



MEDICAL THERAPIES AND PHARMACOLOGY

## TOPICAL MEBUTATE INGENOL AND 5-FLUOROURACIL CREAM IN THE TREATMENT OF MULTIPLE ACTINIC KERATOSIS IN THE FACE: A PILOT COMPARATIVE STUDY

*Giancarlo Bessa<sup>(1)</sup> - Priscila Werner<sup>(1)</sup> - Joana Fitz<sup>(1)</sup> - Renata Sanseverino<sup>(1)</sup>*

*Luteran University Of Brazil (ulbra), Medicine, Canoas, Brazil<sup>(1)</sup>*

**INTRODUCTION:** 5-fluorouracil cream (5-FU) and mebutate ingenol are topical treatment options for multiple actinic keratosis (AK).

**OBJECTIVE:** To compare the efficacy of both drugs in the treatment of multiple AK in the face by counting lesions before and after treatment.

**MATERIAL AND METHODS:** Five patients were treated sequentially with 5% 5-FU cream (twice a day for up to 6 weeks) and 0.015% mebutate ingenol gel (once a day for three days) on opposite sides of the face.

**RESULTS:** The sample consisted of two men and three women, with 73 years old in average. All patients presented satisfactory clinical response ( $p < 0.05$ ), with a reduction in the number of AK after treatment. However, 5-FU was superior, with a 89% reduction in the number of lesions compared to 56% of the mebutate ingenol ( $p < 0.008$ ). The average time of use of 5-FU was 5.2 weeks, ranging from 2.1 to 6 weeks, according to patient tolerance. All patients completed the three days course of mebutate ingenol use. Symptoms of irritation and discomfort during treatment were greater with 5-FU than with mebutate ingenol.

**CONCLUSIONS:** Both therapies are valid and effective alternatives in the treatment of multiple AK. To our knowledge, there is no previous study comparing the efficacy of the two medications on the number of lesions, but the response rates observed in each group were similar to those of published studies. Our pilot study suggests that 5-FU treatment may be more efficacious, however adherence to a prolonged and potentially irritating treatment can be difficult. Larger sample size studies should be done to better establish the differences between the treatments.

