

Vitiligo - Quality of Life Issues in North Macedonia

Natasa Teovska Mitrevska*

International Balkan University, Skopje, North Macedonia
Remedika General Hospital, Dermatology Department, Skopje, North Macedonia

Abstract

Vitiligo causes loss of pigment on the affected areas of the skin and/or mucosae.

It is characterized by milky white, non-scaly macules with distinct margins. Vitiligo has more than a 3000-year history, it was often confused with leprosy and led to greater stigmatization of affected individuals. Vitiligo affects patient's QoL in all of the four different aspects: physical, psychological, social, and occupational. Psychological aspect is the most influent factor that affects the QoL of vitiligo patients. It derives from various subjective symptoms such as depression, anxiety, anger, embarrassment, self-consciousness. We present for the first time the data on the quality of life in a group of patients in North Macedonia.

Keywords: Vitiligo, quality of life QoL, depression, anxiety, leprosy, stigmatization