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PHOTOTHERAPY, PHOTODYNAMIC THERAPY

PDT-LIGHT: – A NEARLY PAINLESS THERAPY. A NEW METHOD OF A COMBINED LASER-ASSISTED VERY-LOW-IRRADIANCE-PDT WITH A SHORTENED DAYLIGHT ILLUMINATION

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Introduction: PDT is a very successful and elegant method to treat larger areas of patients with AK, BCC and Bowen's disease. However, the pain 80% of patients experience during the illumination is still the main problem of PDT. We have 16 years of experience with PDT in our outpatient-clinic at Lake of Constance. Treated with the recommended dose of 37 J/cm², many of these patients broke up the PDT-treatment and never came back. Therefore from 2012, I developed a new (off-label)-low-irradiance-PDT with lowering the level of light doses to 12-14 J/cm². With this programme, we observed that the patients' pain could be considerably reduced only be cold air anesthesia - with no significant difference of treatment result compared to high irradiance-PDT, accompanied by the incidental benefit that patients came back for further treatments, if necessary.

Objective: After we started 2014 laser-assisted PDT, with approximately 125 annual patients and delivered MAL-Daylight-PDT since 2016, with high clearance rates, we noticed that 16% of DL-PDT-patients reported side-effects like redness and swelling. Therefore, we wanted to improve the efficacy and to reduce the side-effects with a new PDT-method.

Materials and Methods: In 2018, I developed "PDT-light", our new off-label modification. This is a combination of laser-assisted low-irradiance-MAL-PDT and a shortened variation of Daylight-PDT.

Patients with AK1, AK 2 and field cancerization received first a mild fractionated CO2-laser pre-treatment, followed by MAL-incubation under occlusion for 1,5-3 hrs. Then, patients were shortly illuminated with the Aktilite-LED (approx. 3-6 J/cm²) and consecutively sent out for 1h into daylight.

Results: So far, we treated 15 patients with this PDT-light-combination: with very good clearance rates of 87,5%, low side-effects (only 6%) and no need of analgesic drugs or local anesthesia.

Conclusions: The advantages of PDT-light: very low pain percentage and few side-effects. Furthermore better control, less time consumption and better economic outcome than











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classical-PDT and daylight-PDT.



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