



ATOPIC ECZEMA/DERMATITIS

IMPORTANCE OF SKIN MICROBIOME PROTECTED MOISTURIZERS IN THE TREATMENT OF ATOPIC DERMATITIS

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Introduction: Atopic dermatitis causes the change of skin microbiome. For healthy skin is characterized the higher grade of variety of micro flora then for atopic skin. The low grade of microbiomes is the marker for atopic dermatitis. For effectiveness of treatment is highly important the strength of skin barrier and normal microbiome of the skin.

Objective: The goal of our study was to assess the role of skin microbiome protected moisturizers in the treatment of atopic dermatitis.

Materials and Methods: there were investigated 67 patients with atopic dermatitis (1-15 years old) with mild and moderate forms of AD in period of exacerbation. For assessment of severity of atopic dermatitis was used the SCORAD index before and after (4 weeks). First part of patients – 29 cases were treated with least potent corticosteroids (class-7) only -group I, the second part -38 patients –least potent corticosteroids + skin microbiome protected moisturizers – group II. For combination therapy there were preferred the moisturizers which can regenerate of skin microbiome (there were used the same moisturizers in each cases).

Results: Investigation revealed that in patients who were treated by the combination therapy – II group clinical improvement manifested in much more cases than in patients which treated by corticosteroids only ($P \leq 0.05$). The itching and sleeping were arranged easily among patients with combination therapy than in the first part ($P \leq 0.01$). Also the complications of atopic dermatitis such as skin bacterial and viral diseases –impetigo, molluscum contagiosum and warts was manifested more in the first group than in second one $P \leq 0.05$.

Conclusions: Combination - topical corticosteroids + emollients (which has possibility to regenerate of skin microbiome) promotes releasing of exacerbation and avoid patient for a long term treatment with topical corticosteroids and prevent the complication such skin bacterial and viral diseases.

