



MEDICAL THERAPIES AND PHARMACOLOGY

LACTIC ACID: WHAT IS NEW IN DERMATOLOGY?

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Lactic acid is a member of alpha hydroxyl acid and in recent years we did many researches using lactic acid in treatment of different skin and oral problems.

Lactic acid (92%) has been used as effective peeling agent in treatment of melasma. Also, lactic acid 6% has been used as a topical cream for treatment of melasma and is as effective as topical glycolic acid 12% cream. In addition, active acne vulgaris and lila disease have been treated by 88% lactic acid as peeling agent.

Topical 10% lactic acid solution had proved to be an effective and rapid new remedy for the treatment of pityriasis versicolor infection.

Lactic acid 15% solution has been also used as effective mode of therapy for treatment of localized type of vitiligo singly or in combination with UV light.

Alopecia areata has been treated by lactic acid (15%) solution and its effective as topical corticosteroid and most recently, we tried intralesional injection of lactic acid in treatment of alopecia areata and vitiligo and it is more effective than intralesional steroid injection and without side effects.

In addition, lactic acid 5% solution has been used as mouth gargle in treatment of Recurrent Aphthous Stomatitis (RAS) and oral ulceration of Behcets disease.

At the time being we carrying a research using lactic acid as intralesional injection in treatment of striae distensae and the results till now are encouraging.

In these skin diseases, the mechanism of action of lactic acid apart from its peeling effect is thought to be related to stimulation of keratinocytes and other dermal cells like fibroblast to release many cytokines that help in clearance of these medical problems.

