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Treatment of vitiligo on some special body parts

Vitiligo has always been classified as an autoimmune disorder since inception. Over the last 10 years, new theories of its pathogenesis have been entertained including the low catalase and high hydrogen peroxide in the skin and many researches done tailored at treatment modalities. In its presentation, vitiligo is known to affect any part of the skin that has melanocytes. It therefore follows that only mucous membranes are spared simply because they have no melanocytes. The classification of vitiligo tends to be focused on the pattern of presentation namely generalised, segmental/dermatomal, acral, and localized (focal). It may involve just a small patch or all the way to widespread involving a big body surface area. Let's note that when treating infants, they have a large body surface area (BSA) per body mass as compared to adults. This translates to absorption of higher amounts of topical medications. Treatment modalities range from topical drugs, phototherapy, laser, surgery and even including some supplements.

Speaker Biography

Peninah Kitili attended University of Nairobi for both undergraduate and postgraduate (Master's in Paediatrics) degrees in 1978 to 1984 and 1987 to 1990 respectively. She furthered her studies at the University of Vienna

in Austria between 1994 to 1995 where she graduated with a Diploma in Dermatology and Venereology. She worked at the national hospital in Kenya (Kenyatta National, Referral and Teaching Hospital) for 33 years before her retirement in October 2017. She worked as both consultant paediatrician and dermatologist. She is the only Paediatrician and Dermatologist in the country (Kenya) since 1995 but currently expecting one other paediatrician to join her. She was the head of Department of Dermatology in the hospital between 2002 upto 2010. She was a member of ethics and research committee whose role is to guide both undergraduate and postgraduate students on their researches which is a part fulfillment exercise for their studies, between 2004 upto 2012 and guided over 500 students. She was a member of a team that formulated the first ever strategic plan for research of the university of Nairobi. Also a board member of the American Vitiligo Research Foundation as a member of the Medical Advisory Committee (MAC) since 2008 upto date. A member of the Technical Committee of Cosmetics and related products at the Kenya's bureau of Standards and including harmonisation of the same at the level of the East African countries (Uganda, Tanzania, Rwanda, Burundi and Kenya). Active member of Kenya Association of Dermatologists, Kenya Paediatric Association, African Society of Dermatology and Venereology, European Society of Paediatric Dermatology among others. Currently she is engaged in full time private practise in her clinic at the Nairobi hospital, Kenya. Wrote the Dermatology chapters in 2 books ie a) Guidelines for treatment in healthcare facilities for the ministry of health in Kenya. b) Guidelines for treatment for healthcare centres for African Medical Research and Evacuation Foundation (AMREF).

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