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Title: Experience in the treatment of psoriasis vulgaris

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Introduction. The means and dosage forms of topical therapy depend usually on the clinical course pathological process. In recent years, both in the world and in Ukraine, narrowband UVB phototherapy of psoriasis, because of its efficiency, safety and availability has become a technique of choice in the treatment of psoriasis patients with different clinical course. NB UVB therapy method is self-contained and can be used as monotherapy, but combination of emollient, in our view, adds certain advantages. The aim of our study was to examine and evaluate the effectiveness of this method phototherapy combination of emollient in the treatment of psoriasis.

Materials and methods. The observation's been 36 patients with psoriasis vulgaris (14 women and 22 men). Progressive stage of the disease was diagnosed in 21 patients, stationary stage in 15. The age of patients ranged from 22 to 61 years. The disease duration ranged from 8 months to 26 years. Comparison group consisted of 24 patients with psoriasis vulgaris comparable by age, sex and stage. Procedures were 3 times per week. The initial dose was 0.1-0.25 J/cm² depending on the skin phototype. Each dose of this procedure increased to 0.05-0.1 J/cm². As a skin care patients of the main group of 1 to 3 times a day after the procedure, and in days without procedures used emollient that incorporates vaseline, glycerine complex and vitamin E. Patients comparison group treated with NB UVB as a monotherapy. For the purpose of verification of the severity of psoriasis and the effectiveness prescribed therapy was determined by PASI and DLQI before and after treatment.

Results. The analysis of the clinical efficacy of treatment of patients with psoriasis the main group (comparison group) allowed to witness the achievement of "clinical remission" in 22 (14) people, "significant improvement" - 9 (7), "improvement" in 5 (3). Patients main group: PASI decreased to 8,9±1,6 (to treatment was 21,8±2,9); comparison group: 15,7±2,4 (to treatment was 22,1±2,7). Patients main group: DLQI decreased to 5,9±0,4 (to treatment was 18,4±2,2; comparison group: 10,8±2,0 points (to treatment was - 19,1±1,6 points).

Discussion. High efficiency, good tolerability and no severe side effects can recommend narrowband UVB phototherapy as one of the most effective, safe and accessible treatment of psoriasis vulgaris with different clinical course. A combination of qualitative emollient can significantly improve treatment, reduce the time of treatment, improve skin condition in between exacerbations, reduce the severity of these exacerbations, and that is very important to continue remission.

