



Approved Provider

CE Activity provided by PCI Journal

VITILIGO

COA#PCIA0317

INSTRUCTIONS

1. Read the article.
2. Take the test, record your answers in the test answer section (Section B) on CE Registration Form.
3. Complete the CE Registration information (Section A) and Course Evaluation (Section C).
4. Mail completed CE Registration Form and fee to: PCI Journal, 484 Spring Avenue, Ridgewood, NJ 07450-4624.
5. This CE activity is approved through March 2020.

PROVIDER ACCREDITATION

Paramedical Consultants, Inc., publishers of the PCI Journal and WWU have been approved by the NCEA COA. This educational activity has been approved for 1.0 CE – COA#PCIA0317

GENERAL PURPOSE STATEMENT

To provide the skin care professional with a review of *Vitiligo*.

LEARNING OBJECTIVES

After reading this article and taking this test, the skin care professional will be able to:

1. Understand the identification process and symptoms of vitiligo.
2. Understand the different treatment options available for patients with vitiligo.

VITILIGO

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Vitiligo is a pigmentation disease that is categorized by the loss of skin color in blotches. This disease usually affects the skin, but it can also affect any part of the body that has pigment. It can also affect patches of hair, inside of the mouth and in rare cases, eyes. Vitiligo occurs when melanocytes, which are cells that make pigment, are destroyed; leaving white patches on the skin.

Causes

Unfortunately, the cause of vitiligo is unknown. Doctors have discovered that when a person's melanocytes either die or stop producing melanin, they develop vitiligo. It is not completely clear what exactly makes these cells fail or die but it could be related to heredity, an autoimmune disease or a trigger event (such as exposure to industrial chemicals, sunburn or emotional distress). A very widely accepted view is that vitiligo is an autoimmune disease in itself, when the person's immune system reacts against their own tissues or organs.

Symptoms

Depigmentation is the main symptom of vitiligo. The loss of color results in light or white patches on the skin, usually beginning on sun-exposed areas that include: hands, feet, arms, face and lips. Along with depigmentation, patients may notice premature whitening of hair on the scalp, eyelashes, eyebrows or facial hair; loss or change of color in the inside of their mouth, nose, retina; and discolored patches around the armpits, navel, genitals and rectum. Vitiligo normally appears in one of three patterns: focal pattern, where the depigmentation is limited to very few areas; segmental pattern, where the depigmentation patches only develop on a single side of the body; and generalized pattern, the most common, where the depigmentation appears symmetrically on both sides of the body.

Diagnosis

Diagnosing vitiligo is a process including a physical examination, thorough medical history and multiple lab tests. The physical exam is used simply to examine the discoloration of skin, especially on sun-exposed areas.

They will then ask about the patient's medical history, especially if there is a family history of vitiligo or autoimmune diseases, prior rashes and sunburns or other skin traumas and stress or other physical illnesses. The doctor will try to rule out other medical problems like dermatitis and psoriasis and could use an ultraviolet light on the skin. Regarding lab tests, the doctor could take a biopsy to see if the skin sample shows an absence of melanocytes.

Treatment

Dermatologists can help with treatment plans for patients with vitiligo. The main goal of their treatment is to restore lost skin color, or at least reduce the contrast between affected and unaffected skin. Treatment plans differ depending on the patient's age, health, and extent of their vitiligo, some patients decide to not treat it at all. It's important to note that each patient should have their own unique form of treatment, as different therapies and medications may not work for everyone. The most common form of treatment is topical therapy, including corticosteroids; followed by light treatment, psoralen photochemotherapy, laser therapy and purposeful depigmentation. If creams and therapies do not work, surgery could be an option ranging from skin grafts and blister grafting, to micropigmentation.

References:

<http://www.mayoclinic.org/diseases-conditions/vitiligo/basics/definition/con-20032007>
<https://www.aad.org/public/diseases/color-problems/vitiligo>
http://www.niams.nih.gov/health_info/vitiligo/

CE TEST Vitiligo

1. What type of disease is vitiligo?
 - a. Pigmentation disease
 - b. Infectious disease
 - c. Heart disease
 - d. Liver disease
2. What parts of the body could vitiligo affect?
 - a. Inside the mouth
 - b. Patches of hair
 - c. Eyes
 - d. All of the above
3. What do melanocytes produce?
 - a. Blood cells
 - b. Hormones
 - c. Toxins
 - d. Melanin
4. What is melanin?
 - a. Hormones
 - b. Blood cells
 - c. Pigment that gives skin, hair and eyes color
 - d. Hair follicles
5. What happens when melanocytes are destroyed?
 - a. Darkens the skin
 - b. Produces white/light patches of skin
 - c. Produces scabs
 - d. Nothing
6. What is a possible cause of vitiligo?
 - a. Trigger event
 - b. Autoimmune disease
 - c. Hereditary
 - d. All of the above
7. What is an example of a trigger event that could cause vitiligo?
 - a. Sunburn
 - b. Emotional distress
 - c. Exposure to industrial chemicals
 - d. All of the above
8. The main symptom of vitiligo is...
 - a. blistering
 - b. formation of rashes
 - c. itchiness
 - d. depigmentation
9. The sun-exposed area of the body where vitiligo is usually first noticed is...
 - a. face
 - b. hands
 - c. arms
 - d. All of the above
10. Which is *not* one of the three patterns of vitiligo?
 - a. centralized
 - b. focal
 - c. segmental
 - d. generalized
11. Which pattern is categorized by symmetrical depigmentation?
 - a. generalized
 - b. focal
 - c. segmental
 - d. centralized
12. Besides depigmentation, what could vitiligo patients notice?
 - a. Premature whitening of hair
 - b. Loss of color in the retina
 - c. Discolored patches around the navel
 - d. All of the above
13. What do doctors look for in a vitiligo patient during a physical exam?
 - a. Discoloration of skin
 - b. Blisters
 - c. Rashes
 - d. Bumps
14. What is an important piece of medical history doctors need to know to diagnose vitiligo?
 - a. Autoimmune diseases
 - b. Skin traumas
 - c. Previous sunburns and rashes
 - d. All of the above
15. A doctor can use an ultraviolet light to rule out...
 - a. dermatitis
 - b. psoriasis
 - c. skin cancer
 - d. both a and b
16. What is the most common form of treatment?
 - a. Surgery
 - b. Laser therapy
 - c. Topical therapies
 - d. Purposeful depigmentation
17. What is the main goal of treatment?
 - a. Prevent loss of color
 - b. Restore lost color
 - c. Cure the disease
 - d. Reverse the loss of color
18. What procedure could be an treatment option?
 - a. Skin grafts
 - b. Blister grafting
 - c. Micropigmentation
 - d. All of the above

CE REGISTRATION FORM

Section A	VITILIGO	COA# PCIA0317
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PRINT CLEARLY (*Illegible forms will not be processed*)

Name: _____

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Are you certified? ___Yes ___No

NCEA Certification# _____

Other Certification _____

Type of License:

Esthetician ___ Cosmetologist ___ Medical Professional ___ Other ___

License # _____ State of Issue _____

Section B

Test Answers:

Darken one for your answer to each question

	A	B	C	D		A	B	C	D
1.	o	o	o	o	10.	o	o	o	o
2.	o	o	o	o	11.	o	o	o	o
3.	o	o	o	o	12.	o	o	o	o
4.	o	o	o	o	13.	o	o	o	o
5.	o	o	o	o	14.	o	o	o	o
6.	o	o	o	o	15.	o	o	o	o
7.	o	o	o	o	16.	o	o	o	o
8.	o	o	o	o	17.	o	o	o	o
9.	o	o	o	o	18.	o	o	o	o

Section C

Course Evaluation:

1. Did this CE activity's learning objective relate to its general purpose? ___Yes ___No
2. Was the elearning format an effective way to present this material? ___Yes ___No
3. Was the content relevant to your skin care practice? ___Yes ___No
4. How long in minutes did it take you to read the article _____, study the material _____, and take the test _____?
5. Suggestions for future topics _____

Section D

Payments and Discounts:

The registration fee for this test is \$24.95. (Check or money order payable to PCI Journal)

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