



PHOTOTHERAPY, PHOTODYNAMIC THERAPY

## DAYLIGHT PHOTODYNAMIC THERAPY FOR BOWEN'S DISEASE

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**Introduction:** Photodynamic therapy (PDT) is effective for treating Bowen's Disease (BD) but it has significant side effects. Daylight- PDT has been proven to be a better-tolerated alternative treatment, but little is known about its use for BD.

**Objective:** The aim of this clinical trial was to evaluate the efficacy of daylight PDT for BD lesions after 3 months of follow-up.

**Materials and Methods:** Nineteen patients with 24 BD lesions received one cycle of daylight-methyl aminolevulinatate (MAL)-PDT, consisting of two sessions held 1 week apart. Patients started the daylight exposure within 30 minutes of the photosensitizer precursor application, and the exposure continued for 2 hours in an area within the hospital grounds. Response rates and the occurrence of side effects were clinically analyzed. The study was approved by the Hospital's ethics committee.

**Results:** At a 3-month follow-up, 6 (25%) of the lesions showed complete clinical response, 8 (33%) showed >75% response, 6 (25%) showed limited improvement and 4(17%) showed no response. Patients considered the treatment painless in 79.16% of the cases. The most commonly reported skin reactions were redness and scab formation. Lesions on the upper limbs responded better than other sites.

**Conclusions:** The study findings suggest daylight PDT is a feasible alternative treatment for BD, enabling a complete response or reducing lesion size in a proportion of patients after 3 months.

