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INNOVATIVE PHOTOTHERAPY FOR DRY SKIN

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INTRODUCTION

Dryness/xerosis of the skin is one of the urgent problems in practical dermatology, due to a frequent symptom of many skin diseases, such as atopic dermatitis, psoriasis and lymphoproliferative skin diseases. The search for optimal methods of external therapy for dry skin is a love direction in the dermatological practice of the world.

THE AIM

The aim of the study was to evaluate the combined therapy of phototherapy with lanolin-siliceous cream "fatiderm" in patients with dry skin.

RESULTS OF THE STUDY:

- To assess the clinical efficacy, the patients were divided into 2 groups: group I (73 patients with AD who received phototherapy in combination with fatiderm cream) and group II (55 patients who received topical corticosteroids). The results of clinical studies showed that the DISHS index in both groups averaged 25.6 ± 0.04 and 26.1 ± 0.05 points, respectively, the pH corneometry averaged 14.3 ± 0.4 , which characterized severe dehydration. skin.
- After the complex therapy in patients of the I - group, the index of the degree of DISH decreased by 2.7 times and averaged 9.4 ± 0.05 and the degree of dehydration averaged 52.8 ± 0.6 , while in the II - group, the index of DISH amounted to 16.3 ± 0.06 and the degree of dehydration averaged 26.7 ± 0.3 . In patients of the I-group, the skin-pathological process in the dynamics has significantly resolved, the skin in the lesions has significantly moistened, the itching has stopped. Microbiological studies have shown a decrease in the degree of colonization of opportunistic microorganisms staphylococcus spp. 4.3 and 3.2 times after treatment in both groups, respectively. ($P < 0.05$)

CONCLUSION:

The analysis of the obtained results indicates that the innovative method of phototherapy with the use of fatiderm lanolin-silicone cream contributed to an increase in therapeutic efficacy by 1.9 times, which can be recommended for practical dermatology.