PHOTOTHERAPY, PHOTODYNAMIC THERAPY

DAYLIGHT PHOTODYNAMIC THERAPY: OUR EXPERIENCE IN 99 PATIENTS.

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Introduction: Topical photodynamic therapy (PDT) using daylight is effective in the treatment of actinic keratoses (AKs), offering the potential for treatment of large fields such as full face and balding scalp, but with minimal therapy-associated pain. Comparison with conventional PDT indicates similar efficacy for thin and moderate-thickness AKs, but with significantly less discomfort/pain, driving a patient preference for daylight-mediated PDT (DL-PDT) compared with conventional PDT.

Objective: we report our experience on DL-PDT in 99 patients. with multiple actinic keratoses .

Materials and Methods: 99 patients, 59 males and 40 females, mean age 62, phototype I-II, with multiple AK I and II of the face and the scalp. Treatment protocol involves the application of a photosensitizing agent without occlusion and subsequent exposure to ambient daylight within 30 min, with patients exposed to daylight for 2.0 h.

Results: We evaluated 99 patients. The majority of patients (85%) patients were satisfied of the efficacy as well of the cosmetic result. Patients denied any pain during the first two and half hour exposure. All patients tolerated the procedure well. There were no significant adverse events.

Conclusions: Daylight-mediated photodynamic therapy has been shown to be an effective therapy for actinic keratoses (AKs) and a simple and tolerable treatment procedure