

Adjunctive therapy in daily practice: key issues for effective patient management

ATOPY

BASIC

Adjunctive therapy should be an integral part of the treatment of atopic dermatitis (AD) as recommended by international guidelines. It offers physicians the opportunity to offer comprehensive treatment to improve their patients' condition, bringing many benefits:

- Prevents the reappearance of clinical signs
- Enhances compliance
- Ultimately improves patients' quality of life

Dermocosmetics used as adjunctive therapy have demonstrated their efficacy in both dermatological practice and the literature.

How can someone choose an effective dermocosmetic product for adjunctive therapy?

- Its efficacy has been demonstrated in vivo ([link to bibliography – clinical studies](#))
- The adjunction of dermocosmetics versus conventional treatment alone may have significantly improved patients' conditions in clinical trials following gold standard protocols:

Efficacy and safety evaluated clinically, under realistic conditions, in patients with skin conditions
Double-blind randomized studies vs. placebo, excipient or other reference product
Scientific studies carried out by independent medical or scientific teams

- The results of clinical trials have been published in internationally recognized journals or presented at several scientific congresses

- Specific information is available on its use

Clearly identified ingredients (full labelling)
Safe formulation charter
Implementation of cosmetovigilance

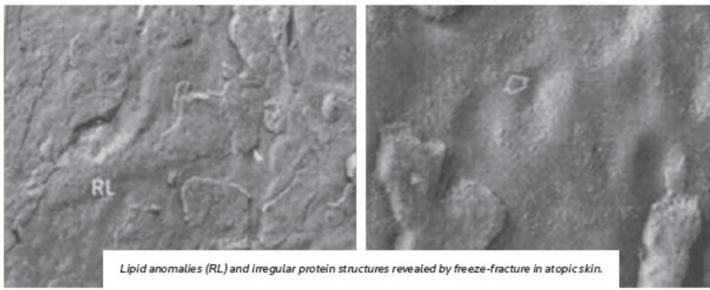
Why recommending dermocosmetics as adjunctive therapy for patients with AD?



Dry skin in atopic dermatitis

The international consensus treatment guidelines for atopic dermatitis recommend use of emollients; they should be an integral part of the treatment of patients with AD as there is strong evidence that their use can reduce disease severity and the need for pharmacologic intervention.¹

In AD patients

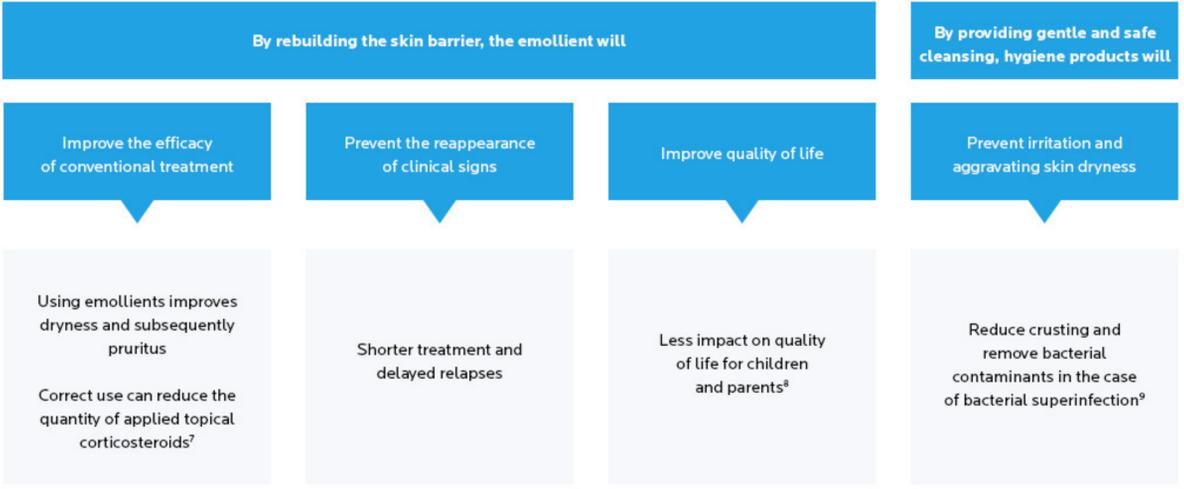


Lipid anomalies (RL) and irregular protein structures revealed by freeze-fracture in atopic skin.

What is expected from dermocosmetics as adjunctive therapy in atopic dermatitis?

Two types of skincare products will improve your AD patient's condition:

- Emollients, which work to rebuild the skin barrier
- Hygiene products for gentle and safe cleansing



GOING FURTHER

The importance of emollients as adjunctive therapy in AD treatment: results of a clinical trial

Methods

- International multicentre study
- 131 children aged 3 to 12 years with mild to moderate AD (SCORAD < 30)
- Study treatment: emollient containing shea butter, glycerin, canola oil and thermal spring water applied twice daily to the whole body
- Study length: 6 weeks

Results

- Reduction in symptoms (erythema, dryness, pruritus and swelling) **40% to 60%**
- Reduction in SCORAD: **50%**
- Overall efficacy (rated by the dermatologist) **76%** of good to excellent ratings
- Safety (rated by the dermatologist) **86%** of good to excellent ratings
- Sleep quality improved in **83%** of cases

Conclusion

The emollients reduced both the signs and symptoms of AD and were well tolerated.

> [Find out more about this study](#)

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