

## The effectiveness of oral low\_dose corticosteroids and topical corticosteroids together in the treatment of vitiligo patients.

**Background and objectives:** Vitiligo is one of the pigmentary skin disorders, which resulted from melanocyte destruction. vitiligo involved 1% of world population. There are various hypotheses to prove it, such as autoimmunity. vitiligo showed itself by amelanotic white macules in different areas of skin. Although there are a lot of therapeutic modalities for vitiligo but they aren't satisfactory. high\_dose corticosteroids is well-established but has a lot of serious side-effects. this study was done to evaluate The effectiveness of oral low\_dose corticosteroids and topical corticosteroids together in the treatment of vitiligo patients.

**Methods:** we used comparative before\_after study. we studied the patients who have actively spreading vitiligo. The duration disease was less than 1 year and patient who have more than 15 years old age entered to the study. We used oral and topical corticosteroids together for six months. the patient took daily doses of oral prednisolone (0.3 mg/kg body weight) initially for the first 2 months, the dosage was then reduced to (0.15 mg/kg body weight) for second 2 months and reduced again to (0.075 mg/kg body weight) for the third 3 months. we used fluocinolone as topical steroids twice a day for all 6 months. The collected data was analyzed by SPSS software.

**Results:** 12 patients were male and 18 were female, the average of patient's age was  $26.5 \pm 11$ . before starting the study the size of all vitiligo maculs surface was  $563.7 \text{ cm}^2$ , but at the end of study, it reduced to  $298.8 \text{ cm}^2$ . the reduction of lesion size in 27.58% of patient was 80% and more, in 37.93% of patient was between 60\_80% and in 33.3% of patients was less than 60%. the most common side \_effect was steroidal acne.

**Conclusion:** the results prove that oral low\_dose corticosteroids and topical corticosteroids together is a effective therapeutic way in vitiligo with less than 1 year duration and doesn't lead to serious side effects. And this way is proper for preventing the progression and decreasing the size of vitiligo..

**Key words:** vitiligo , prednisolone , fluocinolone