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Comparison of the Therapeutic Effects of UVB and PUVA Therapy in Patients with Vitiligo Referred to BOUALI Hospital and MEHREGAN Laser Center

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Background: Vitiligo is a common pigmentary disorder with great cosmetic and psychological morbidities. Although many treatment modalities have been tried for the treatment of vitiligo, none is uniformly effective. PUVA (Psoralen Ultra Violet A) is established as efficacious treatment for vitiligo. Recently, narrow band UVB (NB-UVB) has been reported to be an effective and safe therapeutic option in patients with vitiligo. In this study, patients with vitiligo divided into two groups that were treated either with UVB or PUVA therapy modalities and the efficacy, the time required for repigmentation, stability of repigmentation and adverse effects were compared in two groups.

Methods: A clinical trial has been performed on 60 patients with vitiligo referred to BOUALI hospital and MEHREGAN laser center in 1392 and treated with UVB and PUVA therapy methods. In first group that were treated with PUVA (30 patients), oral tablets containing 8-methoxypsoralen at a dose of 25 mg/m² were taken three hours before phototherapy and PUVA therapy was started at a dose of 0.5 J/cm² twice a week. The phototherapy dose was increased by 20% in each visit if tolerated. In second group (30 patients), UVB therapy was administered twice a week with 311-313 nm wavelength and a dose of 0.1 J/cm² and we increased the dose 20% in each visit if tolerated. Phototherapy sessions in both groups were 15. In patients treated with PUVA, 40% were male (12 patients) and 60% were female (18 patients). In UVB group 43.3% were male (13 patients) and 56.7%

were female (17 patients). The mean age in PUVA-treated group is 34 years and in UVB treated group is 32.1 years. There was no statistically significant difference on comparing mean age in both groups. ($p=0.13$). Type of vitiligo in patients treated with PUVA was 56.7% generalized, 30% segmental and 13.3% focal, and in patients treated with UVB was 56.7% generalized, 33.3% segmental and 10% focal.

Result: In the PUVA-treated group three months after treatment, two patients showed complete repigmentation (6.7%), five patients showed excellent repigmentation (16.7%), 17 patients showed good repigmentation (56.7%), four patients showed moderate repigmentation (13.3%), one patient showed mild repigmentation (3.3%) and one patient showed no improvement (3.3%). In the UVB-treated group three months after treatment, six patients showed complete repigmentation (20%), 13 patients showed excellent repigmentation (43.3%), eight patients showed good repigmentation (26.7%), two patients showed moderate repigmentation (6.7%). One patient showed mild repigmentation (3.3%). In this study, there was a statistically significant relationship between repigmentation and type of treatment during three and six months so that the efficacy in patients treated with UVB is better than PUVA.

Conclusion: According to this study, using UVB phototherapy is a safe and effective way for treatment of vitiligo in comparison with PUVA phototherapy.

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