PHOTOTHERAPY, PHOTODYNAMIC THERAPY

THERAPEUTIC EFFECTS AND COMPLICATIONS OF PHOTOTHERAPY WITH NARROW BAND UVB IN PATIENTS WITH CHRONIC LEG ULCERS

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Introduction: Chronic leg ulcer is a worldwide increasing problem which affects all aspect of patient life. There are so many causes for these ulcers but the most commons are Diabetes Mellitus Venus Ulcers. There are so many ways of therapy for these ulcers; medical therapy, surgical therapy and phototherapy. The concept of effect is anti inflammatory and anti bacterial property of this UV light.

Material and methods: we designed the use of narrow band UVB in the treatment of chronic ulcers. We chose 25 patients referred to our center, with leg ulcer resistant to medical therapy and negative for malignancy in biopsy; 5 ulcers were due to diabetes, 7 venal and 3 for other reasons. The first session started with 30 seconds then the time was increased till 15 seconds in each session. Totally 30 sessions of treatment was performed in this protocol. The data was collected in three times, before phototherapy, immediately after phototherapy and 3 months later.

Results: immediately after 30 sessions, 14 patients showed complete response ($p<0.05$) and 6 patients modest response. After 3 months follow up only 2 patients showed no response, 16 patients had complete response and 7 patients modest response. The complications were seen in 10 patients which was limited to temporary erythema and xerosis.

Discussion: many studies report positive effects of different wave length of phototherapy in treatment of leg ulcers. According to our study NBUVB as source of light can play a role in this area. There are no serious side effects and it could be recommended for treatment of resistant ulcers.