

Combined treatment of NB UVB phototherapy and oral *Polypodium leucotomos* extract versus NB UVB phototherapy alone in the treatment of patients with vitiligo

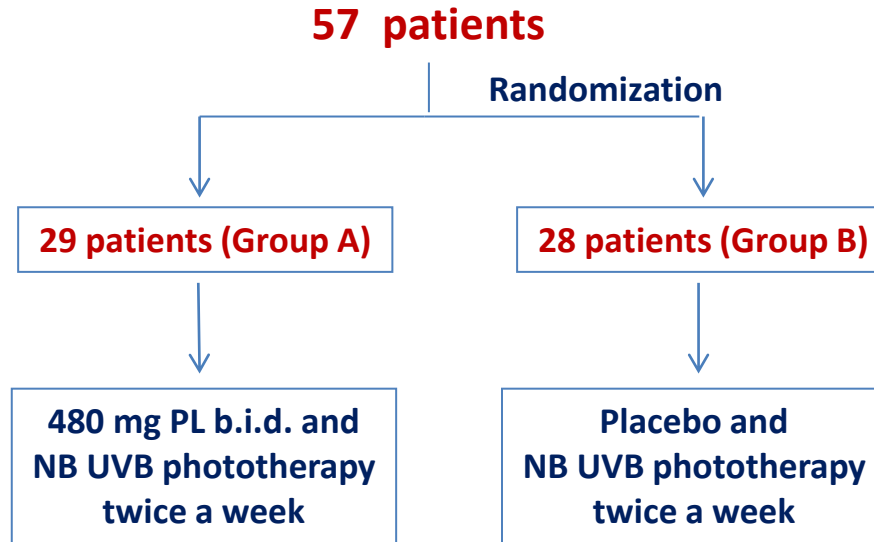
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Aim of the study

To investigate whether the addition of an oral antioxidative and immunomodulatory aqueous extract, deriving from the leaves of *Polypodium Leucotomos* (PL), to NB UVB phototherapy might improve NB UVB induced repigmentation

Study design



Group A

N. pts	29	
Age (range, median)	18-60 (46.7 years)	
Gender		
	Males	11
	Females	18
Skin type		
	II	8
	III	12
	IV	9

Group B

N. pts	28	
Age (range, median)	18-55 (41.2 years)	
Gender		
	Males	11
	Females	17
Skin Type		
	II	7
	III	10
	IV	11

Methods

- ❖ **Baseline : pigmentation evaluation**
- ✓ **Group A: Daily intake of PL (480 mg b.i.d. up to six months)**
Group B: Daily intake of placebo (b.i.d. up to six months)
- **NB UVB phototherapy twice a week up to six months**
- ☐ **End of the study: post treatment repigmentation evaluation**

PHOTOTHERAPY PROTOCOL

- ❖ **Twice weekly, not taking place on 2 consecutive days**
Initial dose: 70% MED (NB-UVB)
- ❖ **Dose increments:**
 - treatment 1-4: 40% every other treatment
 - treatment 4-8; 30% every other treatment
 - treatment >8: 20% every other treatment
 - 10% or same dose every other treatment when faint erythema appears
 - Intense erythema: treatment omitted (once or twice)

Repigmentation

- Score 0= none**
- Score 1= poor (1-25%)**
- Score 2= moderate (25- 50%)**
- Score 3= good (51-75%)**
- Score 4= excellent (> 75%)**

Phototherapy source:

PUVA Combi Light PCL 8000 booth equipped with 48 tubes Philips® TL100 W/01 with a maximum emission peak at 311-312 nm

Group A



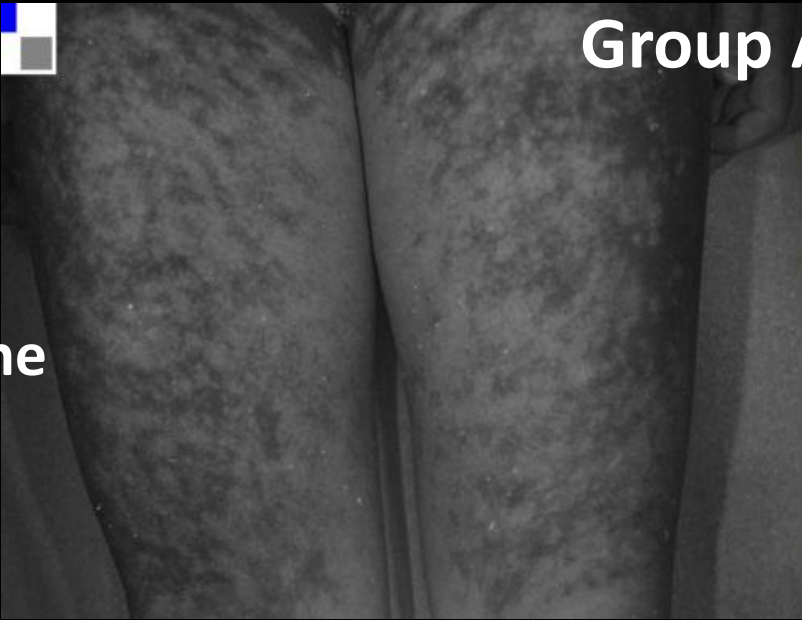
Baseline



Post-treatment



Baseline



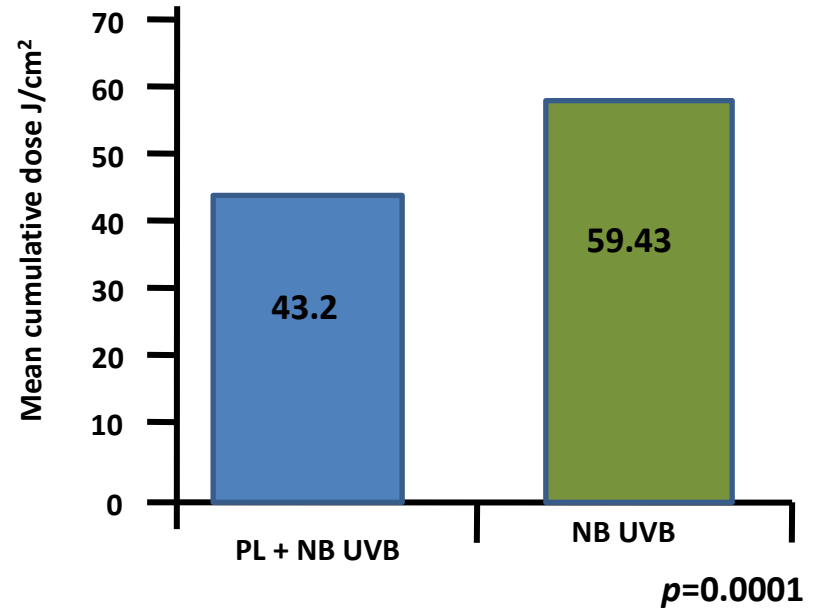
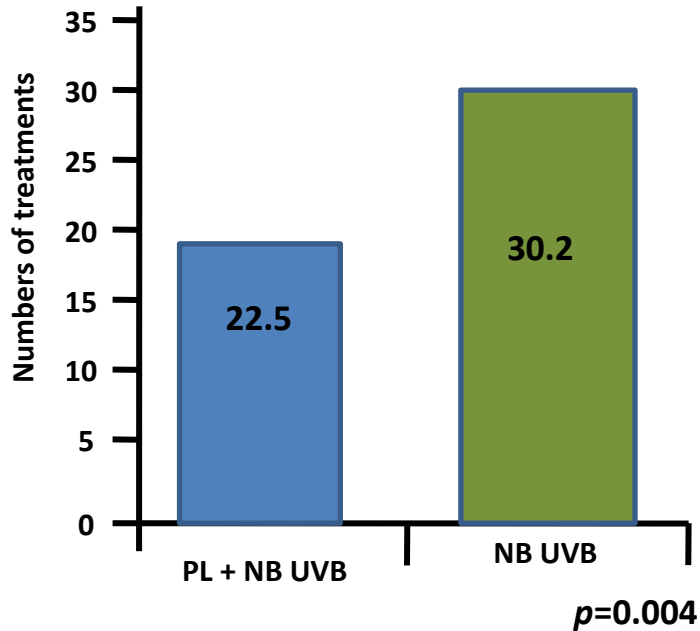
Group A



Post-treatment



Results



Number of treatments to obtain >25% repigmentation

Conclusions

- Our results demonstrated that oral supplementation of PL induce a faster onset of repigmentation as well as enhance the extent of repigmentation
- Lower cumulative doses of NB UVB radiation are required when phototherapy is administered in combination with oral PL
- In our study, confirming data already published, patients with recent onset disease had a better response to combination therapy than those with longer disease duration
- Larger prospective studies are needed in order to further confirm our observations