

PHOTOTHERAPY, PHOTODYNAMIC THERAPY

PHOTODYNAMIC THERAPY WITH METHYLAMINOLEVULINATE (MAL-PDT) FOR PLAQUE PSORIASIS DURING TREATMENT WITH BIOLOGICALS.

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Introduction. Plaque psoriasis is a chronic autoimmune condition that appears on the skin in patches of thick, red, scaly skin. Biologics (immunomodulator drugs) are often prescribed to people with moderate to severe psoriasis who have not responded to traditional therapies. Photodynamic therapy (PDT) consists of two elements: a photosensitizer (PS) and a light source. Depending on the part of the body being treated, the photosensitizer is either put into the bloodstream through a vein or put on the skin. In connection with external localization of plaques of psoriasis more appropriate to use topical PS methylaminolevulinate (MAL). After MAL-PDT cytotoxic "singlet" oxygen is producing in affected cells, what leads to the selective destruction of them.

Objective. To evaluate effectiveness of MAL-PDT in patients with plaques of psoriasis resistant to treatment with biologicals.

Materials and methods. We observed 5 patients: 3 men and 2 women, aged $46,2 \pm 3,5$ with diagnosis of plaque psoriasis and who received treatment with biologicals in standart doses, however, there was preservation of some plaques on the elbows, knees and scalp. PASI 10.

All 5 patients underwent MAL-PDT. Curettage was performed prior to the application of MAL. Thin layer of MAL cream was applied to the plaques with an occlusive dressing for 3 hours period. In 3 hours, dressing was removed and plaques were exposed to the light radiation for 8 minutes. We used IPL-laser as light source with a wavelength of 630 nm; light dose load was 37 J /cm². All patients performed 1 procedure of MAL-PDT.

Results. 3 months after the treatment in all 5 patients (100% of cases) observed complete regression of plaques. PASI 2,1.

Conclusion. Research results did prove effectiveness of the MAL-PDT in patients with resistant forms of plaque psoriasis during treatment with biologicals.