



INFLAMMATORY SKIN DISEASES (OTHER THAN ATOPIC DERMATITIS & PSORIASIS)

NICOTINAMIDE 4% CREAM FOR FACIAL SEBORRHEIC DERMATITIS: A RANDOMIZED DOUBLE-BLIND CLINICAL TRIAL

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Background: Seborrheic dermatitis is a chronic and relapsing condition that is challenging to treat because of the numerous factors contributing to its development. Treatment goals include reducing and achieving remission of rashes, eliminating itching and burning sensations, and preventing recurrence. Antifungals, anti-inflammatory agents, and keratolytics are used in its management. Treatment is often frustrating both for the physician and the patient. Nicotinamide is a vitamin B3 derivative that has been found to treat inflammatory conditions such as acne, rosacea, and bullous pemphigoid. By blocking the production of proinflammatory cytokines, it may be able to control the development of seborrheic dermatitis as well.

Objectives: To determine the efficacy and safety of nicotinamide 4% cream in facial seborrheic dermatitis by measuring the clinical severity score, and adverse effects, as compared with ketoconazole 2% cream

Methods: Thirty patients diagnosed with facial seborrheic dermatitis were included in a randomized double-blind clinical trial comparing nicotinamide and ketoconazole. The medications were applied once a day for two weeks, and the efficacy and safety were measured in terms of clinical severity scores and adverse effects.

Results: Mean clinical severity scores at the end of treatment were comparable for both ketoconazole and nicotinamide. Significant reduction was observed in the total score and erythema score of the pre- and post-treatment period of nicotinamide, but not in the scaling and infiltration scores. Similar results were observed in the intention-to-treat analyses. Nicotinamide is associated with mild adverse events, but this was comparable to the safety of ketoconazole.

Conclusions: In patients with mild to moderate facial seborrheic dermatitis, nicotinamide 4% cream may be a promising and comparable alternative to ketoconazole 2% cream. Its use may significantly improve the total severity score and erythema score of patients with facial SD. Nicotinamide is also safe, and is not associated with any serious adverse events.

