PHOTOTHERAPY, PHOTODYNAMIC THERAPY

PHOTOTHERAPY IN THE TREATMENT OF MYCOSIS FONGOIDE: A RETROSPECTIVE COHORT STUDY

S Gara [(1)] - T Bacha [(1)] - M Jones [(1)] - Y Jmour [(2)] - A Toumi [(2)] - F Zeglaoui [(2)]

Charles Nicolle Hospital, Dermatology, Tunis, Tunisia [(1)] - Charles Nicolle Hospital, Dermatology, Tunis, Tunisia [(2)]

Background: Skin-directed therapies are widely developed as first-line treatment for mycosis fongoides (MF).
Among them, phototherapy is associated with high response rates.

Objective: This study describes the clinical response in patients with MF treated by phototherapy.

Materials and Methods: This was a retrospective cohort study enrolling patients diagnosed with MF and treated by a whole body phototherapy: PUVA therapy or NB-UVB therapy.

Results: Thirteen patients were included with a sex ratio M/F at 3,2. The mean age was 56,6 years. The majority of patients had dark skintype (16 and eight cases with type III and IV skintype respectively). Twenty-seven patients had MF in the early-stages (IA, IB and IIA), and three in the advanced-stages (IIB, III and IVA). Eleven patients had received PUVAtherapy (eight cases with early-stage MF and three cases with advanced-stage MF) with a median cumulative total dose of 158 J/cm2. The therapeutic response was: a complete remission in eight cases, a partial remission in two cases and a therapeutic failure in one case. A relapse occured in two cases who received maintenance therapy. NB-UVB therapy was applied in 19 cases, all with early-stage disease. The median cumulative total dose was at 55,14 J/cm2. Sixteen patients achieved complete remission, while three patients had a partial remission. Maintenance therapy indicated in eight patients, was associated with relapse in six cases. The median disease free period was 16 and 18 months for patients treated respectively by PUVAtherapy and NB-UVBtherapy.

Conclusion: This study represents the largest case series of maghrebian dark-skinned patients diagnosed with MF and treated by phototherapy. It proves that phototherapy is an effective treatment for MF that induces prolonged remission especially for early-stage disease. Maintenance therapy is not associated with a significant benefit in terms of relapse rates and is still a major issue of debate.