

ATOPIC ECZEMA/DERMATITIS

A CONSISTENT SKIN CARE REGIMEN LEADS TO OBJECTIVE AND SUBJECTIVE IMPROVEMENTS IN DRY HUMAN SKIN.

Sy Kim⁽¹⁾ - Bc Ly⁽¹⁾ - Jh Ha⁽²⁾ - Ka Carson⁽²⁾ - S Hawkins⁽³⁾ - S Kang⁽¹⁾ - Al Chien⁽¹⁾

Department Of Dermatology, Johns Hopkins University, Baltimore, United States⁽¹⁾ -
Bloomberg School Of Public Health, Johns Hopkins University, Baltimore, United States⁽²⁾ -
Unilever, R&d, Trumbull, United States⁽³⁾

Introduction: Dry skin can lower quality of life (QoL) and aggravate skin diseases. Moisturizing skin care products can have beneficial effects on dry skin. However, the role of a daily skin care routine is understudied.

Objective: To investigate the effects of daily skin care regimen consisting of mild soap and moisturizer on dry skin.

Methods: This is a randomized, investigator-blinded study of 52 healthy participants with moderate to severe dry skin. Individuals were randomized 3:1 ratio to treatment and control groups. The treatment group used mild soap and moisturizer twice daily for two weeks whereas the control group used mild soap without moisturizer. Total Clinical Score (TCS), Visual Dryness Score (VDS), and colorimetric values as well as subject-reported ItchyQoL were obtained.

Results: The treatment group had more significant improvement in TCS and VDS compared to the control group at study completion (-4 vs -2, $p=0.01$ and -4 vs -3, $p=0.02$). The improvement of VDS was more prominent in the legs than arms (-2 vs -1, $p<0.01$ for both legs; -1 vs -1, for right and left arms, $p=0.52$ and $p=0.22$). Among the three components of the ItchyQoL, improvement in Symptom scores was more prominent than the change in Function and Emotion scores in treatment group compared to the control group (-3 vs 0, $p=0.01$; -1 vs 0, $p=0.21$; -1 vs 0, $p=0.06$). There was no significant difference in the change in colorimetric values between the two groups. Majority of participants in the treatment group agreed that the regimen led to decrease in irritation, dryness, and pruritus and contributed to skin smoothness, softness and improvement in skin texture.

Conclusion: The importance and tangible benefits of a consistent skin care regimen cannot be overstated and should be an integral component of management plan in patients with dry skin.