

EFFICACY OF A DERMOCOSMETIC CONTAINING NEUROSERINE, SPHINGOBIOMA AND NIACINAMIDE IN ATOPIC DERMATITIS PATIENTS – ACHIEVING RAPID SYMPTOM RELIEF, IMPROVEMENT OF DISEASE SEVERITY AND QUALITY OF LIFE OVER TIME

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INTRODUCTION

Background: Atopic Dermatitis (AD) is a chronic inflammatory skin disease associated with dysfunctional integrity of epidermal barrier, which frequently results in skin dryness, itching, burning sensations and inflammatory lesions. Maintaining and stabilizing the skin barrier is essential for preventing and treating AD. Everyday emollient therapy is the basis of AD treatment and helps to restore epidermal barrier functions.

Objectives: The purpose of this clinical study was to evaluate the effects of a face skin care cream (DC) on skin barrier function, clinical symptoms, skin appearance, and quality of life in patients with AD.

MATERIAL & METHODS

A total of 63 adult patients with mild to moderate AD without acute eczema on face, neck and décolleté were enrolled and applied the DC twice daily on their face, neck, and décolleté for two weeks. The following investigations were performed at baseline, after 24h and day 14: Clinical parameters such as general SCORAD (Scoring of Atopic Dermatitis) and EASI (Eczema Area and Severity Index) scores and local SCORAD, skin physiological measurements such as TEWL, pH, corneometry, sebumetry, chromametry, and electrochemical impedance spectroscopy (EIS). Subjective and objective assessments of the skin as well as The Dermatology Life Quality Index (DLQI) questionnaire were evaluated at baseline and over time.

RESULTS

The study results indicate that the application of the DC led to significant improvements in both subjective and objective symptom assessment as early as day 1, with further improvements observed after 14 days. Patients reported a significantly ($p < 0.001$) reduction in symptoms such as dryness, itching, redness, desquamation, burning and tightness feeling on the face, neck, and décolleté over time, with the strongest improvement observed in the facial area. Disease severity, as measured by SCORAD and EASI, improved over time, particularly in the reduction of skin symptoms intensity and subjective symptoms such as sleep disorders and pruritus intensity. Clinical examinations confirmed the high dermatological tolerance of DC. An improvement in quality of life (DLQI) was also observed.

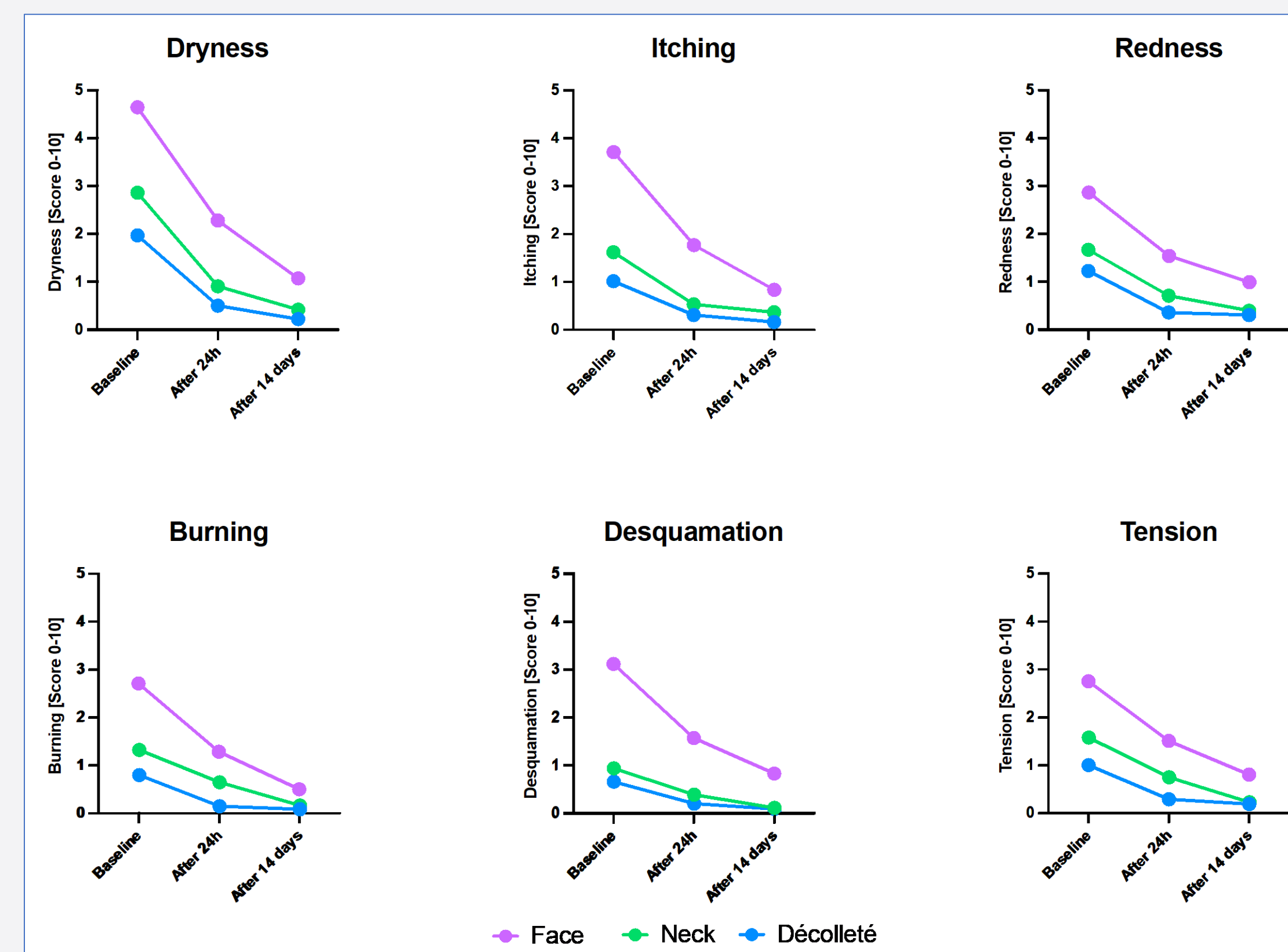


Figure 1: Significant improvement of subjective symptoms after 24h and 14 days. Strongest effect of DC in face.

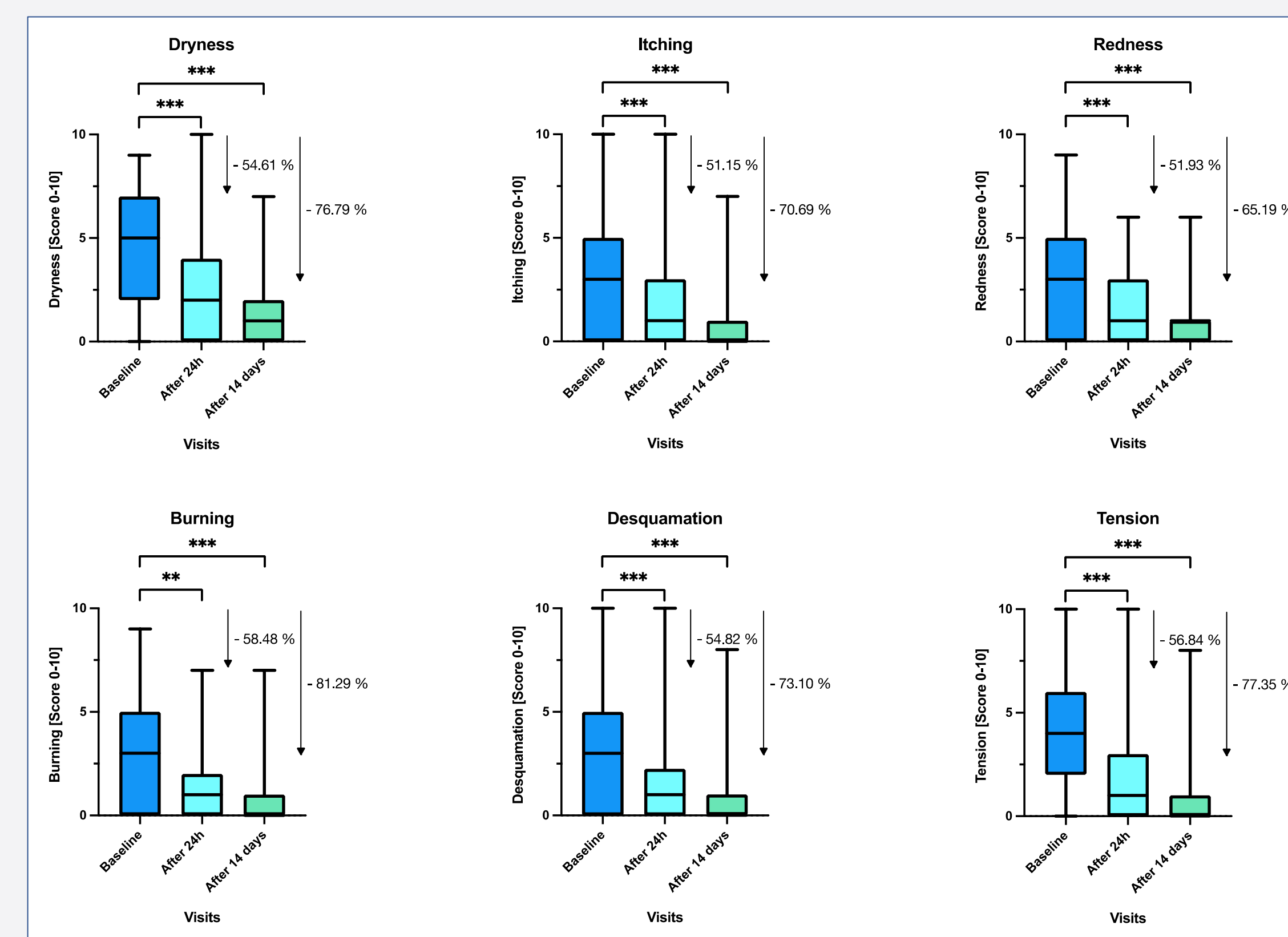


Figure 2: Significant improvement of subjective symptoms after 24h and 14 days in face.

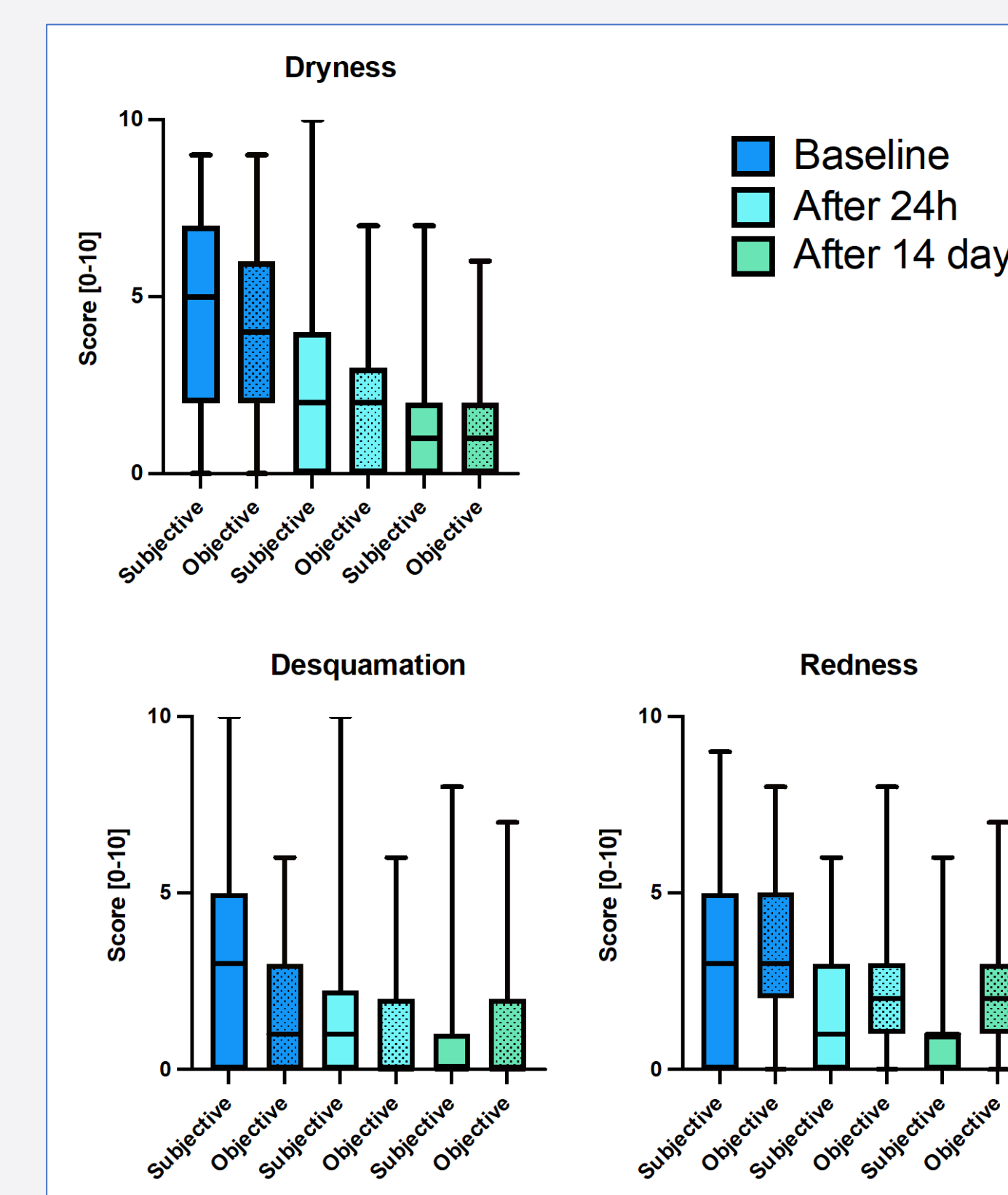


Figure 3: Development of subjective vs. objective symptoms.

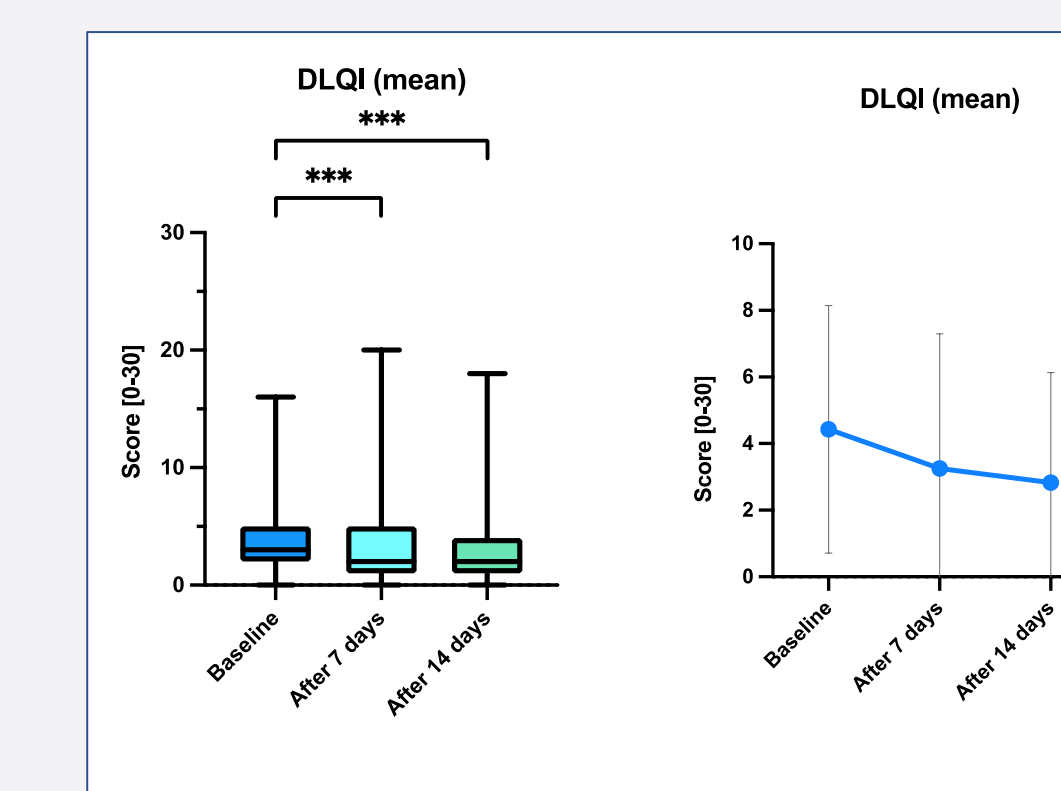


Figure 4: Significant improvement of Quality of Life, measured by DLQI.

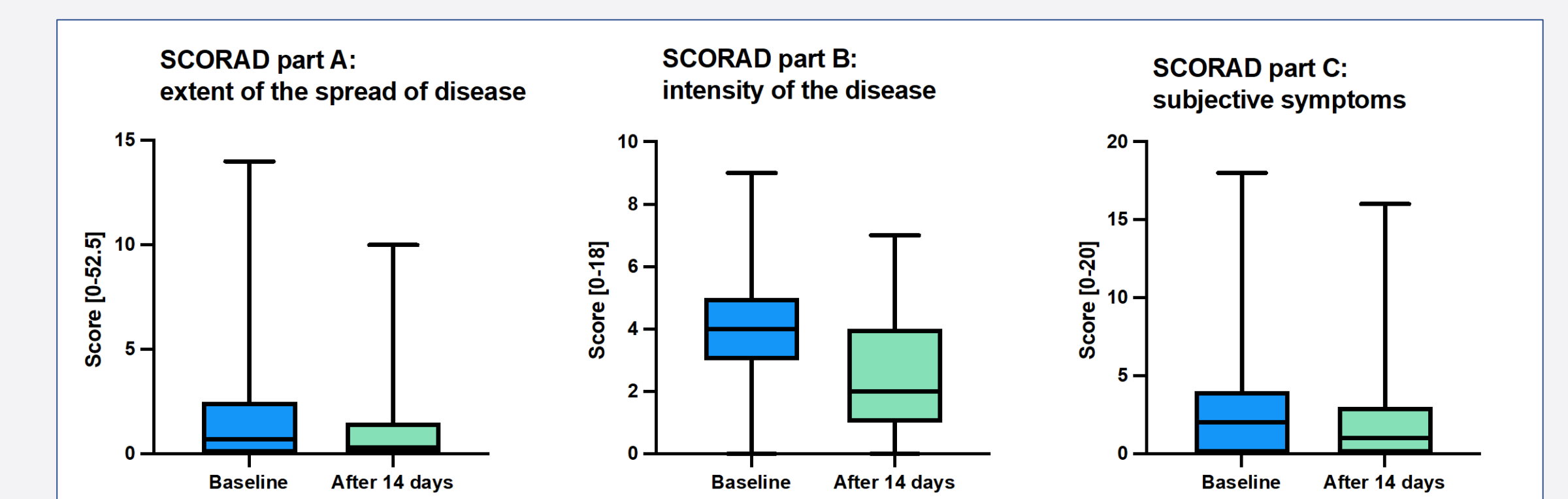


Figure 5: Development of SCORAD (individual SCORAD sections): reduction in intensity features and subjective symptoms.

CONCLUSION

The study demonstrates the tolerability and rapid and sustained efficacy of a DC containing neuroserine, niacinamide and sphingobioma used twice a day in improving the signs and symptoms of AD. The use of a facial skin care cream resulted in improvements in quality of life and disease severity of the patients. This finding confirms the importance of emollients to be used on the facial, neck and décolleté areas in the management of AD.