



PRURITUS

## TREATMENT OF ITCH IN ATOPIC ECZEMA

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Itch is a defining symptom of atopic eczema( AE) and affects millions of children`s and adults worldwide with substantial impact on patient quality of life.

Treating itch in AE has been challenging for decades but new targeted treatments have emerged in the last 3 years with significant anti pruritic effect .

Crosstalk between keratinocytes, the immune system, and non-histaminergic sensory nerves is responsible for the pathophysiology of chronic itch in AD. The optimal treatment for itch addresses barrier and immune dysfunction as well as neural hyper sensitization and the itch scratch cycle. Stepwise therapy from topical anti inflammatory creams to systemic monoclonal antibodies and drugs that can target nerve fibers is recommended. . Further more novel treatments in phase 2-3 trials will also be briefly discussed. Finally holistic treatments such as stress reduction and sleep management are important components to optimize treatment of AE itch.

