



PSORIASIS

ANTI-INFLAMMATORY EFFECT OF THE APPLICATION OF SELENIUM WITH THE FILIFORM SHOWER TO PATIENTS WITH PSORIASIS IN THE THERMAL CENTER OF LA ROCHE POSAY-FRANCIA

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INTRODUCTION: The inflammatory effect of psoriasis is demonstrated to be present throughout the integument and not only in the erythematous plaques that are clinically evident. The filiform shower with the pressure exerted on the skin and the Selenium as a natural antioxidant that has a protective action against free radicals, protecting the body from aging and preserving the elasticity of the tissues; reduces the inflammatory process.

OBJECTIVE: The objective of this study was to understand the evolution and the anti-inflammatory response in patients with psoriasis to the thermal treatment when applying the filiform showers accompanied by hydromineral cure.

MATERIALS AND METHODS: This study was carried out in groups of patients during three weeks of treatment in the Thermal Center of La Roche Posay with water rich in Selenium during the months of July and August of 2018, which were evaluated before and after starting the treatment. The filiform shower consists of applying water on the skin to high pressures (5 and 15 bars) and in addition to the contribution of Selenium in the Hydromineral cure as a coadjuvant treatment.

RESULTS: This study included 30 patients (20 men and 10 women between 25 and 65 years old) with moderate to severe vulgar psoriasis diagnosis with or without arthropathic involvement. Most of them demonstrated a decrease in PASI 50 and symptomatology, improving their quality of life.

CONCLUSIONS: The purchase of the affected skin and the adjacent healthy skin without





visible lesions and its clinical improvement was demonstrated, diminishing the hyperkeratosis and the inflammatory component of the lesions as well as the pruritus that many of these patients presented.

