



DESCRIPTION OF PATIENTS WITH VITILIGO INVOLVED IN RESEARCH

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DSc., Achilova Donohon Nutfillaevna

Shukurov Bakhtiyar Kodirovich

Bukhara State Medical Institute

Abstract: This article provides a brief overview of the epidemiology and social significance of vitiligo in adolescents, the main symptoms of the disease, pathogenesis, clinical signs of the disease and treatment methods.

Key words: patients with adolescent vitiligo, choreoretinitis, leukoderma, dysbiosis, malabsorption syndrome.

Vitiligo is a type of skin disease characterized by loss of pigmentation of the dermis of natural origin against the background of melanin breakdown. As a result of this process, some areas of the skin lose color, which is manifested by the formation of white spots. The disease has been known for a long time, it is more often called "PE" by the people. In medical practice, along with the name "vitiligo", you can find such a name for this disease as leukoderma. Translated from Latin, the word means "white skin".

As for statistics, according to some data, about 1% of the world's population suffers from vitiligo. The disease does not depend on a specific population, but in black people the spots are more noticeable. In most cases, the disease manifests itself at the age of 10 to 30 years, this period accounts for 50% of all cases of pathology.

The main sign of the disease is the appearance of white and clearly defined spots on the skin, resembling a milky color. It often affects areas of the body such as the face (the area around the mouth, ears, eyes, nose), arms and legs (their back, fingertips, elbows, paws, knees), the groin area and the anus area. White spots can also appear on hairy areas of the scalp, including in the area of the beard and mustache in men.

A person is not born with leprosy, this skin pathology begins to form under the influence of a number of external and internal factors. It is noteworthy that the disease very rarely manifests itself at a young age, that is, at the age of 10 years. A connection has been established between increased solar activity in summer and spring and the early manifestation of vitiligo.



Среди причин, способствующих развитию заболевания, можно выделить:

Autoimmune disorders in the body. In this case, there is a violation of the functioning of the immune system and the functioning of antibodies produced to destroy foreign agents, and they begin to attack the body's own healthy tissues. Such conclusions about the relationship between vitiligo and autoimmune processes are based on the fact that the vast majority of people suffering from skin diseases often also have rheumatoid arthritis, thyroid diseases, systemic lupus erythematosus, etc.

The connection between vitiligo and heredity has been confirmed experimentally. A scientist working at the University of Colorado, R. Spitz, has established the presence of a hereditary (genetic) predisposition to the development of this skin pathology. In addition, it has been scientifically proven that the risk of developing the disease in brown-eyed people is higher than in owners of gray and blue eyes.

Endocrine glands. The cause of the disease can be serious disorders of the endocrine glands, as well as changes in hormone levels. These causes are grouped into a neuroendocrine group. In addition, diseases of the pancreas, ovaries, pituitary gland and adrenal glands can also affect the development of the disease.

Skin nutrition disorders. This could be caused by various injuries (burns, including sunburn, scars and microtrauma). Taking certain medications can also trigger the onset of a pathological process. Liver diseases that cause bile suppression and changes in the parenchyma of the organ.

Diseases of the gastrointestinal tract. Diseases such as dysbiosis, malabsorption syndrome. Violation of the enzyme absorption process leads to the fact that the skin lacks the necessary nutrients (zinc, copper, manganese, magnesium) for the normal formation of melanin.

The effect of various chemicals on the skin. These may be low-quality cosmetics, phenol and reagents containing it, formaldehyde, etc. Most doctors unreasonably believe that vitiligo is the strongest signal indicating common body problems. Indeed, in most cases, the disease begins to develop after viral infections, intoxication, physical injuries, especially to the head.

It is customary to distinguish several stages of the disease. Among them:

The progressive stage of the disease. This stage is indicated if a significant increase in the size of the spot is observed within three months, the growth of old depigmented areas begins or the formation of new spots is observed. Vitiligo can develop gradually over several months with the appearance of new foci near the first center. Slow development is the natural development of the disease. However, there is also a type of vitiligo that develops at lightning speed. In this case, an increase in the number of spots on the patient's body occurs within a few weeks.



The initial stage is characterized by the formation of a single point on the skin. Depending on the nature of the disease, this stage then goes into a progressive, stable or repigmentation stage.

The stationary stage is characterized by the presence of one spot on the patient's skin, which is in a stable condition. This spot does not increase in size for a long time, new spots do not appear.

The stage of repigmentation. Most often, this stage is observed with spontaneous spot formation caused by therapeutic measures, such as taking certain medications. Unfortunately, independent and complete repigmentation in this form of skin disease is considered a rather rare condition.

It is believed that this disease does not pose a direct threat to human life or health. However, vitiligo itself is often the result of problems in the body that cannot be ignored.

Therefore, if, along with vitiligo, the patient is concerned about any other symptoms, you should inform him about it at a doctor's appointment. In addition, patients often need psychological help, since such a noticeable cosmetic defect causes psychological trauma, depression, dissatisfaction with appearance, etc.

The issue of transmission of the disease to offspring has been repeatedly investigated by various scientists. However, it has not been clear until now, most studies show that there is a certain combination of genes responsible for the manifestation of vitiligo in members of the same family. Consequently, the risk of hereditary transmission of PES is in the range of 15 to 40 percent.

But it is important to know that spots are not necessarily formed, but only under the influence of risk factors. For this reason, a child of parents suffering from vitiligo can live a lifetime without experiencing symptoms of this disease. However, children with a severe family history are at risk.

Scientists have studied some of the most common haplotypes in patients with vitiligo. But the number of their meetings is constantly changing and depends on the study population. Therefore, more attention should be paid to the factors contributing to depigmentation.

Naturally, mothers who have been exposed to vitiligo are afraid of transmitting skin pathology to their child. In this case, it is important not to confuse one thing: the born child will not have the disease itself (that is, he will not have birthmarks), but a predisposition to its development. Therefore, if a mother or another family member has vitiligo, their children should be exposed to trigger factors as little as possible. These include psychological and physical injuries, ultraviolet rays, burns, etc.



If the disease affects a woman during pregnancy, it does not affect the development of her fetus and does not pose a danger. However, hormonal changes occur during pregnancy, which can lead to a faster spread of the disease.

Symptoms of vitiligo in newborns are rarely detected. For this reason, if white dots are found on the baby's skin, then psoriasis, white or color fever, as well as allergies can be suspected. But unlike vitiligo, in this case, peeling of the skin is also noted.

The answer to this question is unequivocal-no, it is not transmitted. This disease is not an infection, and the person exposed does not pose a danger to others in terms of transmission of the disease. Therefore, you can communicate with people with such spots on the skin without fear.

If one or more white dots appear on the skin, it is necessary to consult a dermatologist. He examines the skin with a special lamp and determines the nature of depigmentation. If necessary, material is taken to clarify the diagnosis. These methods are important because it is necessary to distinguish vitiligo from other skin diseases.

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