



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

AN ORAL SUPPLEMENTATION BASED ON MYO-INOSITOL, FOLIC ACID AND LIPOSOMAL MAGNESIUM MAY ACT SYNERGISTICALLY WITH ANTIBIOTIC THERAPY AND CAN IMPROVE METABOLIC PROFILE IN PATIENTS AFFECTED BY HIDRADENITIS

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INTRODUCTION: Over recent years, the link between obesity, metabolic syndrome and Hidradenitis Suppurativa (HS) has been explored. It has been demonstrated that HS patients have a high prevalence of the metabolic syndrome and an increased frequency of insulin resistance.

OBJECTIVE: The objective of our study is to estimate the effectiveness of an oral supplementation based on myo-inositol (MI), folic acid and liposomal magnesium on the clinical and metabolic profile of patients affected by HS.

MATERIALS AND METHODS: 20 subjects with HS and an impaired glycaemic metabolism were enrolled. Group A: 10 subjects received MI 2000 mg, liposomal magnesium and folic acid associated to topical antibiotic therapy, systemic antibiotic therapy (clindamycin 300 mg b.i.d. and rifampicin 600 mg daily for 6 weeks) and a normocaloric diet. Group B: 10 subjects received topical and systemic antibiotic therapy associated to a normocaloric diet.

RESULTS: Group A patients showed an average reduction of Sartorius Score from 38.3 ± 7.75 to 27.3 ± 13.53 (p -value <0.04) while in the control group there was a reduction of the Sartorius from 38.4 ± 7.88 to 31.1 ± 8.02 (p -value = 0.55). Moreover in group A Homa-Index was significantly reduced from 2.43 ± 0.35 to 2.1 ± 0.31 ($p <0.01$) whereas in group B Homa-Index did not significantly decrease (2.51 ± 0.65 at T0 at 2.40 ± 0.67 at T1).

CONCLUSIONS: Our study underlines the importance of the evaluation of metabolic profile in patients with HS. Moreover it suggests that the supplementation of MI, folic acid and liposomal magnesium in HS can improve the efficacy of concomitant therapies and the metabolic profile.

