



ATOPIC ECZEMA/DERMATITIS

USEFULNESS OF AN EMOLLIENT IN A STICK FORMAT TO IMPROVE COMPLIANCE AND SKIN CONDITIONS OF ATOPIC PATIENTS

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Introduction: The main goals in treating atopic dermatitis (AD) are healing the skin, preventing flares and finally improving the quality of life. Sticking with a daily skin care routine is critical to prevent flares. Repeated application of an emollient during the day interferes with the usual daily activities. Moisturizer in a stick format would facilitate the use whenever needed during the day.

The objective of the study was to investigate if the use of a stick in addition to an emollient balm is useful for atopic patients

Methods: 69 patients (men and women , from 12 years old to 83 years old) with mild to moderate atopic dermatitis and an Eczema Area and Severity Index (EASI) score at least 2 at the screening visit were included.

Changes in global SCORAD, EASI, PBI, IGA , PGA scores, pruritus intensity (VAS) , EQ5D and DLQI were assessed after 14 days and 28 days of products use.

Results: Applications of the emollient were done once a day in the evening and applications of the stick as needed on lesional skin. There was a significant decrease of the severity of atopy at D14 and D28 as assessed using EASI (reduction of 44.5% and 62.3% respectively) and SCORAD (reduction of 32.4% and 47.4% respectively).

Pruritus was significantly decreased at D14 and D28 (respectively - 36.6% and -55.4%). Improvement of AD was noticed both by the dermatologist and the patients.

Quality of life was improved after 14 and 28 days of treatment as demonstrated by the significant evolution of EQ5D and DLQI.

Conclusion: The combination of an emollient balm and a stick allowed the patients to treat their atopic lesions more easily. Improvement of all parameters including objective signs, subjective signs and quality of life was observed during the study.

