



ATOPIC ECZEMA/DERMATITIS

COMPARATIVE STUDY OF NON-INFERIORITY OF A MOISTURIZER CREAM VERSUS 1% HYDROCORTISONE CREAM IN CHILDREN WITH ATOPIC DERMATITIS

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Introduction: Atopic dermatitis (AD) is an inflammatory, chronic, pruritic skin disease that affects up to 20% of children. The aim of the treatment is to restore the cutaneous barrier, improving the skin condition and the pruritus. Moisturizers are the main non-pharmacological intervention in this disease and topical corticosteroids are the first line anti-inflammatory treatment.

Objective: Efficacy of a therapeutic moisturizer cream containing pseudoceramide 2, bisabolol, phytosterols and colloidal oat in the treatment of children's atopic dermatitis and the improvement of skin barrier, and quality of life.

Materials and Methods: After Ethical Committee Approval, a single-center, double-blind, comparative of non-inferiority study between a moisturizer cream versus 1% hydrocortisone cream in kids with mild to moderate AD, aged 2 to 12 years, was performed. Forty-two participants, with symmetrical lesions involvement of facial, flexural or extensor areas applied for 14 days in the right side the moisturizer cream and in the symmetrical lesion (left side), 1% hydrocortisone. At the inclusion and in all visits (day 0, 3, 7 and 14), the safety and efficacy were evaluated by a dermatologist. Biophysical characteristics of the skin was assessed using a corneometer, transepidermal water loss (TEWL) was determined using tewameter and a subjective questionnaire was applied.

Results: Clinically, both products reduced TEWL, improved Hanifin index, skin hydration and life's quality (IDQoL). All of these studied parameters were statistically significant ($p < 0,05$) and without difference between the treatments. The skin pH was also reduced ($p < 0,05$), but this improvement was statistically superior in the area that used the moisturizer cream.

Conclusions: Moisturizers are essential for the treatment of AD. The use of therapeutic emollient with ingredients that improves skin barrier and normalize skin pH is important and helpful in the management of this condition. The investigational product proved to be as





good as a corticosteroid and without side effects.

