



PSORIASIS

## COMPARING THE EFFICACY OF TOPICAL CORTICOSTEROIDS/308-NM EXCIMER LIGHT COMBINATION THERAPY AND TOPICAL CORTICOSTEROIDS MONOTHERAPY IN MODERATE PSORIASIS VULGARIS

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**Introduction:** As topical corticosteroids work synergistically with 308-nm excimer light, combining these agents in moderate psoriasis vulgaris treatment is expected to improve clinical outcomes. Treatment is considered successful when the Psoriasis Area and Severity Index (PASI) is greater than 75 (PASI 75).

**Objective:** To compare the efficacy of combination therapy (topical corticosteroids and 308-nm excimer light) to monotherapy in moderate psoriasis vulgaris patients.

**Materials and Methods:** We conducted a randomized controlled trial on 11 Indonesians with moderate psoriasis vulgaris who were randomly allocated into two groups. Five patients in Group I was treated with a combination therapy for eight weeks, while six patients in Group II only received topical corticosteroids for eight weeks. Topical corticosteroids in each group received 0.05% clobetasol propionate ointment for the first two weeks and 0.1% mometasone furoate ointment for the next 6 weeks. PASI reduction and PASI 75 were used to measure treatment efficacy and side effects from both therapies were compared.

**Results:** Pretreatment mean PASI score in Group I was  $17.82 \pm 6.832$  and post-treatment was  $2.56 \pm 1.900$  ( $p=0.003$ ). Pretreatment mean PASI score in Group II was  $16.68 \pm 3.202$  and post treatment was  $5.23 \pm 3.201$  ( $p=0.004$ ). Although both groups showed significant PASI reductions, combination therapy yielded a greater improvement in post-treatment PASI (86.52% vs 66.30%,  $p<0.05$ ). All subjects from Group I achieved PASI 75 in eight weeks, while only 16.66% Group II patients did. Combination therapy resulted in more, albeit temporary, side effects. Only hypopigmentation and hyperpigmentation were reported in the monotherapy group.

**Conclusions:** PASI 75 was reached following eight week 308-nm excimer light and topical corticosteroids combination therapy. Topical corticosteroids monotherapy was unable to





achieve PASI 75 within this timeframe. Reducing topical steroids potency after two weeks may result in less adverse effects and tachyphylaxis.

Keywords: combination therapy, excimer light, PASI 75, psoriasis vulgaris, topical corticosteroids

