



ATOPIC ECZEMA/DERMATITIS

TREATMENT OF MODERATE TO SEVERE SEBORRHEIC DERMATITIS; ORAL ITRACONAZOLE VERSUS LOW-DOSE ORAL ISOTRETINOIN

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Background: There are multiple treatment options for seborrheic dermatitis (SD) but their efficacy is variable and the prompt treatment of choice is still controversial. The aim of this study was to explore the efficacy of oral itraconazole vs. low-dose oral isotretinoin in the treatment of moderate to severe seborrheic dermatitis.

Methods: In this clinical trial study, 148 patients suffering from moderate to severe SD were studied. The patients were randomly divided into two groups. First group received oral itraconazole 200 mg/daily for 1 week. In other group, 74 patients were treated with isotretinoin 10 mg every other day. At the beginning and also 2 and 4 weeks after first visit, the patients were examined to control improvement of clinical symptoms. Patient opinion, investigator assessment, scalp pruritus, sebum production, and quality of life (QoL) comprised the efficacy outcomes.

Results: The highest level of satisfaction (83.7%) was observed 28 days after isotretinoin consumption since it was 79.7% in itraconazole group. The rate of sebum production significantly decreased in isotretinoin group. Patients' opinion, investigator, and QoL assessments improved in both groups. There were no adverse events related to treatment for either group.

Conclusion: This study concluded that both group had a beneficial effect on the clinical condition of the skin of the patients. The trial suggests that low-dose oral isotretinoin may be a successful treatment choice for patients with resistant seborrheic dermatitis.

