



James Lind Alliance

How effective is natural sunlight in achieving repigmentation of the skin in patients with vitiligo?

A



James Lind Alliance

Original submitted uncertainties:

- Is natural sunshine beneficial or detrimental to vitiligo?
- Does sunlight exposure help?
- How much sun exposure is therapeutic and how much is dangerous/damaging ?
- Using common sense about not burning ones skin could sun help to regain normal pigment?
- Does sunlight make vitiligo spread?
- Is sun bathing a good treatment long & short term?
- Does sunlight help the pigment come back in my vitiligo patches?
- Is morning and evening mild sunlight good for vitiligo ?
- What is the effect of the sun on helping to cure existing patches of vitiligo ?
- Some sunlight is necessary, but what should the balance be?

Non specific but related uncertainties - safety and effectiveness of light treatments: 57

- Top 20 for patients: yes (10th)
- Top 20 for health professionals: no
- Top 20 for BEM: no
- Systematic review: yes



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Is pseudocatalase cream more effective in treating vitiligo when combined with UVB light therapy?

B



James Lind Alliance

The Steering group noted serious mismatch between number of times submitted as an Uncertainty and number of votes. Uncertainty included despite only 6 votes.

Original submitted uncertainties:

- What is the long term efficacy of topical catalase or pseudocatalase in treating vitiligo ?
- Is the pseudocatalase treatment with light therapy effective?
- Pseudocatalase and UVB compared to UVB alone.
- Is pseudocatalase treatment any good?
- Is pseudocatalase proving to be effective in the treatment of vitiligo?
- Is pseudocatalase more effective than other treatments in respect of children?
- Overall effectiveness of pseudocatalase in the long term?

DUETs:

- Pseudocatalase cream for repigmentation in vitiligo

- Top 20 for patients: no
- Top 20 for health professionals: no
- Top 20 for BEM: yes (13th)
- Systematic review : yes

Non specific but related uncertainties - safety and effectiveness of light treatments: 57



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Which treatment is more effective for vitiligo:
PUVA or UVB light therapy?

C



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Original submitted uncertainties:

- Comparison of efficacy and cost effectiveness of UVB and PUVA.
 - How does TL01 compare with PUVA in the long term?
 - Is UVB as effective as PUVA in providing sustained benefits?
 - Patient satisfaction after treatment with UVB/PUVA i.e. not just % repigmentation - is repigmentation cosmetically useful?
 - Is TL01 better than PUVA? What is the response rate and duration?
 - Does PUVA repigment the skin more effectively than narrow band UVB?
-
- Top 20 for patients: no
 - Top 20 for health professionals: yes (1st)
 - Top 20 for BEM: yes (3rd)
 - Systematic review : yes

Non specific but related uncertainties - safety and effectiveness of light treatments: 57

How effective is UVB light therapy when combined with creams or ointments (e.g. steroid creams) in treating vitiligo?



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D



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Original submitted uncertainties:

- Tacrolimus compared to placebo compared to tacrolimus+ NB-UVB
- Is there an additive benefit in using tacrolimus and phototherapy in the long term?
- Using phototherapy and Protopic: when and where does the physician decide enough is enough? Is there a time limit?
- TL01 and topical steroids
- Should protopic (tacrolimus) be used in conjunction with UV light (advice is often conflicting) ?
- UVB+ topical khellin

Uncertainties from the updated systematic review 2010 “ Interventions for vitiligo” and DUETs:

- Topical pimecrolimus plus NB-UVB for repigmentation in vitiligo
- Topical tacalcitol (Vitamin D analogue) plus NB-UVB for repigmentation in vitiligo
- Topical calcipotriol plus UV light for repigmentation in vitiligo

- Top 20 for patients: no
- Top 20 for health professionals: yes (13th)
- Top 20 for BEM: no
- Systematic review : yes

Non specific but related uncertainties - safety and effectiveness of light treatments: 5

Which treatments are more effective for improving the quality of life of patients with vitiligo: psychological interventions or cosmetic camouflage?

E



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Original submitted uncertainties:

- What does support and counselling compared to camouflage do to improve patients quality of life?
- Top 20 for patients: no but 22nd
- Top 20 for health professionals: yes (11th)
- Top 20 for BEM: yes (17th)
- Systematic review : no

Which treatment is more effective for improving the quality of life of patients with vitiligo: cosmetic camouflage or a treatment to aid repigmentation?

F



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Original submitted uncertainties:

- What does current active treatment compared to camouflage do to improve patients quality of life
- What are the changes in DLQ1 after camouflage vs topical steroids for 6/52 or tacrolimus for 3/12 ?
- Is camouflage treatment as effective as phototherapy in improving quality of life in vitiligo ?

- Top 20 for patients: yes (6th)
- Top 20 for health professionals: yes (6th)
- Top 20 for BEM: no
- Systematic review : no



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How much do psychological interventions (such as counselling) help people with vitiligo?

G

Uncertainty combined:

‘How effective are psychological interventions?’ and ‘How effective are psychological interventions when combined with other treatments?’



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Original submitted uncertainties:

- Should money be diverted into psychological treatments/support for vitiligo
- Should psychological therapy be part and parcel of all treatment?
- Any treatment (psychological) for the disappointments when treatment fails?
- Does group therapy or one to one therapy help with the psychological impact of vitiligo?
- What psychological therapies are more effective to cope with vitiligo?
- Are there useful and validated methods to reduce the potential negative side effects of vitiligo such as low self esteem, body image issues?
- What is the evidence for psychological therapy to help cope with living with vitiligo?
- What is the impact of structures psychological interventions e.g. CBT on quality of life in vitiligo patients?
- Is counselling at earliest stage effective in building coping strategies?

DUETs

- Psychological interventions for improved quality of life in vitiligo
- Top 20 for patients: yes (6th)
- Top 20 for health professionals: yes (6th)
- Top 20 for BEM: no
- Systematic review : no



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How much does depigmentation help vitiligo?

H

Reworded from: How effective is depigmentation in treating vitiligo?



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Original submitted uncertainties:

- Does hydroquinone make any difference to vitiligo in children?
- Bleaching: when/what age/what stage is this a real option and how effective - psychological follow up?
- How effective is monobenzyl/ether of hydroquinone for depigmenting?

DUETs

- Depigmentation for improved quality of life in severe vitiligo
- Top 20 for patients: yes (18th)
- Top 20 for health professionals: yes (16th)
- Top 20 for BEM: no
- Systematic review : no



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What role might gene therapy play in the treatment of vitiligo?

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Votes combined with genetic engineering question as Steering Group felt these questions are the same

Original submitted uncertainties:

- What are the effects of gene therapy in the treatment of vitiligo ?
- If heredity - why not look for the gene hence a cure?
- Will genetic engineering be the answer by way of cell therapy?

Non specific but related uncertainty - safety of systemic treatments: 1

- Top 20 for patients: yes (2nd)
- Top 20 for health professionals: yes(4th)
- Top 20 for BEM: yes (20th)
- Systematic review : no



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What role might stem cell therapy play in treating vitiligo?

J



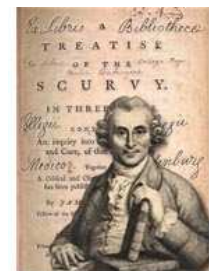
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Original submitted uncertainties:

- Can stem cells be use to re-introduce functional melanocytes into affected areas?
- Stem Cell research
- Is it/ will it be possible for stem cell technology to be used in both eradicating and curing vitiligo and other similar complaints?

Non specific but related uncertainty - safety of systemic treatments: 1

- Top 20 for patients: yes (4th)
- Top 20 for health professionals: yes (6th)
- Top 20 for BEM: yes (3rd)
- Systematic review : no



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Original submitted uncertainties:

- Will drugs like AFAMELANOTIDE be researched as a possible treatment for vitiligo?
- Use of MSH (melanocyte-stimulating hormones)analogues.
- Are there any creams/tablets available which will stimulate the body's production of melanin?

Non specific but related - safety of systemic treatments: 1

- Top 20 for patients: yes (8th)
- Top 20 for health professionals: yes (16th)
- Top 20 for BEM: yes (5th)
- Systematic review : no



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Is the treatment of underlying autoimmune conditions also effective for vitiligo in the same individual?

L



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Includes the indicative uncertainty: Is taking drugs that suppress the immune system an effective way to treat vitiligo, such as cyclosporine, azathioprine etc?

Original submitted uncertainties:

- Would aggressive immunosuppressive therapy at the onset be beneficial?
- Azathioprine for early vitiligo.
- What is the role of systematic immunosuppressants in active vitiligo? oral cyclosporin, MTX (methotrexate)
- Will addressing the thyroid problem cure vitiligo/ prevent further loss of pigmentation?
- Would under active thyroid treatment (thyroxin) help to cure my vitiligo?
- Can vitiligo be cured by treating other medical conditions e.g. Hypothyroidism, vitamin B deficiency?
- Links to other conditions such as thyroid, diabetes, that prescribed medicines could help .
- Does treatment of autoimmune disease reduce the spread of vitiligo?

Non specific but unrelated - safety of systemic treatments: 1

- Top 20 for patients: yes (3rd)
- Top 20 for health professionals: no
- Top 20 for BEM: yes (4th)
- Systematic review : yes



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Which treatment is more effective for vitiligo: calcineurin inhibitors (e.g. tacrolimus, pimecrolimus) or steroid cream?

M



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Original submitted uncertainties:

- Which is more effective Dermovate or Protopic?
- Are calcineurin inhibitors as effective as topical steroids in treating vitiligo?
- Effectiveness of potent topical steroid or Protopic.
- First line treatment- what should it be? Topical steroids compared to topical calcineurin inhibitors.

Non specific related uncertainty - safety and effectiveness of topical treatments: 14

- Top 20 for patients: no
- Top 20 for health professionals: yes(2nd)
- Top 20 for BEM: yes (7th)
- Systematic review : yes



James Lind Alliance

How effective is VITIX in treating vitiligo?

N



James Lind Alliance

Original submitted uncertainties:

- Does VITIX really work?

VITIX gel

A patented plant complex with anti-oxidising properties.

Cucumis Melo (Melon) Fruit Extract

Non specific related uncertainty - safety and effectiveness of topical treatments: 14

- Top 20 for patients: yes (16th)
- Top 20 for health professionals: no
- Top 20 for BEM: yes (6th)

- Systematic review : no



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How effective is piperine
(black pepper) cream in
treating vitiligo?

O



James Lind Alliance

Votes combined with “ side effects of piperine” question

Piperine is currently going through laboratory investigations on human melanocytes and safety checks for melanoma prior to a Phase 1 trial.

Original submitted uncertainties:

- Is it safe to apply black pepper oil (with base oil) on a daily basis.?
- How effective is piperine in repigmenting the loss of skin colour ?

From DUETs

- Black pepper for repigmentation in vitiligo

Non specific related uncertainties - safety and effectiveness of topical treatments: 14

- Top 20 for patients: yes 1st
- Top 20 for health professionals: yes 7th
- Top 20 for BEM: yes 1st
- Systematic review : no



James Lind Alliance

How effective is the transplant of pigment cells (autologous melanocyte transplantation) in treating vitiligo?

P



James Lind Alliance

Original submitted uncertainties:

- Is transplantation of melanocytes helpful as monotherapy for cosmetically sensitive sites in vitiligo ?

From DUETs

- Melanocyte transplantation for repigmentation in vitiligo

Non specific related uncertainties - effectiveness of surgical treatments: 11

- Top 20 for patients: yes (10th)
- Top 20 for health professionals: yes (3rd)
- Top 20 for BEM: no
- Systematic review: yes



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Original submitted uncertainties:

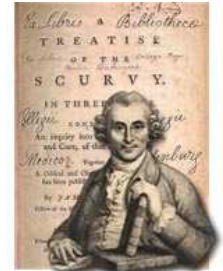
- Is there any role of intra-lesional steroid injections?

Non specific but related uncertainties - effectiveness of surgical treatments: 11

- Top 20 for patients: yes (17th)
- Top 20 for health professionals: no
- Top 20 for BEM: no
- Systematic review: yes

Original submitted uncertainties:

- Are there any dietary changes that can retard the spread of the condition?
 - Is there anything in terms of diet vitiligo sufferers can do to supplement any treatment?
 - Would diet assist in helping vitiligo improve?
 - Does diet have an effect on vitiligo and or treatments
 - Can dietary changes help avoid/reduce/treat vitiligo
 - Are there any proven dietary treatments (e.g. celery) and what are the required quantities for effectiveness?
 - Can diet help? a friend had seen that some Americans thought kelp may help.
 - What role does diet have to play in the treatment (and/or prevention) of vitiligo
 - Are there any natural foods which could trigger the production of melanin?
 - Is diet in any way helping or hindering the condition?
 - Do certain foods e.g. carrots which assist production of keratin assist in the treatment of vitiligo?
 - Is there something in what we eat or drink (nutrients) that could help or hinder? diet related once vitiligo has occurred
-
- Top 20 for patients: yes (9th)
 - Top 20 for health professionals: no
 - Top 20 for BEM: no
 - Systematic review no



James Lind Alliance



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What role do vitamins and supplements play in the management of vitiligo?

S



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Original submitted uncertainties:

- Is anyone doing trials on basic supplements e.g. zinc?
 - The correct medicines to help! ie zinc, vitamin B12.
 - Does folic acid prevent vitiligo if taken before it appears and is known to be in the family? Does it help in any way if one already has vitiligo?
 - The use of vitamins particularly of the B group.
 - Using vitamins (B12 & folic acid) with UV or sun exposure.
 - Is there any evidence that taking vitamins (especially B12) or folic acid have an effect on vitiligo
 - Are vitamins/minerals/antioxidants of any benefit in treating vitiligo?
 - Does taking certain vitamins etc help when being treated?
 - If dietary supplements can help in the treatment of vitiligo what are the safe doses ?
-
- Top 20 for patients: yes (5th)
 - Top 20 for health professionals: no
 - Top 20 for BEM: yes (14th)
 - Systematic review: yes (UVB in combination with folic acid and Vitamin B12)



James Lind Alliance

How effective are
homeopathic remedies in
treating vitiligo?

T



James Lind Alliance

Original submitted uncertainties:

- What role can homeopathy (and other complementary therapies) have in the treatment (and/or prevention) of vitiligo?
- Does/will homeopathic remedies play any part in the treatment of vitiligo?

- Top 20 for patients: yes 15th
- Top 20 for health professionals: no
- Top 20 for BEM: no
- Systematic review : no



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What role might lifestyle (e.g. stress, smoking) play in the management of vitiligo?

U



James Lind Alliance

Original submitted uncertainties:

- Is anyone studying the stress caused by treatments and its affect on vitiligo?
 - Is there any lifestyle that hinders or helps treatments of vitiligo?
 - Is stress likely or not to exacerbate vitiligo condition?
 - Would exercise assist in helping vitiligo improve?
 - Can lifestyle changes help avoid/reduce/treat vitiligo?
 - Does lifestyle (i.e. exercise, stress, smokers, drinkers etc) have an effect on vitiligo and the treatments ?
 - Is there anything in terms of diet, exercise or other things vitiligo sufferers can do to supplement any treatment
-
- Top 20 for patients: yes (20th)
 - Top 20 for health professionals: no
 - Top 20 for BEM: no
 - Systematic review no



James Lind Alliance

Which treatment is more effective for vitiligo: light therapy or calcineurin inhibitors (e.g. tacrolimus, pimecrolimus)?

V



James Lind Alliance

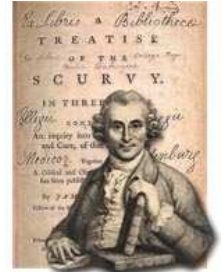
Original submitted uncertainties:

- Is phototherapy more or less effective in inducing long term re pigmentation compared to tacrolimus ointment ?

Non specific but related uncertainties - safety and effectiveness of light treatments: 57

Non specific but related uncertainties - safety and effectiveness of topical treatments: 14

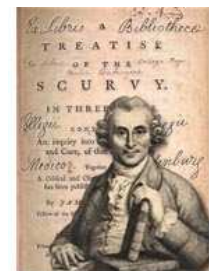
- Top 20 for patients: no
- Top 20 for health professionals: yes (10th)
- Top 20 for BEM: yes (8th)
- Systematic review : yes



James Lind Alliance

Which treatment is more effective for vitiligo: steroid cream or light therapy?

W



James Lind Alliance

Original submitted uncertainties:

- Which is more effective for the treatment of vitiligo - light therapy or steroid creams ?

Non specific but related uncertainties - safety and effectiveness of light treatments: 57

Non specific but related uncertainties - safety and effectiveness of topical treatments: 14

- Top 20 for patients: yes (10th)
- Top 20 for health professionals: yes (18th)
- Top 20 for BEM: no
- Systematic review: yes