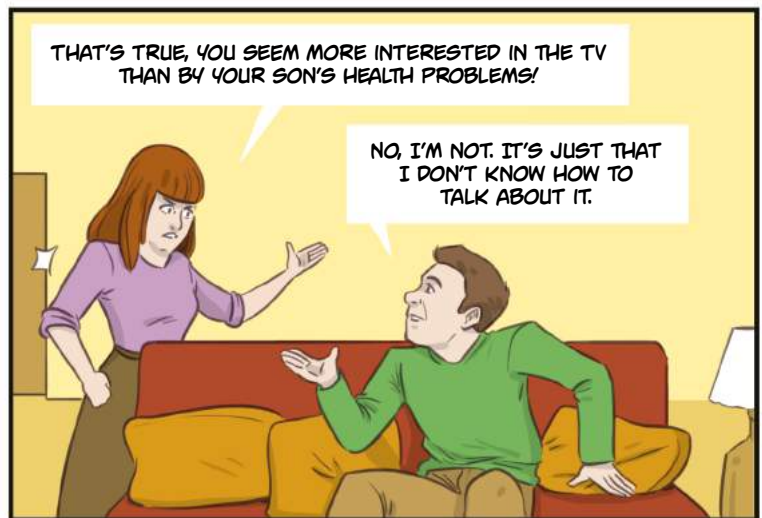
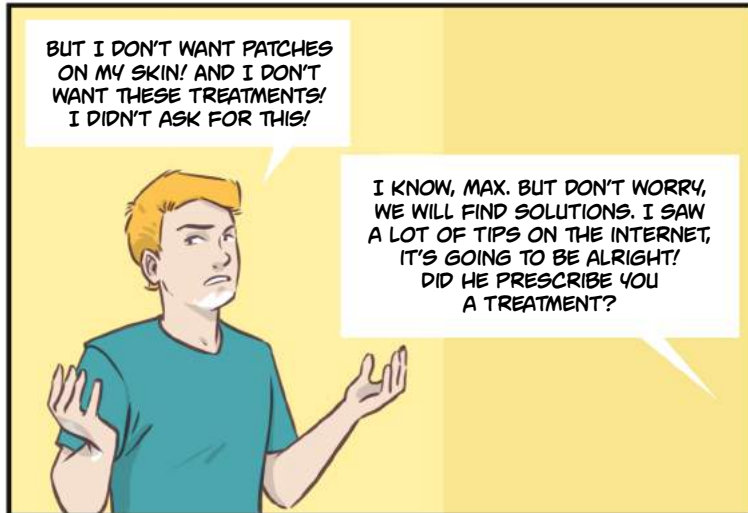
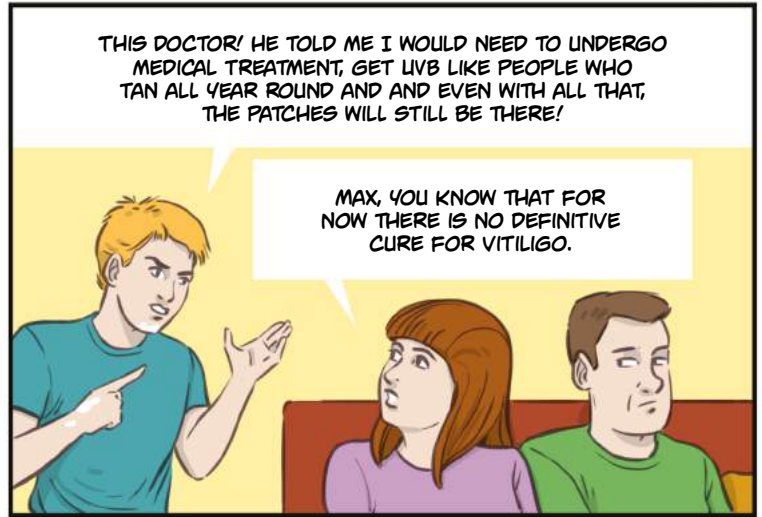
The goals of the vitiligo treatment are to 1/stabilize the disorder and avoid any further development, 2/get some pigment back and 3/maintain those pigments. The treatment is often a combination of anti-inflammatory medication and a natural exposure to the sun, or an artificial one.



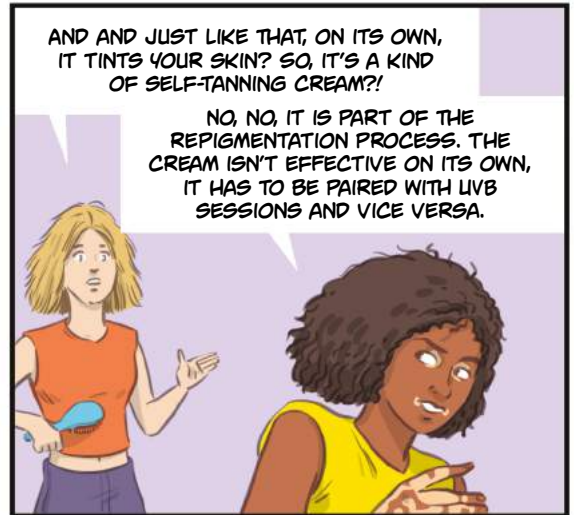
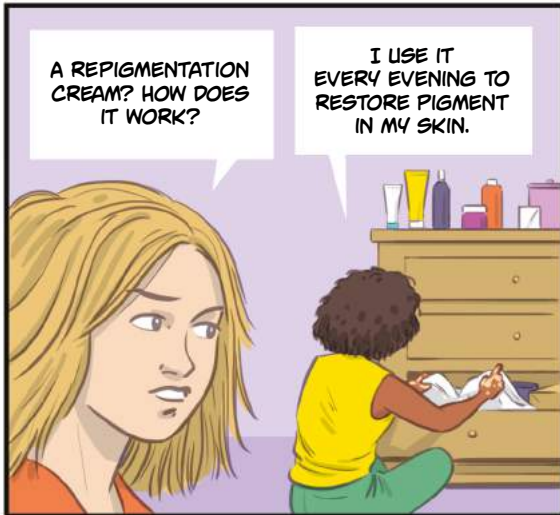
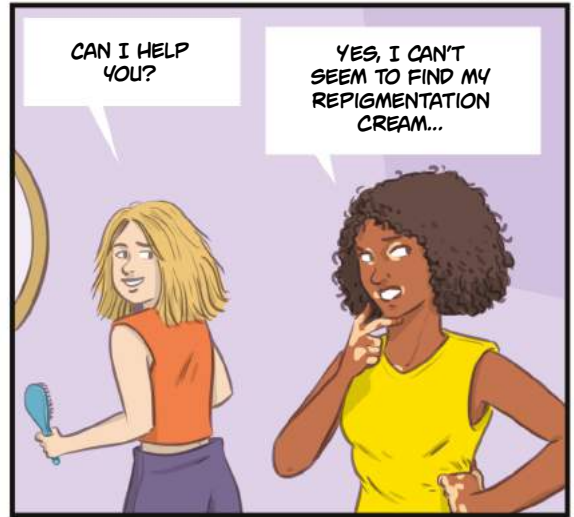


# INABILITY TO UNDERSTAND AND ANGER

Max



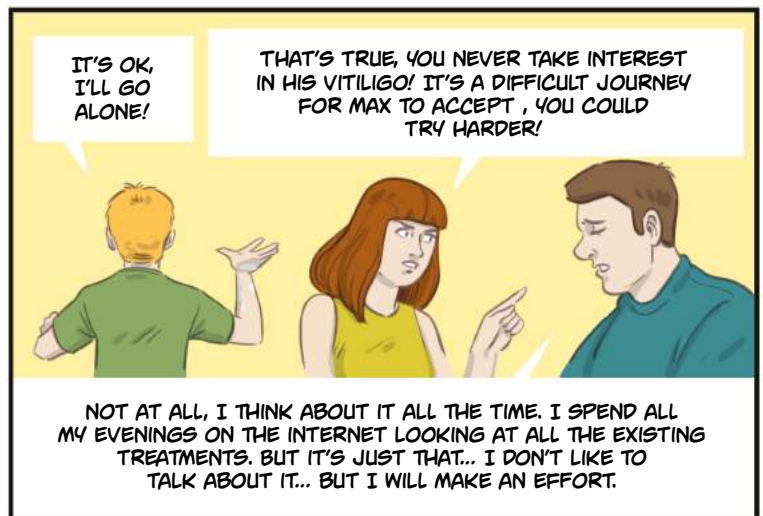
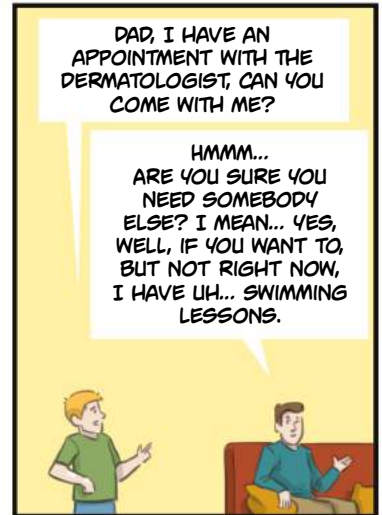
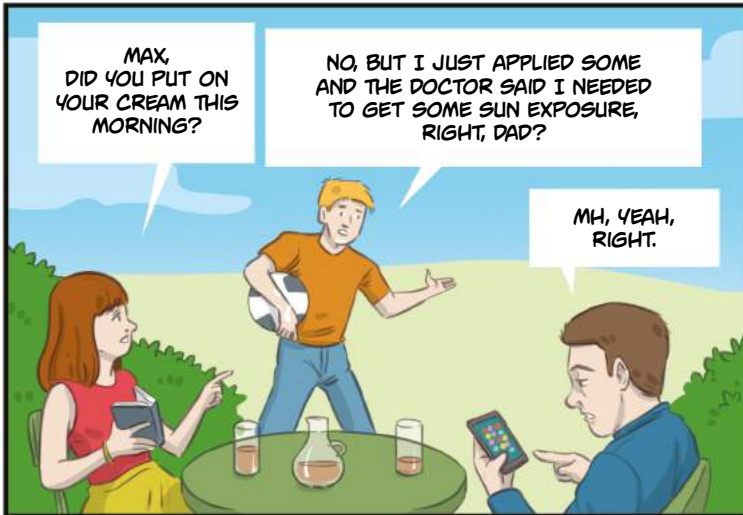
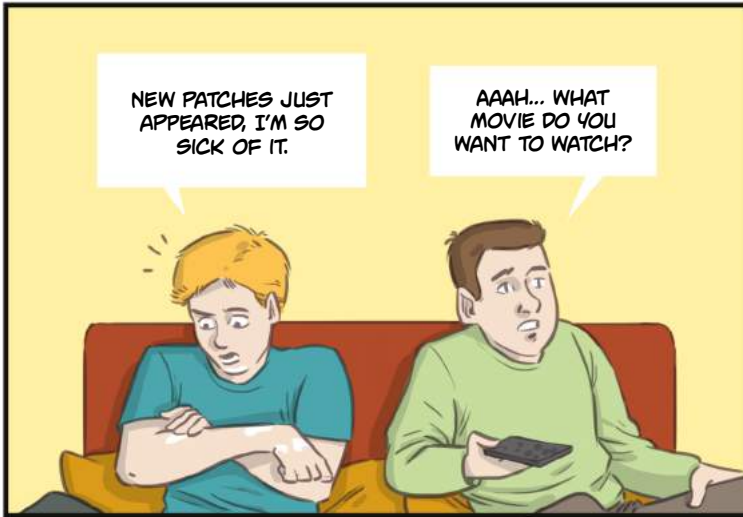
It's normal to go through an angry phase because getting a vitiligo diagnosis is a big change. It is possible to gradually learn to "tame" it. And it's important to remain hopeful that your skin will be pigmented. Feeling like you are the only person with this disorder or the fear of mockery and humiliation 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

Max





I HEARD MY FAVORITE SONG, WE WERE DANCING, AND THEN HE ARRIVED.

YOU LIKED HIM?



TOTES!



WE KISSED AND WE SPENT THE NIGHT TALKING. I AM GOING TO SEE HIM NEXT WEEK.



WHAT ABOUT YOU, GIRLS? HOW'S YOUR LOVE LIFE?



IT'S GETTING BETTER EVERYDAY WITH PIERRE, I'M SO HAPPY!

I HAVE MY FIRST DATE THURSDAY... I HOPE HE'S GOING TO LIKE ME.



AWESOME, GIRLS, I'M SO HAPPY FOR YOU!



YOU NEED TO BE YOURSELF. VITILIGO IS A PART OF YOU, BUT IT DOESN'T DEFINE YOU AND DON'T LET IT STOP YOU FROM LIVING.

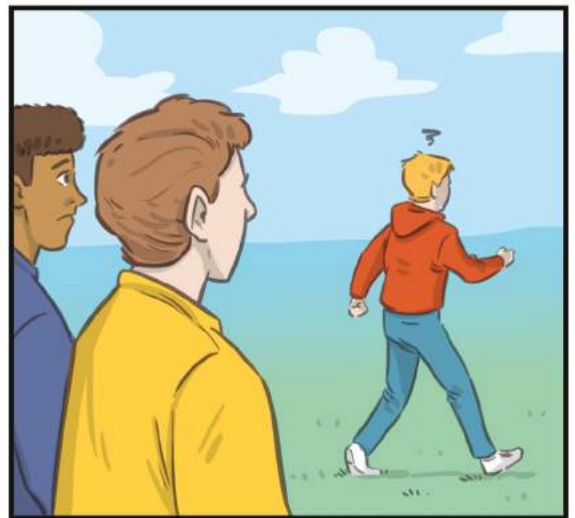
YOU'RE JUST GOING OUT FOR A DRINK, RELAX!

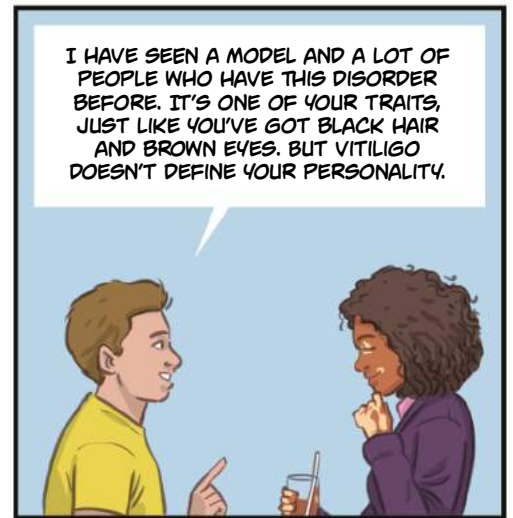
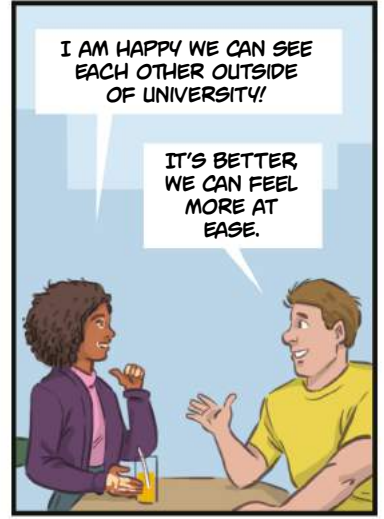


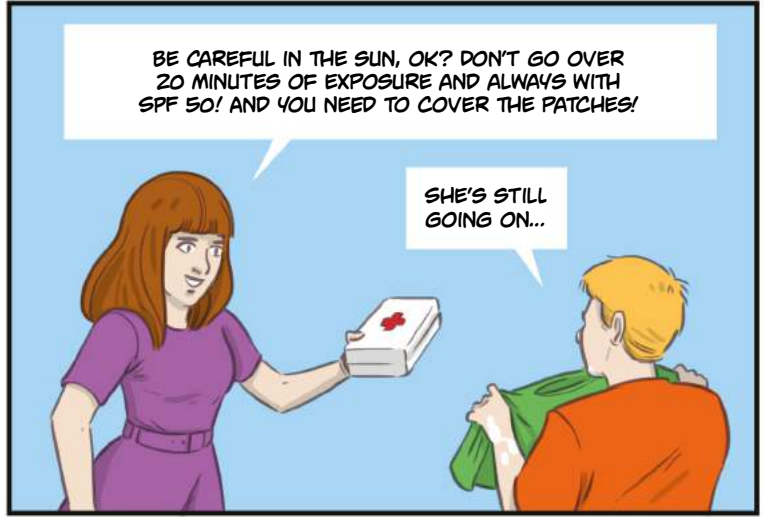
YOU ARE RIGHT GIRLS... BUT, IT'S THE FIRST TIME.

OTHER PEOPLE AND FRIENDS' OPINIONS

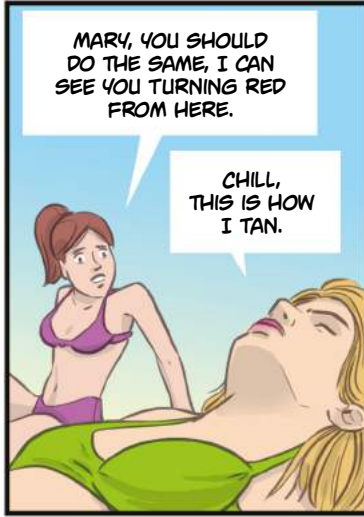
Max







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.



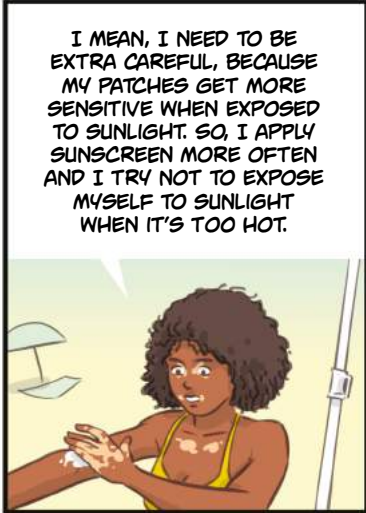
MARY, YOU SHOULD DO THE SAME, I CAN SEE YOU TURNING RED FROM HERE.

CHILL, THIS IS HOW I TAN.



YOU WILL GET A LOBSTER TAN, MARY!

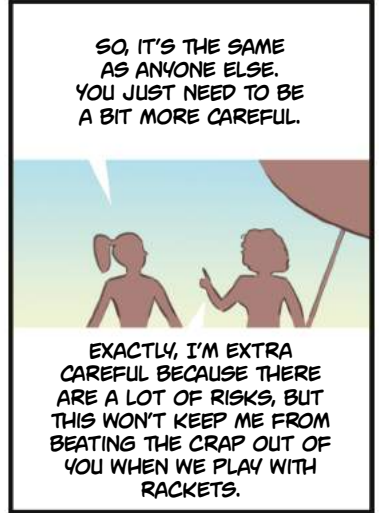
WHAT ABOUT JULIETTE? WON'T IT BE A PROBLEM TO BE IN THE SUN LIKE THIS WITH YOUR DISORDER?



I MEAN, I NEED TO BE EXTRA CAREFUL, BECAUSE MY PATCHES GET MORE SENSITIVE WHEN EXPOSED TO SUNLIGHT. SO, I APPLY SUNSCREEN MORE OFTEN AND I TRY NOT TO EXPOSE MYSELF TO SUNLIGHT WHEN IT'S TOO HOT.

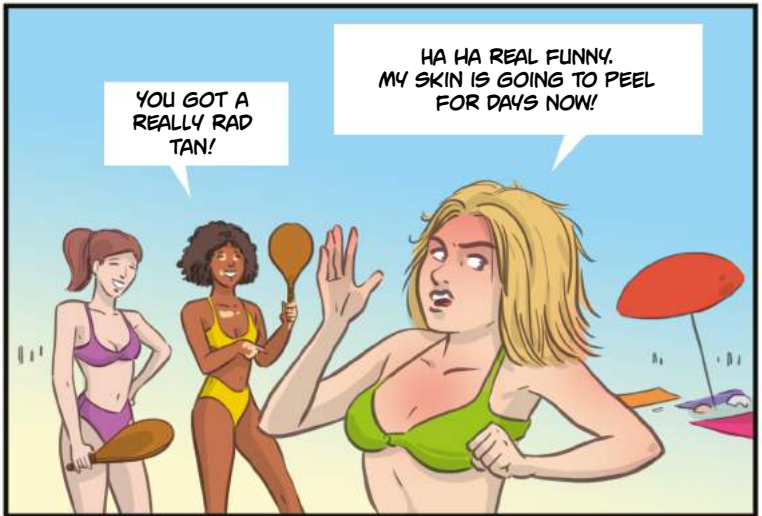


AND I TRY TO FIND SOME SHADE TO NAP INSTEAD OF DIRECT SUNLIGHT JUST LIKE THE SLEEPING LOBSTER OVER THERE.



SO, IT'S THE SAME AS ANYONE ELSE. YOU JUST NEED TO BE A BIT MORE CAREFUL.

EXACTLY, I'M EXTRA CAREFUL BECAUSE THERE ARE A LOT OF RISKS, BUT THIS WON'T KEEP ME FROM BEATING THE CRAP OUT OF YOU WHEN WE PLAY WITH RACKETS.



YOU GOT A REALLY RAD TAN!

HA HA REAL FUNNY. MY SKIN IS GOING TO PEEL FOR DAYS NOW!

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



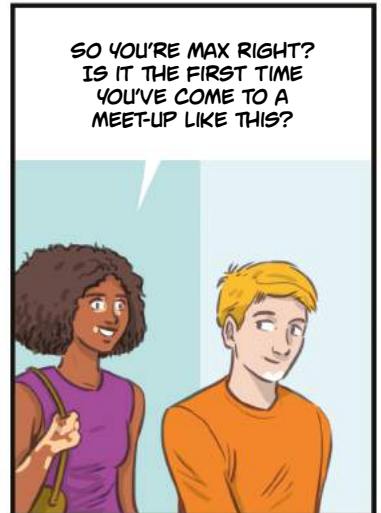
TODAY, LET'S WELCOME MAX WHO'S COMING FOR THE FIRST TIME. MAX, CAN YOU INTRODUCE YOURSELF?



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?



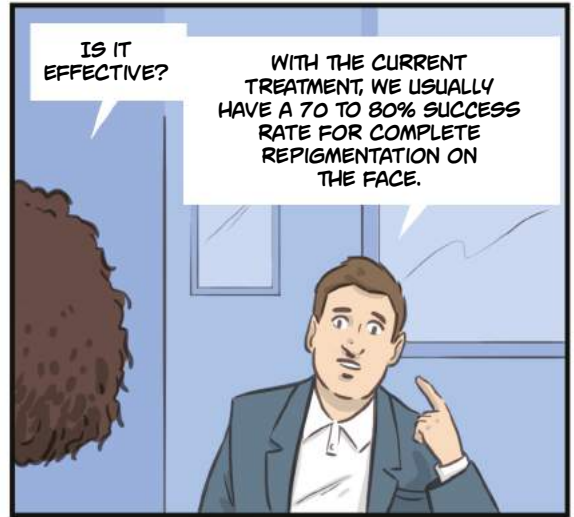
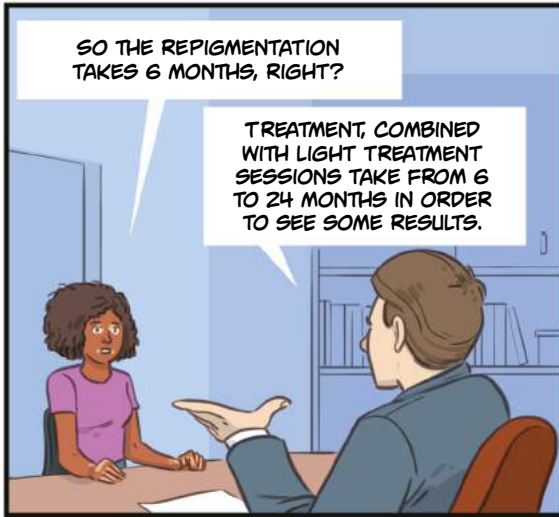
YES, MY MOM HEARD ABOUT THIS AND INSISTED THAT I GO.



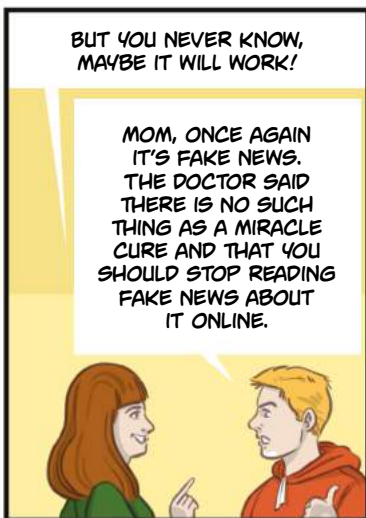
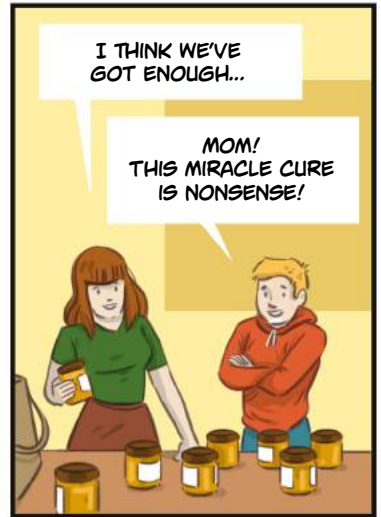
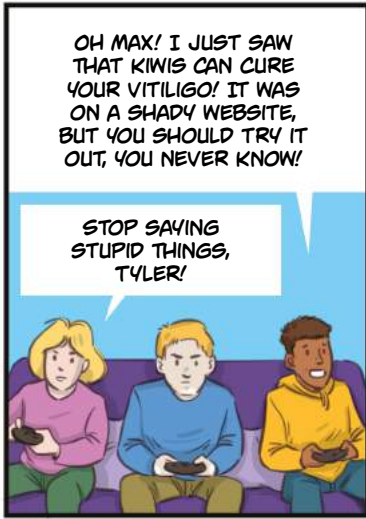
YOU'LL SEE, IT'S REALLY COOL HERE, AND YOU GET TO MEET A LOT OF PEOPLE WITH THE SAME PROBLEMS AS YOU!



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

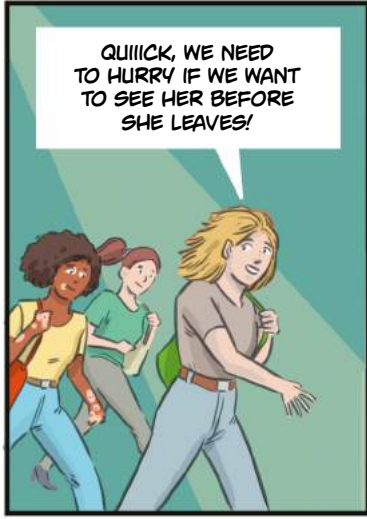


Repigmentation of vitiligo lesions takes different forms: either homogeneous, generally on the face or eyelids, or with pigmentation beginning at the edge of the lesion, or, and most frequently, with small areas of pigmentation generally located around the hairline, which then gradually merge. This takes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





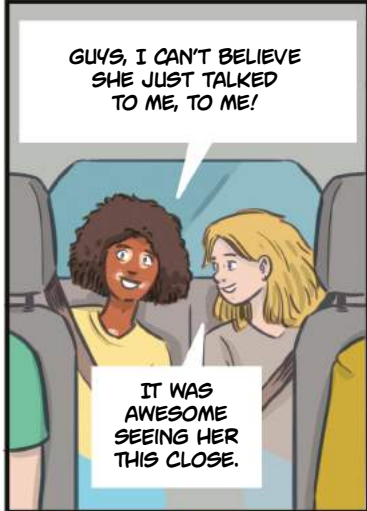
**FOR YOUUUUUUUUUUUUUUUUUUUUU**



**QUIIICK, WE NEED TO HURRY IF WE WANT TO SEE HER BEFORE SHE LEAVES!**



**WOAH, YOU LOOK GREAT WITH GLITTER!**



**GUYS, I CAN'T BELIEVE SHE JUST TALKED TO ME, TO ME!**

**IT WAS AWESOME SEEING HER THIS CLOSE.**



**AND SHE'S RIGHT, YOU LOOK AMAZING WITH GLITTER ON YOUR VITILIGO!**

**THAT'S NICE, I FEEL LIKE LATELY YOU ARE WAY MORE COMFORTABLE WITH YOUR PATCHES!**



**RIGHT, YOU'RE GLOWING!**

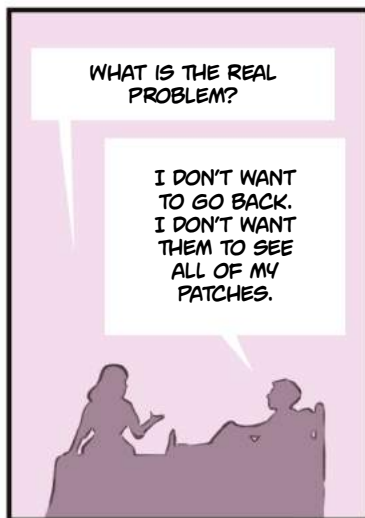
**YES, I DECIDED IT SHOULD BE A STRENGTH, IT'S PART OF ME, SO I MAY AS WELL HIGHLIGHT THEM!**

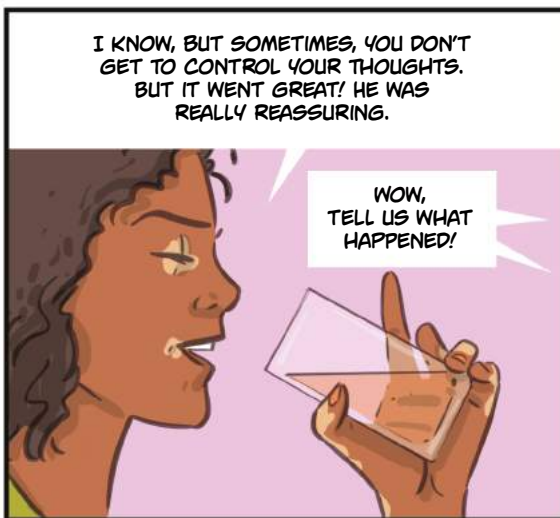
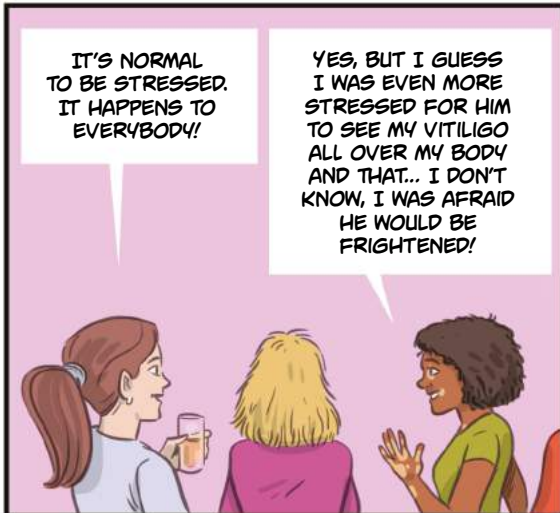
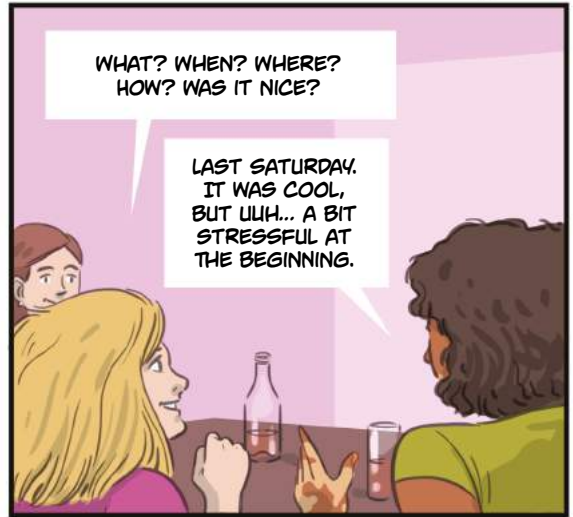


**THAT'S SO COOL. I REMEMBER HOW DIFFICULT IT WAS FOR YOU TO ACCEPT IT AT THE BEGINNING. WE GOT FRUSTRATED SEEING YOU LIKE THAT AND IT WAS HARD TO KNOW HOW TO SUPPORT YOU.**



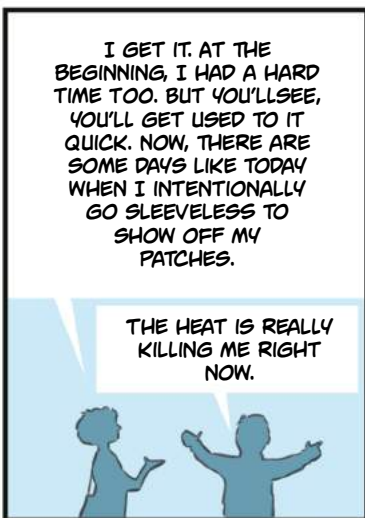
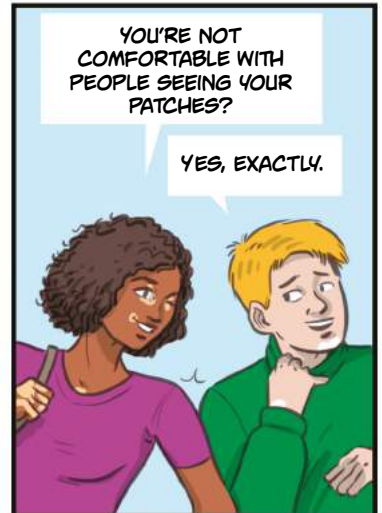
**I KNOW, AND IT WAS HARD FOR ME TO HANDLE ALL OF YOUR ANXIETY, GUYS. BECAUSE IT IS NOT SIMPLE TO REASSURE OTHER PEOPLE WHEN YOU'RE THE ONE WITH THE DISORDER!**

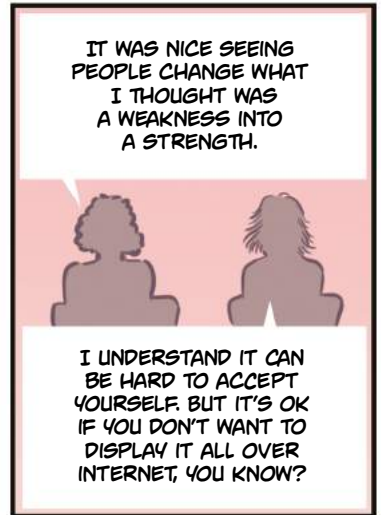
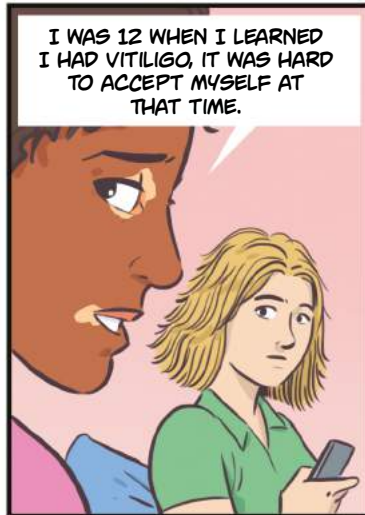
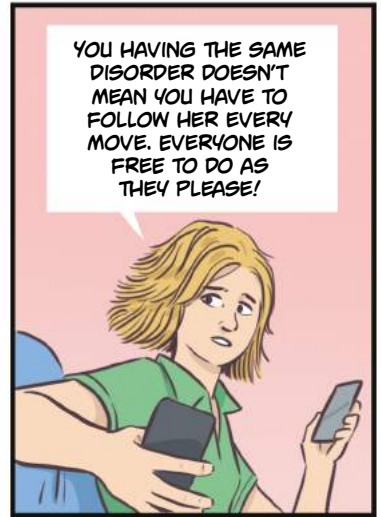
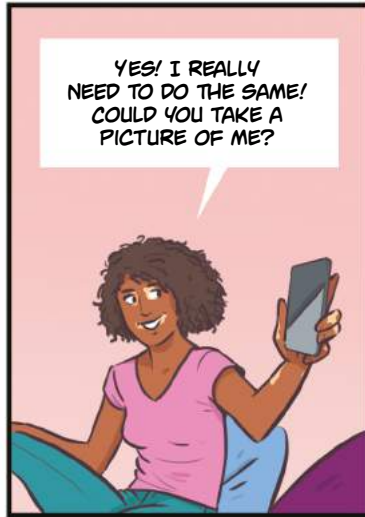
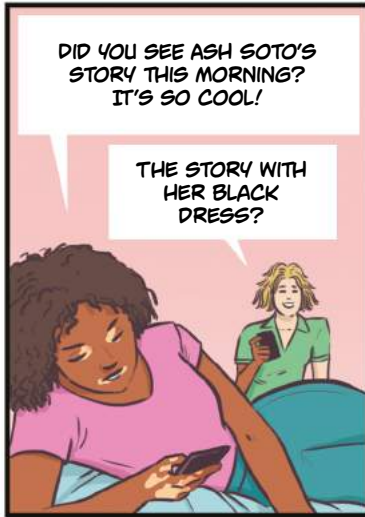




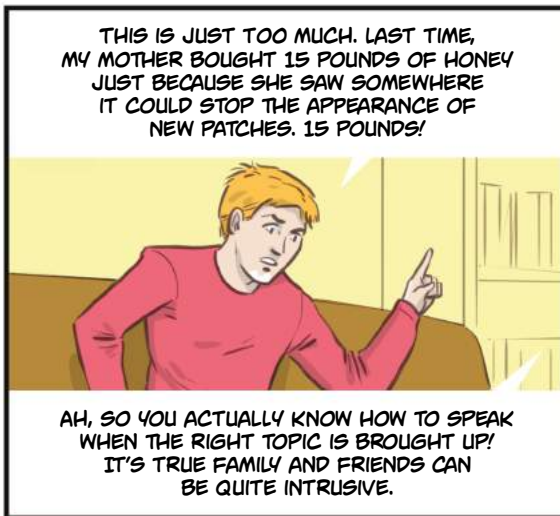
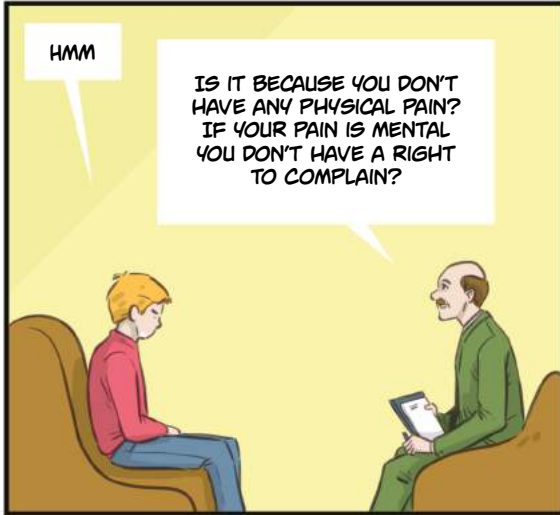
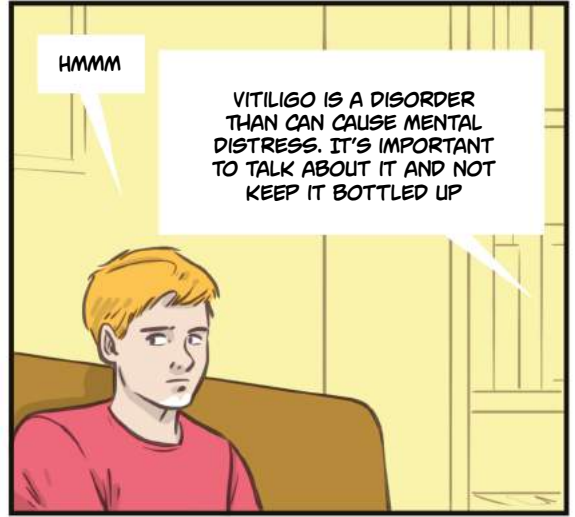
CLOTHES

Max

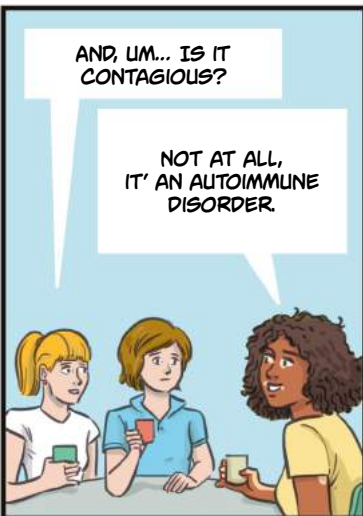
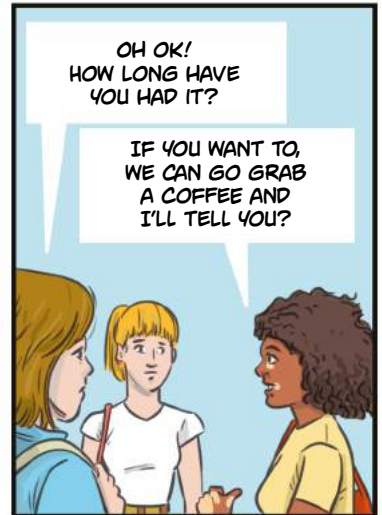
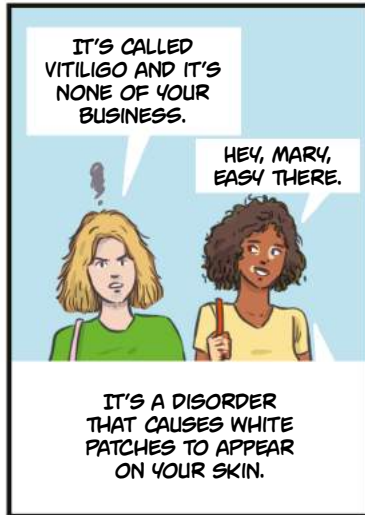




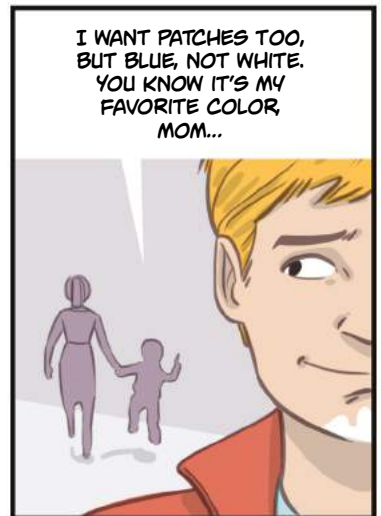
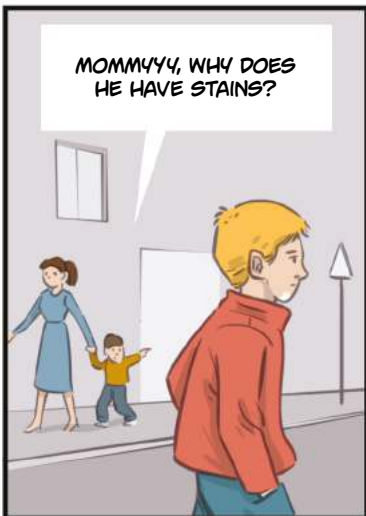


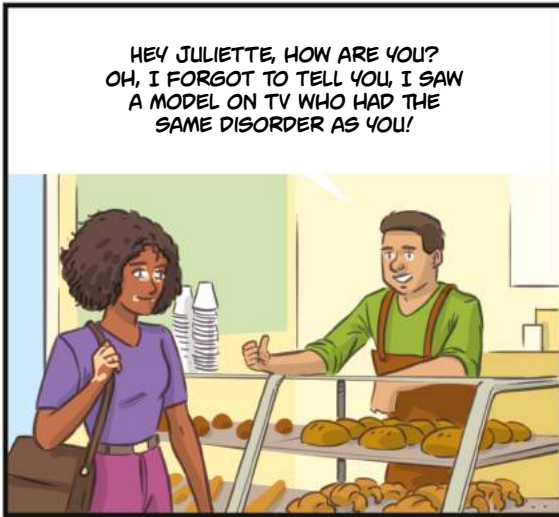


Talking about your difficulties is the first step to feeling better. Talking to a professional helps you to put words to your feelings, to be listened to without judgment, and to feel less alone with your doubts and questions. Psychological help doesn't have to be face-to-face, and can be shorter or 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...

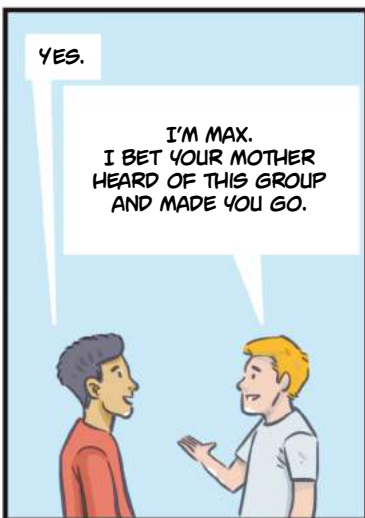
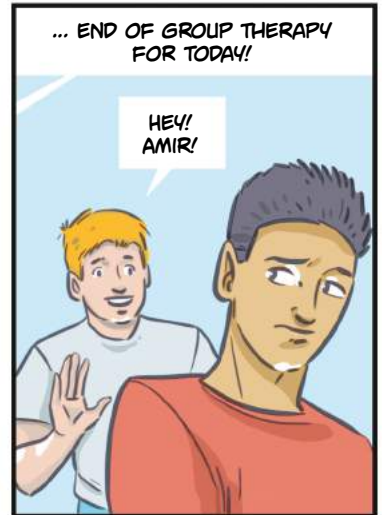
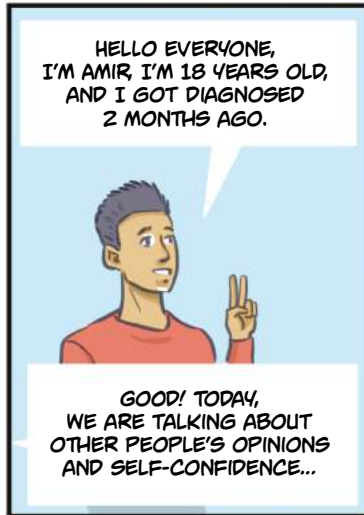




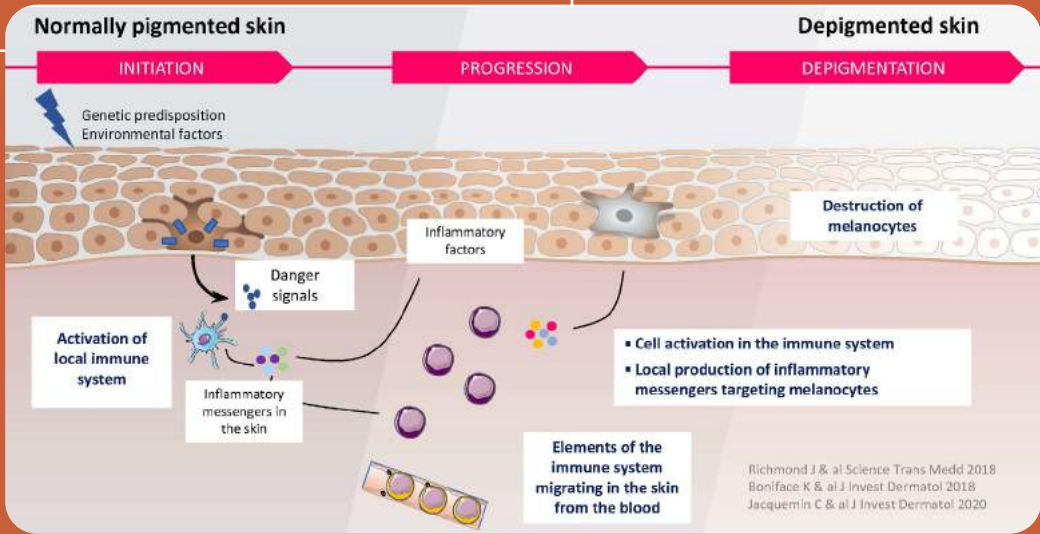




Discrimination occurs when an employer treats job applicants or employees differently on the basis of origin, gender, physical appearance, etc., during the recruitment, transfer or promoting to another position, determining salary, applying for training, etc.

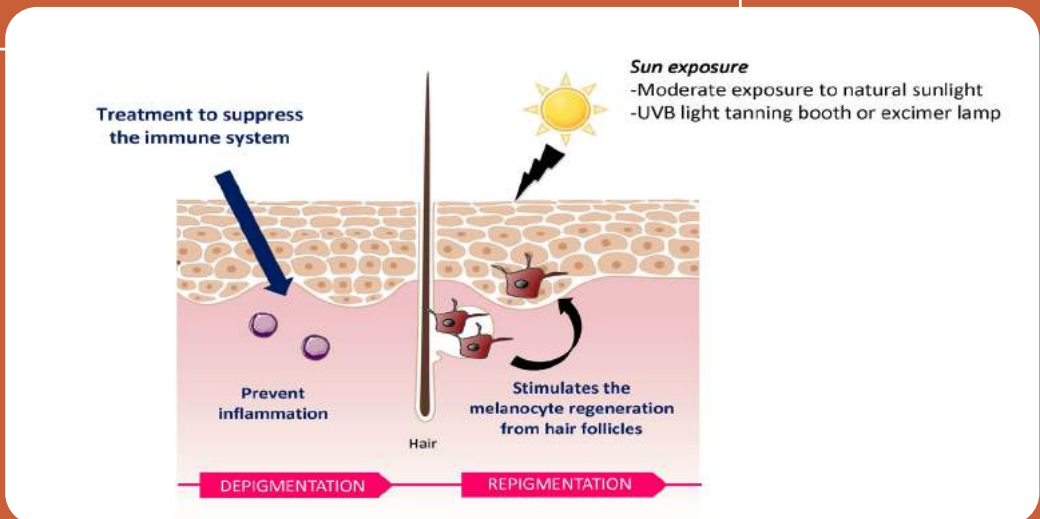


# The mechanism of the disorder



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](http://www.afvitiligo.com)



**Vitiligo International  
Patient Organizations  
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Lucille MAUNY, Péroûndévy LEBON

**Conception, creation and illustration:**

Your-Comics and l'Association Française du Vitiligo

**1<sup>st</sup> edition:**

September 2023 legal submission

**Editor:**

Association Française du Vitiligo, head office 10 rue Lacuée 75012 Paris – France  
Association of public interest under France's 1901 law declared to Paris police headquarters

# VITILIGO

*and us...*

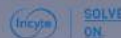


**Discover the story of Juliette, 25, and Max, 17, both suffering from vitiligo. 28 pages to help you better understand this skin disorder: the appearance of depigmented patches, treatments, how you see yourself and how others see you, your first steps in the professional world, support from family and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

abbvie



Incyte Dermatology



  
Pierre Fabre  
Direction Médicale & Relation Patient  
Consommateur



SERVIER

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**Vitiligo**