



ATOPIC ECZEMA/DERMATITIS

## COMBINATION OF CALCIPOTRIOL PLUS BETAMETHASONE DIPROPIONATE (XAMIOL®) GEL IS AN EFFECTIVE OFF LABEL DRUG FOR THE TREATMENT OF MODERATE-TO-SEVERE SCALP SEBORRHEIC DERMATITIS

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**Introduction:** Conventional treatment for seborrheic dermatitis provide short term clearance with minimal side effects in most patients. Poor responders usually required use of off label medications. Combination of calcipotriol and betamethasone dipropionate (Xamiol®) gel, which is effective in scalp psoriasis, is one of the potential medication albeit no published study to date on its use in seborrheic dermatitis.

**Objective:** This study investigates the clinical experience of a single centre, single dermatologist use of off label use of Xamiol® gel in the treatment of moderate-to-severe scalp seborrheic dermatitis.

**Materials and Methods:** A retrospective study was done by retrieving records of patients with scalp seborrheic dermatitis seen by a single dermatologist in a tertiary hospital given Xamiol® gel seen between January 2016 and December 2017. Physician Global Assessment Scale was used for severity assessment and visual analog scale for itch and discomfort study. Each patients were given 2 weekly follow up appointment until clearance then monthly for 2 months before discharge. However, 62.5% defaulted treatment at 6 weeks due to total clearance of the lesions. All the patients were given Xamiol® gel daily with their existing shampoo and antihistamines.

**Results:** There were 32 patients seen during the study period with mean age of 35.8 years. Severe disease was seen in 53.1%. At week 2, complete clearance was seen in 15.6% of patients, week 6 (40.6%) and week 10 (59.4%). Eighty seven point five percent achieved marked improvement/complete clearance at week 10. Mean itch and discomfort scores significantly reduced during each visits ( $p < 0.001$ ). Better outcome was seen in patients with shorter disease duration and less intense itch/discomfort on presentation ( $p < 0.05$ ).

**Conclusion:** Xamiol® gel is an effective off label treatment for moderate and severe scalp





seborrheic dermatitis.

