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New possibilities for prolonging remission with vitiligo

Kassymkhanova Aliya
Department of Dermatovenereology Dispanser of the South-Kazakhstan Region, Kazakhstan

The article discusses the necessity of prophylactic measures after successful completion of vitiligo treatment aiming to prevent the recurrence of the disease. Based on the available scientific data, the complex of measures for prophylactics is suggested. Observations of 298 vitiligo patients after treatment are presented, which confirm efficiency of the proposed measures which allowed for reaching remissions of more than 4 years in 42% of patients, with the maximal remission length being 9.5 years. NB-UVB phototherapy has been complexed with balneotherapy and pharmaceuticals for 298 vitiligo patients with depigmentation of more than 15% of body surface area. Clinical success (repigmentation 95%-100%) was observed in 19 (6%) of the patients, significant improvement (repigmentation from 50% to 95%) was seen in 178 patients (60%). Improvement (repigmenttaion ranging from 15 to 50%) was observed in 96 patients (32%), and lack of clinical effect (repigmentation less than 15%) was noted in 5 patients. The average number of phototherapy sessions was 97±9, cumulative NB-UVB dosage was 82.37±4.46 J/cm^2. The duration of phototherapy course was on average 15 months. 22 surgical transplants were performed: transplantation of a suspension of uncultivated epidermal cells - keratinocytes and melanocytes and transplantation of a suspension of uncultivated cells of the outer root vagina of hair follicles.

Results: repigmentation of 95% -100% was observed in 7 (32%), repigmentation of 50% -95% was in 10 (45%), repigmentation of 15% -50% in 3 (14%) and repigmentation to 15% - was in 2 (9%). Currently, the main goal of this treatment is to stop the disease from progressing and to make it stable while regressing clinical signs of vitiligo (depigmentation). Besides that, lengthy treatment, significant spending and anxiety of a patient to return back to the past condition require to search for novel prophylactics measures. which, in turn, can lead to vitiligo recurrence. This further points to the necessity of continuing treatment. The view of photo-immunology has changed over the past several years (Ullrich and Byrne, 2012). The mechanisms involved are much more complex than initially thought. Low/physiologic doses of UVR inhibit the adaptive immune system but induce parts of the innate immune system. This is in line with the fact that ambient solar exposure is crucial and physiologic. Thus, it is fair to speculate that a certain level of constant immunosuppression by daily solar exposure may prevent the induction of such adverse immune responses, but this must be confirmed by future studies (Schwarz T, Beissert S, 2013).

Speaker Biography

Kassymkhanova heads the Physiotherapy Department of the Regional Dermatovenereology Center of South Kazakhstan. She has been actively involved in vitiligo research since 2004. Dr. Kassymkhanova published over 20 papers and received two patents for vitiligo treatments. A tireless patient advocate, Aliya chairs the Vitiligo School - a local patient education and support group she founded in 2005.

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Combined autologous platelet-rich plasma with microneedling verses microneedling with distilled water in the treatment of atrophic acne scars: A concurrent split-face study

Mohd Asif
Naushad Medical Centre, India

Background: Acne scars are the squeal of acne; which causes cosmetic discomfort, depression, low self-esteem & reduce quality of life. Microneedling is an established and cost effective treatment for scars, although the efficacy of platelet-rich plasma (PRP) has not been explored much.

Objective: The objective of this study was to evaluate the efficacy and safety of platelet-rich plasma (PRP) combined with microneedling for the treatment of atrophic acne scars.

Methods: Sixty two patients of 17–34 years of age with atrophic acne scars were enrolled. Microneedling was performed on both halves of the face. Intradermal injections as well as topical application of PRP (pre activated with calcium chloride) was given on right half of the face, while the left half of the face was treated with intradermal administration of distilled water. Three treatment sessions were given at an interval of 1 month consecutively. Goodman's Quantitative scale and Quantitative scale were used for the final evaluation of results. All the adverse effects were duly noted and treated.

Results: Right and left halves showed 62.37% and 46.62% improvement, respectively, on Goodman's Quantitative scale. Goodman's Qualitative scale showed excellent response in 25 (40.32%) patients and good response in 37 (59.68%) patients over right half of the face, while the left half of the face showed excellent response in 8 (12.90%) patients, good response in 49 (79.03%) patients and poor response in 5 (8.06%) patients.

Conclusion: We conclude that PRP is safe and efficacious in the management of atrophic acne scars when combined with microneedling. It can be also be combined and researched with other existing modalities of treatment.

Speaker Biography

Mohd Asif a senior resident, Department of Dermatology, Muzaffarnagar Medical College, U.P, India. 2016, Consultant dermatologist in Kaya Skin clinic, Delhi, India. 2017. Evaluated role of platelet rich plasma in acne scars-"Combined autologous platelet rich plasma with microneedling verses Microneedling with distilled water in the treatment of atrophic Acne scars: A concurrent split face study" Published in "Journal of Cosmetic Dermatology" 8th Jan 2016. Member of Indian medical association (IMA), Member of Indian association of dermatology, Venereology, and leprosy (IADVL), Member of Association of cutaneous surgeons of India.

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Significant lightening effect of a whitening formula (AE brightening complex-01) compared to 4% hydroxyquinone

Saadiah S
Annur Skin Specialist Clinic, Malaysia

Introduction: Fair skin complexion is much preferred by the Asian population. Four percent hydroquinone has been known to be effective as a whitening agent albeit unwanted effects such as worsening pigmentation, onchronosis and irritation have been well documented. This study aims to compare the lightening effects and the safety profile of a novel topical formulation derived from Vitamin C in combination with plant's extract, known as AE Brightening Complex- 01 with a standard formulation containing four percent Hydroquinone. A case control study was conducted to evaluate the efficacy of AE Brightening Complex-01 versus 4% Hydroquinone cream in lightening normal skin colour.

Materials & Methods: AE Brightening Complex-01 contains refined stabilized vitamin C complex and plant's extract as active ingredient. All 20 subjects were applied with AE Brightening Complex-01 on their right arm, 4% hydroquinone on their left arm twice a day for 28 days. Their left forearm was left untreated. Visual and colorimeter assessment of the right arm, left arm and left forearm were done on day 0, Day 7, Day 14, Day 21 and Day 28.

Results: Skin areas treated with AE Brightening Complex-01 showed significant degree of lightening effect (+1.69) after 21 days of treatment compared to areas treated with 4% hydroquinone (+0.47) and untreated area (+0.13). This was tested using Skin Colorimeter Konica Minolta CR 10. There was further improvement at day 28 of the treated area with AE Brightening Complex-01 (+1.96), 4% hydroquinone (+0.66) and untreated area (-0.09). The AE Brightening Complex-01 formulation showed significant skin lightening effect compared to standard 4 % Hydroxyquinone with $p<0.05$.

Conclusion: The AE Brightening Complex-01 formulation is significantly effective to lighten normal skin colour compared to 4% Hydroquinone.

Speaker Biography

Saadiah S has completed her graduation from Royal College of Surgeons, Ireland in 1987, currently a Consultant Dermatologist (as per Malaysia National Specialist Register) serving Damansara Specialist Hospital, Seremban Specialist Hospital and Annur Specialist Hospital in Malaysia. She was a Consultant Dermatologist in Hospital University Kebangsaan, Malaysia, Committee Member of the Advance Masters Dermatology Program, which she has set up in year 2000 in University Kebangsaan Malaysia (UKM), where she has served from year 1992 to 2003 and attained her Postgraduate degree, Masters in Internal Medicine and further trained by the world renowned Dermatologist, Professor Malcolm Greaves. Since then, she has supervised and trained many young dermatologists. Being actively involved in research, apart from many journal publications and conference presentations, she heads the dermatology clinical laboratory research and has successfully established two MS ISO 17025 accredited laboratory, Makmal Bioserasi for research and development and testing of healthcare products in Malaysia.

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Efficacy of adjunct (laser) therapy to topical agents among Southern Nigeria acne vulgaris patients

Pastor Canice Chukwudi Anyachukwu
University Of Nigeria, Nigeria

Background: Acne Vulgaris, a common inflammatory disorder of the sebaceous gland presenting with comedones, papules, pustules, cysts and scares on the face, back, chest; with potential significant psychosocial morbidity. The efficacy of laser as an adjunct to self-management topical approach among males was studied.

Materials & Methods: 40 patients of University of Nigeria Enugu Campus within 16years-above diagnosed of facial acne were parallel randomized into laser group (n=15) and placebo controlled single-blinded group (n=20). Quota sampling was applied across the faculties to select and randomize subjects into laser and control groups as well as blocked randomization and balloting without replacement at allocation ratio of 1:1; for assignment of patient into laser and control group. Both patients and assessing physician were blinded. Treatment group had 905nm non-ablative infrared pulsed laser dose twice for eight sessions while the control got a placebo through the 25cm^2 quadrant and Global Acne Grading System- GAGS outcome measured.

Results: A significant improvement in clearance rate of acne occurred when laser was used as an adjunct therapy relative to control group (54.98% vs. 17.97%, t=9.773, p=<0.0001, C.I=95%). Specifically, antibiotic cream (57.41% vs. 30.65%, p=0.007), medicated soaps (50.00% vs. 25.00%, p=0.013), talcum powder (57.43% vs. 10.34%, p=0.005) and normal hygiene (53.57% vs. 5.90%, p=0.006).

Conclusions: A significant improvement in clearance rate of acne occurred when laser (adjunct) therapy was used to self-administered topical agents compared to the topical approach application alone.

Speaker Biography

Pastor Canice Chukwudi Anyachukwu is a Lecturer I academic staff of the Department of Medical Rehabilitation, Faculty of Health Sciences, College of Medicine, Enugu Campus, University of Nigeria, Nsukka. He obtained his first degree in General Physiotherapy (B.Sc-PT) in Bayero University, Kano (1996) as a pioneer student; master's degree from the Department of Medical Rehabilitation, Faculty of Health Sciences, College of Medicine, Enugu Campus, University of Nigeria, Nsukka in Sports/Orthopedic Physiotherapy/ Rehabilitation; and presently in the final lap/year of the PhD thesis in same University's department on a multidisciplinary (Sports Immunology & Exercise Rehabilitation) thesis involving Physical therapy/Rehabilitation, Laboratory/molecular medicine and radiological medicine which is focused on the Assessment of patients' prostate biomarkers post 12weeks aerobic exercises and sonography evaluations. The author happens to the first physiotherapist to obtain the enviable sponsorship of Prostate Diseases Research Foundation (PDRF). He joined the foundation in 2010 as the pioneer program officer, then 2011 for the scholarship on part-time study bases since he is a staff of the university and in 2015 when he became the Secretary-General of the PDRF & BOT member. He has several meritorious awards of honour from Institute for Neuroscience & Biomedical Research (INBR), Nigeria, International Research & Development, Ghana as an honorary member, Fellow, Nigeria Institute of Industrial Administrators (NIIA) and One-of-the-Best-Four Nigerian Volunteer Sports Physiotherapist (10th World FIFA/COLA Youth Soccer Championship Enugu-Zone, NIGERIA '99). He has authored many peer-reviewed journals in different areas of study because of vast areas of research interest.

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Facial manifestations of pachydermoperiostosis treated with botulinum toxin type-A (Report of 3 Cases)

Xiang Wen
West China Hospital of Sichuan University, China

Pachydermoperiostosis (PDP) is an uncommon genetic syndrome characterized by distinctive digital clubbing, periostosis and pachydermia. There is no accepted therapy for alleviating the aesthetic defects associated with pachydermia. The aim of this study was to evaluate the role and long-term effect of botulinum toxin type A (BTX-A) in improving facial manifestations in patients with PDP. Three patients with PDP were treated with BTX-A. The main outcome measures were physician rating of wrinkle severity in relaxation, at baseline and after treatment. Secondary measures were patient global assessment of improvement. Case one and Case three were successfully treated with BTX-A; Case two reported an exacerbation of the eyelid ptosis possibly related to treatment. Case 1 underwent 4 sets of injections over a 48-week period which has never been described. We suggest temporal improvement of cosmetic appearance of patients with PDP could be achieved by BTX-A injection. Repeated treatments remained effective.

Speaker Biography

Xiang Wen is an attending Physician in Dermatology Department, West China Hospital of Sichuan University, China. She has been a Visiting Scholar at Wellman Center for Photomedicine, Massachusetts General Hospital, Harvard Medical school, USA from 2016 to 2017. She has been engaged in various cosmetic surgeries for several years, particularly cosmetic lasers and injections. She has over 15 publications and has been serving as reviewer of reputed Journals.

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Associations between air pollution, climate factors and outpatient visits for eczema in West China Hospital, Chengdu, Southwestern China: A time series analysis

Anqi Li
West China School of Medicine, China

Environmental irritants are important risk factors for skin diseases, but little is known about the influence of environmental factors on eczema incidence. In this time-series study, our objective was to examine the associations of environmental factors with outpatient visits for eczema. Daily outpatient visits between 2007 and 2011 (1826 days) were collected from Huashan Hospital in Shanghai, China. We used an over dispersed generalized additive model to investigate the short-term association between environmental factors and outpatient visits for eczema. Daily outpatient visits for eczema were significantly associated with air pollution and meteorological factors. For example, a 10 μg/m3 increase of 7-day (lag 06) average concentrations of PM10 (particulate matter no greater than 10 microns), was associated with 0.81% (95% confidence intervals (CI) 0.39%, 1.22%), 2.22% (95% CI: 1.27%, 3.16%) and 2.31% (95% CI: 1.17%, 3.45%) increase in outpatient visits for eczema, respectively. A 10 °C elevation of temperature on lag 0 day were associated with 8.44% (95% CI: 4.66%, 12.22%) increase in eczema visits, whereas 10 unit decrease of 7-day average relative humidity were associated with 10.86% (95% CI: 8.83%, 12.89%) increase in eczema visits. This study provided clear evidence of ambient air pollution, high temperature and low relative humidity on increasing the incidence of eczema in Shanghai, China.

Speaker Biography

Anqi Li, a student in West China School of Medicine, Sichuan University, who is studying for the master degree under Professor LI Li. My study research is about the air pollution and skin diseases especially skin allergy. During my study in university I am a top student and have been awarded The First-class Scholarship, Excellent Student Leader Scholarship for my high grades, excellent performance in examinations and devotion to the services to the Student Association. I worked for 2 years in outpatient department of dermatology and 6 months in hospitalized wards of dermatology in West China Hospital, Sichuan University. The major work was involved in diagnosis and treatment of daily general skin problems. Also I actively participated in overseas student teaching program in the ward of dermatology.

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Non - Invasive characterization of allograft dermis, skin and scar using vibrational OCT

Frederick H Silver
The State University of New Jersey, USA

Physicians have been palpating dermal lesions for over 100 years to assist in the diagnosis of disease. Recently, several papers report that cancerous lesions are stiffer (harder) than normal tissues. These events have led to over 40 years of research attempting to develop mechanical tests that can non-invasively and non-destructively evaluate the mechanical properties of skin in health and disease. My lab has measured the mechanical properties of a number of extracellular matrices including skin, decellularized dermis and chemically modified dermis for over 30 years. The mechanical behavior of skin is complicated by several factors including: (1) time dependence of the behavior (viscoelasticity); non-linearity of the stress-strain behavior; (3) ability to test tissue fragments without mechanical slippage during testing; (4) directional dependence of the properties along and perpendicular to Langer's Lines; (5) assumption that Poisson's ratio is independent of strain; and (6) age dependence of the stiffness of skin. All these variables make measurement and interpretation of the stiffness (modulus) and its dependence on deformation (strain) of skin very complex. Recently, we reported the use of optical cohesion tomography (OCT) in combination with vibrational analysis to measure the stiffness of normal skin and scar tissue as well as that of decellularized and chemically modified dermis (Shah et al., 2016, 2016a, 2017). In this technique skin is vibrated using a speaker that employs a low intensity sound wave generated by a cell phone app to find the resonant frequency of skin. This is done by measuring the frequency by OCT at which maximum deformation of the sample occurs. The frequency at which maximum deformation occurs is related the stiffness of a material and tissue properties such as the density.

Speaker Biography

Frederick H. Silver is a Professor of Laboratory Medicine and Pathology at Robert Wood Johnson Medical School, Rutgers University in Piscataway, NJ. He did his Ph.D. in Polymer Science and Engineering at M.I.T. with Dr. Ioannis Yannas, followed by a postdoctoral fellowship in Developmental Medicine at Mass General Hospital with Dr. Robert L. Trelstad. Over the last 40 years, he has taught biomedical engineers and physicians at Mass General Hospital, Boston University, Rutgers University and University of Minnesota. His research interests include connective tissue disorders, collagen self-assembly, tissue mechanical properties, pathobiology of implants, mechanobiology and non-invasive assessment of disease processes. He has published over 170 research papers and book chapters and is co-inventor on over 20 patents.

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Tattoo and warts: Efficacy of topical immunotherapy

Luca Fania
Istituto Dermopatico dell'Immacolata-FLMM, Italy

In recent decades, the practice of tattooing has greatly diffused and is performed worldwide. During this practice, many infections can transmit as Human papillomavirus that can present after weeks of months with viral warts. The inoculation of the dye can promote an altered local immune response area, named immunocompromised district that can lead, after long latency period from the practice of the tattoo, to cutaneous disorders. We present two cases of multiple viral verruca localized on polychrome tattoo that were performed many years before. This skin infection has been successfully treated with contact immunotherapy that is squaric acid dibutylester (SADBE), without alterations of the tattoos.

Speaker Biography

Luca Fania is Chief Medical Officer of Bone Dermatologist at IRCCS Dermopathic Institute of Immigration (IDI) in Rome and Dermatologist Consultant at the private Villa Stuart, Rome. He was the winner of the PhD in Oncology Sciences at the A Gemelli Hospital in Rome and therefore deals with Dermatological Surgery of organ transplant patients and carries out a research project in the skin cancer of transplanted patient's organ. He specializes in lode in dermatology and venereology at the Catholic University of the sacred heart of Rome and has held the internship as Attendant Physician at the Institute of Clinical Dermatophilopathy of the University Hospital A Gemelli of Rome.

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Attentiveness of dermatologists in the middle east for the practice psychodermatololgy

Ossama Tawakol Osman
Behavioral Sciences Pavilion, UAE

Background: Many dermatologic patients suffer from coupled psychiatric symptoms. Proper treatment of these patients requires parallel psychiatric care. The main objective of this study was to assess awareness of Middle East dermatologists to psychocutaneous medicine.

Methods: This study utilized a survey that was originally developed for dermatologists in the Upsychodermatology' describes the psychiatric aspects of skin diseases as well as the dermatologic manifestations of psychiatric problems.

Results: 57 dermatologists from United Arab Emirates, Saudi Arabia, Egypt, Kuwait, Iraq, Jordan and Lebanon completed the survey. 49 (86%) reported clear understanding of the term psychodermatololgy, nine (16%) were very comfortable in diagnosing and treating these disorders, and 52 (91%) were unaware of patient/family resources on psychodermatology (e.g., association for psychoneurocutaneous Medicine of North America, European Society for dermatology and psychiatry, psychodermatology UK, and Japanese Society of Psychosomatic Dermatology). Acne, alopecia, vitiligo, atopic dermatitis, and psoriasis were common skin diagnoses coupled with psychiatric manifestations. 13 (23%) dermatologists expressed interest in attending educational activities on managing psychodermatologic diseases.

Conclusion: Patients who had psycho cutaneous disorders might not receive necessary care because of insufficient experience in managing their problems. This survey supports the need for incorporating formal training on psychodermatololgy in postgraduate dermatology programs. There is also a need for establishing dermatology–psychiatry limited states to assess regional experience with psychodermatololgy disorders. The reasons especially acquainted with managing the patients.

Speaker Biography

Ossama Tawakol Osman is certified in Psychiatry by the American Board of Psychiatry and Neurology and has been elected a fellow of the American Psychiatric Association. He completed residency training at SIU-in Illinois, USA and a research fellowship in clinical psychopharmacology at the National Institute of Mental health (NIMH) in Bethesda, Maryland. His academic career is focused on bridging clinical research and practice through community clinical, research, and educational program development and had an extensive and diverse international experience. At USF in Tampa, Florida he developed the psychiatric research program at the Bay Pines VAMC. At SIU he helped to develop the academic research program in developmental disabilities in Illinois. At Mercer University in Georgia, he developed the mental health community-wide programs in substance abuse, mental health and developmental disabilities. In Saudi Arabia, he helped develop the substance abuse and addiction services for the western region of the kingdom through his capacity as the Medical Director of Al-Amal Hospital-Jeddah 1999-2004. In the UAE research activities emphasized epidemiologic community studies in the primary care and interdisciplinary clinical outcomes research. Organizational involvement is a past president of American-Arab Psychiatric Association, Member of scientific/executive councils for the Arab Board of Psychiatry and Chairperson for its Committee on Curriculum/Accreditation/Credentialing.

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Treatment of vitiligo at home with portable devices using the narrow-band phototherapy method in the rays of 311 nm

Smirnova Olga Mikhailovna
Akmola Medical Academy, Kazakhstan

Background & Purpose: Narrow-band phototherapy is the main method of vitiligo treatments. The purpose of this study is to illuminate the phototherapy treatment regimens at home, to show skin care with long-term treatment and vitiligo narrow-band treatment. This shows that this method of treatment is very effective and available to every patient.

Material & Methods: The author represents patients, children, and aged 5 to 10 years their result of treatment before and after treatment.

Results & Discussion: The patient, 5 years old, turned to the Dermatologist with the spread form of vitiligo for help. The portable device of firm Kernel, which I registered on territory of Kazakhstan was offered. Through 100 procedures of phototherapy, 90% of white spots were depigmented. Six more cases of depigmentation of the skin in the home will be described. Given the basic rules of phototherapy in the home. Given a table on which patients can themselves, at home to be treated. Presentations will highlight the benefits of vitiligo treatment at home.

Conclusions: The method of treating vitiligo at home with portable devices using the narrow-band phototherapy method is very accessible, effective, beneficial and simple.

Speaker Biography

Smirnova Olga Mikhailovna is a Dermatologist. She works in a private clinic, where she is the Director and she practices Medicine. She is treating vitiligo with the method of narrow-band phototherapy. Currently, she has about 100 people treated with vitiligo, they receive the device three times a week, to the scheme. About 200 people in Kazakhstan are under her supervision and on treatment at home with local apparatus. At the dispensary registration, there are 800 people.

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Prevalence and determinants of eczema among females aged 21 to 32 years in Jeddah city, Saudi Arabia

Sultana Alnahdi
Ibn Sina National College, Saudi Arabia

Introduction: Atopic dermatitis (AD) is a common, chronic an inflammatory skin disease with early onset and with a lifetime prevalence of approximately 20%. Although, the pathogenesis of the disorder is not completely understood, it appears to result from the complex interplay between defects in skin barrier function, environmental, and infectious agents and immune abnormalities.

Aim: The aim of this study is to investigate the prevalence and determinants of Eczema among Saudi female aged 21 to 32 years old in Jeddah city.

Methods: A cross-sectional study involved 190 female students from Ibn Sina National College for Allied Health Sciences in Jeddah city were chosen by convenient sampling. Data were collected by interview questionnaire (ISAAC: core questionnaire for asthma, rhinitis and eczema) after getting their consent. SPSS used for data entry and analysis.

Results: Prevalence of eczema among medical college females was 16.6%, eczema was similar in Saudi and non-Saudi females (13.97% and 12.66% respectively, P=0.545). Eczema was associated with eye allergy (34.2%) with statistical significance P=0.003. Eczema was associated family members history with statistical significance P=0.012. There was not statistical significant relationship between eczema and education level, parental jobs, drugs chest and nose allergy.

Conclusion: Prevalence of eczema among female medical students was 16.6%. Eczema was significantly associated with eye allergy and family history of skin allergy was risk factor of eczema.

Speaker Biography

Sultana Alnahdi is a Medical student and recently a Medical Intern in Security Force Hospital in Jeddah, kingdom of Saudi Arabia. She has been studying in Ibn Sina Medical College in Jeddah, and graduated in 2017. She has been engaged in various Dermatology Clinics during her Medical studying years, particularly, immuno-dermatology and cosmetics. She has an eczema research which has been published. She is working towards to become an Immuno-Dermatologist, which will be done from her internship in July of 2018.

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