



ATOPIC ECZEMA/DERMATITIS

PREVENTION OF ATOPIC DERMATITIS USING EMOLLIENTS FOR 6 MONTHS - FOLLOW-UP FOR 24 MONTHS

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Introduction: Recent works have demonstrated the benefit of the use of emollients at birth in the prevention of atopic dermatitis (AD) in neonates at genetic risk. This work studied the effectiveness of a care routine combining emollient and washing products used for 6 months, in neonates at high risk (2 atopic parents). A follow-up of 18 additional months was organized to follow the statements of AD for 2 years.

Material and methods: This randomized opened study compared two groups of 60 subjects, one applying the care routine ("prevention group") and the other not receiving any specific care ("control group"). The prevalence of AD onset was determined in both groups after an initial 6-month period. Specific biomarkers of AD (NMFs, ceramides, Staphylococcus) were quantified. The subjects were then followed by a telephone questionnaire to quantify the new cases of AD at 2 years.

Results: After 6 months, the frequency of AD in the "prevention group" was 9.8% (5 subjects out of 60) and 18.3% (11 subjects out of 60) in the "control group", corresponding to a reduction of relative risk of 54% ($p = 0.12$). After a follow-up of 24 months, 7 new cases of AD were observed in the "prevention group" and 6 new cases in the "control group". No significant difference in NMF and ceramide levels was observed between the groups.

Discussion: The result obtained after 6 months in subjects with high genetic risk is consistent with the results described in literature studies. The beneficial effect of prevention provided by the routine of care tends to be maintained after 24 months of follow-up.

Conclusion: This study confirms the interest of a specific care routine combining emollient and washing products for the prevention of AD from birth by subjects at genetic risk.

