

Press release

In Kazakhstan, effective methods of vitiligo treatment reduce the level of the disease

On June 27-29, the Kazakh Scientific Center of Dermatology and Infectious Diseases (KNCDIZ) of the Ministry of Health of the Republic of Kazakhstan in partnership with the NGO Society of Dermatovenerologists, Dermatocosmetologists and Leprologists organized an educational scientific and practical regional seminar "20 regions of Dermatovenerologists, Dermatocosmetologists and leprologists" in Kokshetau.

The event was held within the framework of the World Vitiligo Day with the participation of well-known domestic specialists and scientists of the industry, as well as young doctors. 120 delegates from all regions of the country and the Kyrgyz Republic took part. The event has been traditionally organized since 2015 and has already become a popular platform for scientific and practical communication. It was here that for the first time the methods of treatment of skin diseases were presented, which subsequently proved to be advanced. At one of the forums, an innovative method of treating vitiligo was presented – narrowband phototherapy, which has been successfully implemented in practice today. KNCDIZ specialists, together with colleagues from the Center for Vitiligo and Skin Health, are leaders in Central Asia in the treatment of patients with vitiligo by epidermal cell transplantation.

- Thanks, among other things, to these advanced methods, the incidence of vitiligo has decreased by almost 1.2 times in Kazakhstan over the past five years. There is a clear trend towards a decrease in new cases of syphilis and gonorrhea. To improve the situation in the country, a standard for the organization of medical care for patients with sexually transmitted infections (STIs) has been developed in accordance with the Code of the Republic of Kazakhstan "On the Health of the People and the Healthcare system", clinical protocols have been updated, the algorithm for diagnosing syphilis has been changed," says Botagoz Turdalieva, Acting director of the CDC.

Good results are demonstrated by specialized offices recently opened in medical institutions with related specialists of the dermatovenerological service: podologist, trichologist, dentist. Dermatosurgery, dermatooncology, psychodermatology and sexual health rooms have become in demand among patients.

Educational innovations of recent years are aimed at improving the quality of training specialists. A specialized residency program in dermatovenerology has been opened, based on advanced international standards for STI management. A distance learning program for medical professionals on modern aspects of STI prevention, diagnosis and treatment and a web portal are under development. Modern approaches to the diagnosis and treatment of STIs have been integrated into the curricula of secondary specialized, post-secondary higher, additional and postgraduate medical education.

The participants of the seminar got acquainted with the results of scientific research related to the identification of the nature of skin diseases that have been carried out in the country in recent years. A school for a young specialist with the participation of residents of the KNCDIZ worked on the site, where individual clinical cases and features of diseases were discussed. Within the framework of the event, consultations of patients with vitiligo and chronic severe dermatoses and organizational and methodological assistance to specialists of the dermatovenerological center of the multidisciplinary regional hospital of Akmola region, Kokshetau were held.

During the seminar, the participants visited the multidisciplinary medical center "Belonmedical" in Astana, where they got acquainted with the methods of work of the capital's doctors, with which they achieve successful results in the treatment of skin diseases, among them phototherapy, corneology and corneotherapy. Here, the "Vitiligo School" is an effective tool in working with patients with vitiligo. This is the case when doctors and patients are strong allies. Doctors teach patients to live with the disease, not to give up, follow all recommendations and motivate others to do so.

Vitiligo causes lightening of the skin with spots on the face and body. It is an unpredictable, chronic, non-infectious, autoimmune skin disease that affects one in every hundredth person to varying degrees. Vitiligo is not fatal and does not cause any organic harm, but sometimes has a devastating effect on the social life of a sick person and his family. The disease can affect anyone at any age, but usually this condition develops before the age of twenty, which means that many children live with vitiligo. During the year, more than 15 thousand patients with vitiligo problems applied to Kazakhstani dermatological institutions. This figure is probably more than 2-3 times higher, since many doctors and patients are not informed about possible methods of treating vitiligo. Many people, due to embarrassment, public condemnation and stigma, prefer to hide the disease and do not go to doctor's appointments, which is a serious obstacle to treatment.

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