ABSTRACT BOOK ABSTRACTS



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PHOTOTHERAPY, PHOTODYNAMIC THERAPY

5-AMINOLEVULINIC ACID NANOEMULSION IS MORE EFFECTIVE THAN METHYL-5-AMINOLEVULINATE IN DAYLIGHT PHOTODYNAMIC THERAPY FOR ACTINIC KERATOSIS: A NON-SPONSORED RANDOMIZED DOUBLE-BLIND MULTICENTER TRIAL

J Räsänen⁽¹⁾ - N Neittaanmäki⁽²⁾ - L Ylitalo⁽¹⁾ - J Hagman⁽³⁾ - P Rissanen⁽⁴⁾ - L Ylianttila⁽⁵⁾ - M Salmivuori⁽⁶⁾ - E Snellman⁽⁷⁾ - M Grönroos⁽⁶⁾

Tampere University Hospital, Department Of Dermatology, Tampere, Finland⁽¹⁾ -Sahlgrenska Academy, University Of Gothenburg, Departments Of Pathology And Dermatology, Gothenburg, Sweden⁽²⁾ - Vaasa Central Hospital, Department Of Dermatology, Vaasa, Finland⁽³⁾ - University Of Tampere, Faculty Of Social Sciences (health Sciences), Tampere, Finland⁽⁴⁾ - Radiation And Nuclear Safety Authority Of Finland (stuk), -, Helsinki, Finland⁽⁵⁾ - Päijät-häme Social And Health Care Group, Department Of Dermatology, Lahti, Finland⁽⁶⁾ - University Of Tampere, Faculty Of Medicine And Life Sciences, Tampere, Finland⁽⁷⁾

Introduction: Daylight photodynamic therapy (DL-PDT) with methyl-5-aminolevulinate (MAL) is an effective and practically painless treatment for mild and moderate actinic keratosis (AK). 5-aminolevulinic acid nanoemulsion (BF-200 ALA) has given promising results in DL-PDT for AKs. The long-term efficacy or cost-effectiveness of DL-PDT has rarely been reported.

Objective: To assess the clinical efficacy, tolerability and cost-effectiveness of BF-200 ALA compared with MAL in DL-PDT for grade I-II AKs.

Materials and methods: This was a non-sponsored, prospective randomized double-blind multicentre trial. Altogether 69 patients with 767 grade I-II AKs located symmetrically on the face or scalp were treated at three centres in Finland. A single DL-PDT was given in a randomized split-face design. The primary outcome was clearance of the AKs at 12 months as assessed by a blinded observer. The secondary outcomes were pain, treatment reactions, cosmetic outcome and the cost-effectiveness of the therapy.

Results: In the per patient (half-face) analysis clearance was better for the BF-200 ALA sides than for those treated with MAL (p=0.008). In total, BF-200 ALA cleared 299 out of 375 AKs (79.7%) and MAL 288 out of 392 (73.5%) (p=0.041). The treatment was practically











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painless with both photosensitizers, the pain VAS being 1.51 for BF-200 ALA and 1.35 for MAL (p=0.061). 26 patients had a stronger skin reaction on the BF-200 ALA side, 7 on the MAL side and 23 displayed no difference (p=0.001). The cosmetic outcome was excellent or good in 91% of patients for BF-200 ALA and in 94% for MAL (p=1.000). The cost-effectiveness (CE)-plane showed that the costs of DL-PDT for both photosensitizers were similar, but the effectiveness was slightly higher for BF-200 ALA.

Conclusions: Our results indicate that BF-200 ALA is more effective than MAL in DL-PDT for grades I-II AKs. BF-200 ALA provides slightly better value for money than MAL.



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