



ATOPIC ECZEMA/DERMATITIS

## THE EFFECT OF PHOTOTHERAPY ON INTERLEUKIN 10 SERUM LEVELS IN PATIENTS WITH ATOPIC DERMATITIS.

Alina Khasanova<sup>(1)</sup>

*Sbei Fpe "russian Medical Academy Of Continuous Postgraduate Education" Of RmPh,  
Department Of Dermatovenerology And Cosmetology, Moscow, Russian Federation<sup>(1)</sup>*

**Background:** Atopic dermatitis (AD) is one of the most common diseases in dermatological practice, the pathogenesis of which, at the present time, is of great interest.

**Objective:** to study the dynamics of serum concentrations of IL10 in patients with AD against the backdrop of standard medical therapy combined with UV therapy.

**Materials and methods:** the study included 80 patients with AD from the ages of 19 to 80 years old with moderate and severe AD. Patients received standard AD drug therapy in combination with a course of UVB-311nm phototherapy (12 procedures). The study's control group consisted of 80 healthy volunteers (without AD), ranging in ages from 25 to 40 years old.

Concentrations of IL10 serum levels were determined by ELISA using a MULTISKANGO device (hermoFisherScientific, USA); twice in the main observation group: during the exacerbation period of the disease and after the course of phototherapy; in the control group — once.

**Results:** by the end of the course of therapy, a clinical cure was found in 3 patients with AD, improvement in 70 patients, the effect of treatment was absent in 7 patients. The average IL10 serum level in patients with AD before treatment was  $18.311 \pm 3.9$  pg/ml; after the course of treatment —  $14.67 \pm 2.4$  pg/ml (a decrease of 20.3%); the level of IL10 in healthy volunteers was  $14.705 \pm 1.6$  pg/ml.

**Conclusion:** in patients with AD, amid exacerbation of the disease, an increase in the content of IL10 serum levels is noted. After the course of phototherapy, a decrease in IL10 serum concentrations was detected, which indicates the effectiveness of this therapy in patients with AD and the significance of this interleukin in the mechanisms that regulate immunopathological conditions.

