

AN OBSERVATIONAL STUDY ON PATIENTS SUFFERING FROM ATOPIC DERMATITIS UNDERGOING A BALNEOTHERAPY

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OBJECTIVE

Evaluate the efficacy of the balneotherapy treatment in patients suffering from atopic dermatitis.

METHODOLOGY

Follow-up of 100 atopic patients. At the beginning (before the first care) and at the end of the balneotherapy treatment: clinical evaluation with SCORAD, evaluation of the quality of life with DLQI, CDLQI and self-assessment with PO-SCORAD. Balneotherapy consisted of high pressure filiform showers, baths, facial and body spray treatments as well as Selenium-rich Thermal Spring Water consumption.

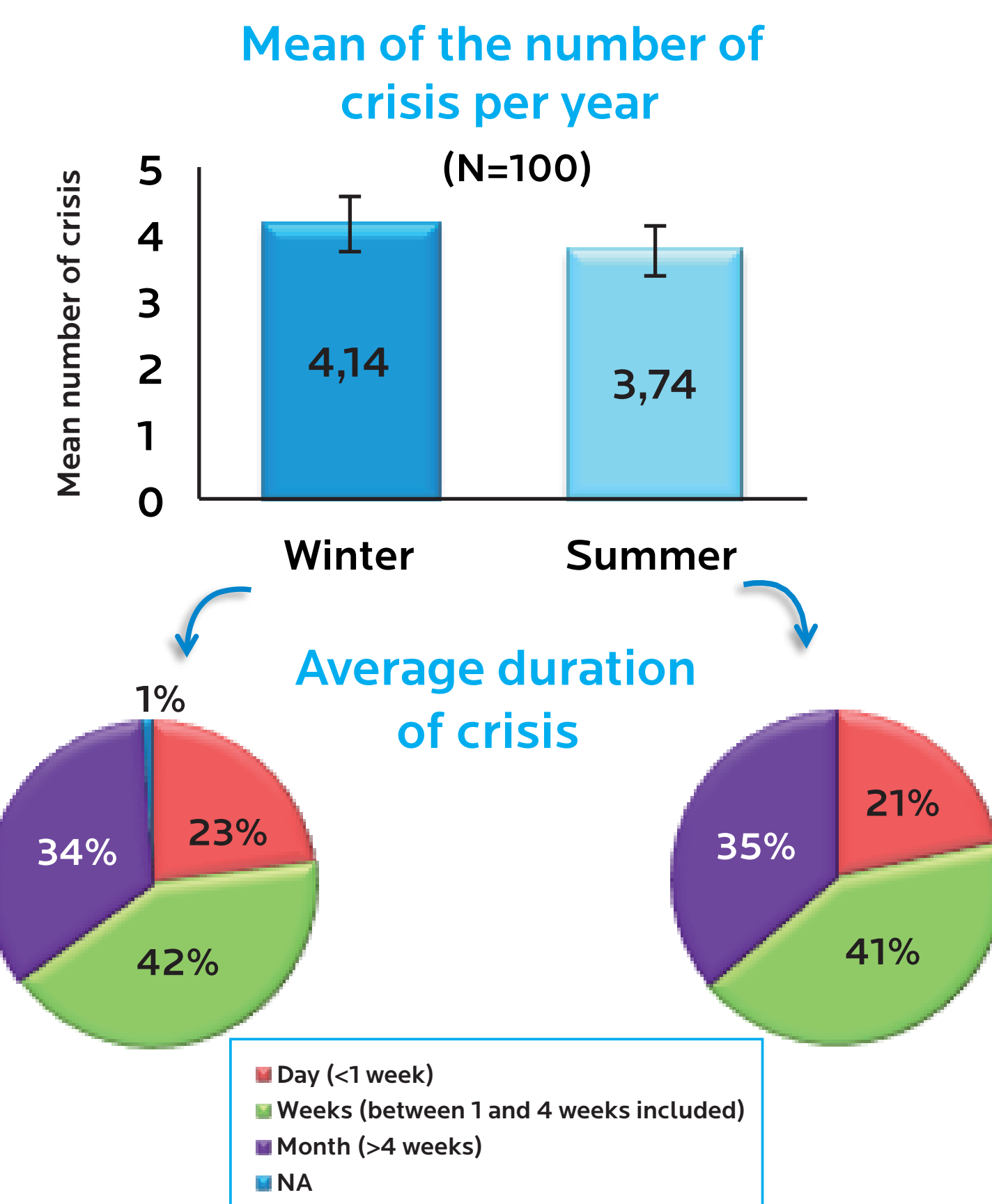
RESULTS

100 patients, 53% women, 47% men. 59% are less than 16 years old. Average age of children: 7 years, average age of adults: 40 years. All of them follow a three-week balneotherapy.

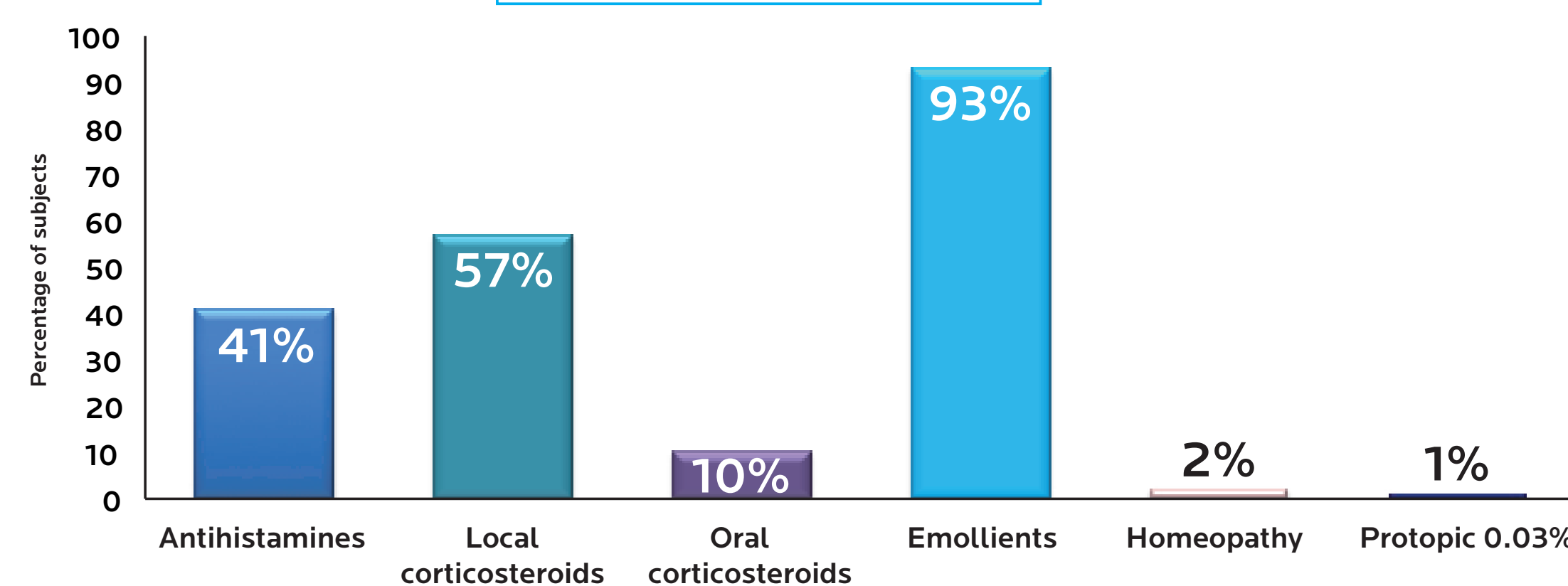
PATIENTS PROFILE:

1 - Frequency of the pathology

The patients have suffered from the pathology for 13 years on average; 6 years for patients under 16 years and 23 years for patients over 16 years.

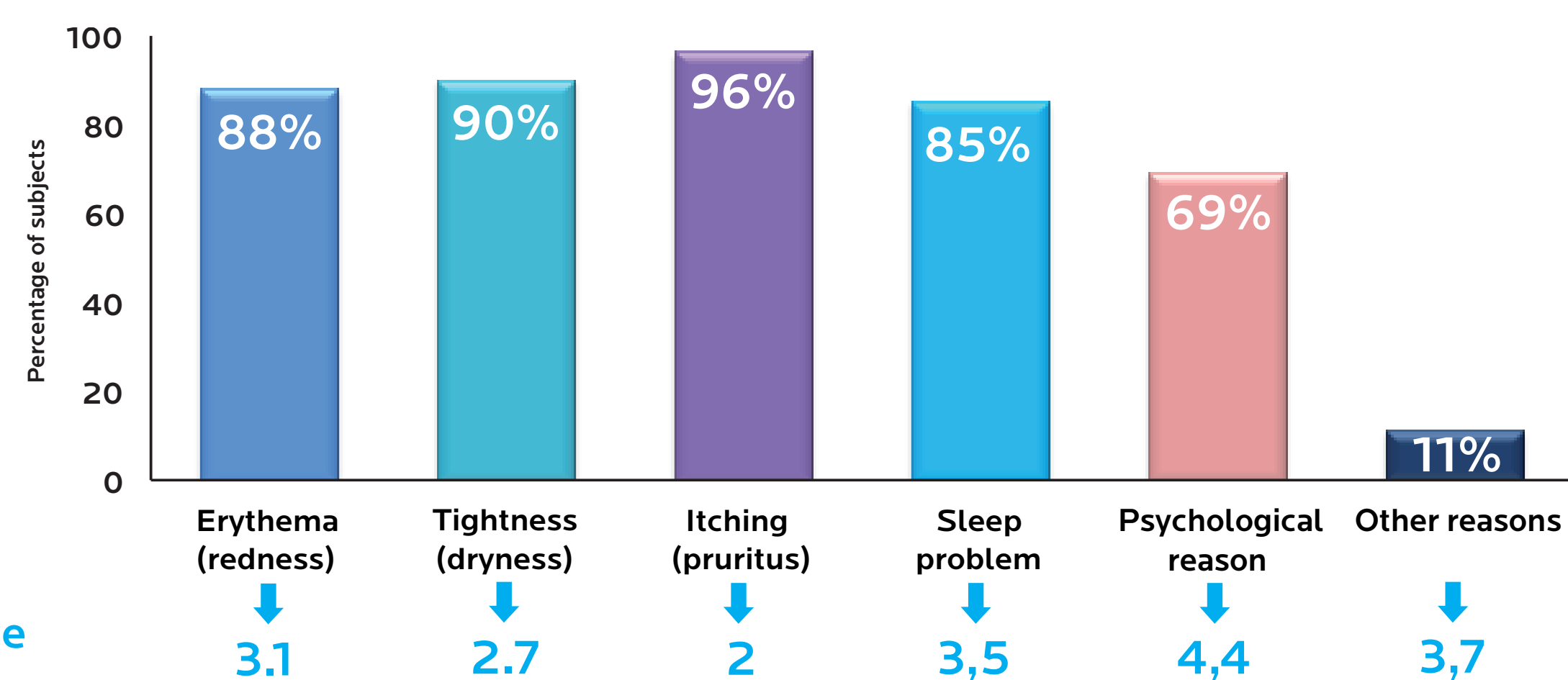


2 - Therapeutic management before the balneotherapy treatment



3 - Main symptoms which motivate the balneotherapy

Classification of symptoms by trouble sequence (N=95)



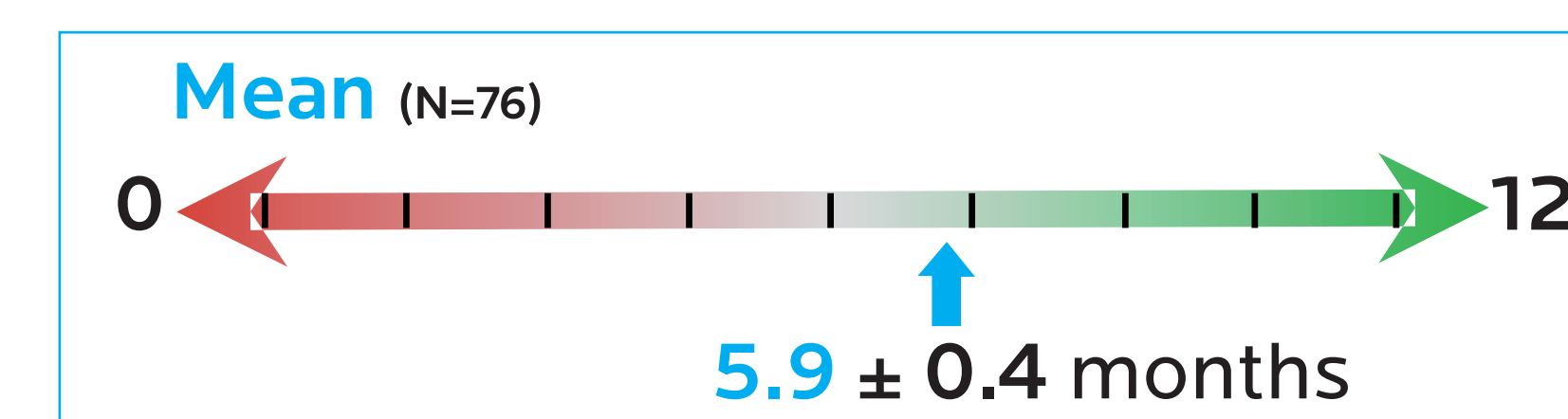
Classification of symptoms from 1 to 6, «1» is the **most** troublesome symptom and «6» is the **less** troublesome symptom.

CONCLUSION

This study shows that patients presenting with an important eczema and particularly disturbed by pruritus and xerosis are significantly improved at the end of the balneotherapy with Selenium-rich Thermal Spring Water according to the different measuring tools and especially the SCORAD. Pruritus and sleep are symptoms improved significantly. The duration of benefits on skin and quality of life amounts to around 6 months.

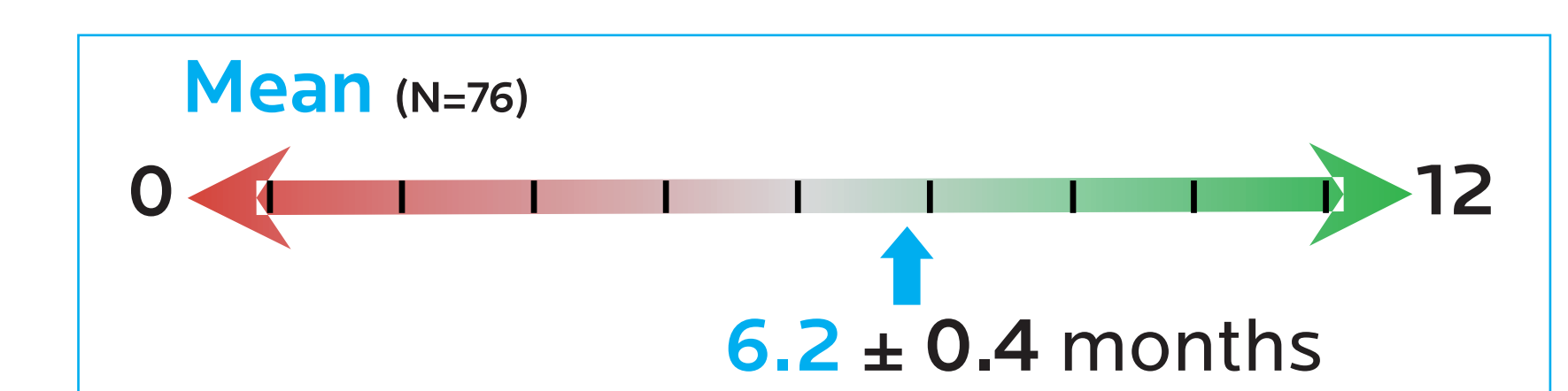
4 - Duration of skin benefits of the previous balneotherapy (months)

Evaluations using a Visual Analog Scale (VAS) from 0 to 12.



5 - Duration of the previous balneotherapy benefits on the quality of life (months)

Evaluations using a Visual Analog Scale (VAS) from 0 to 12.

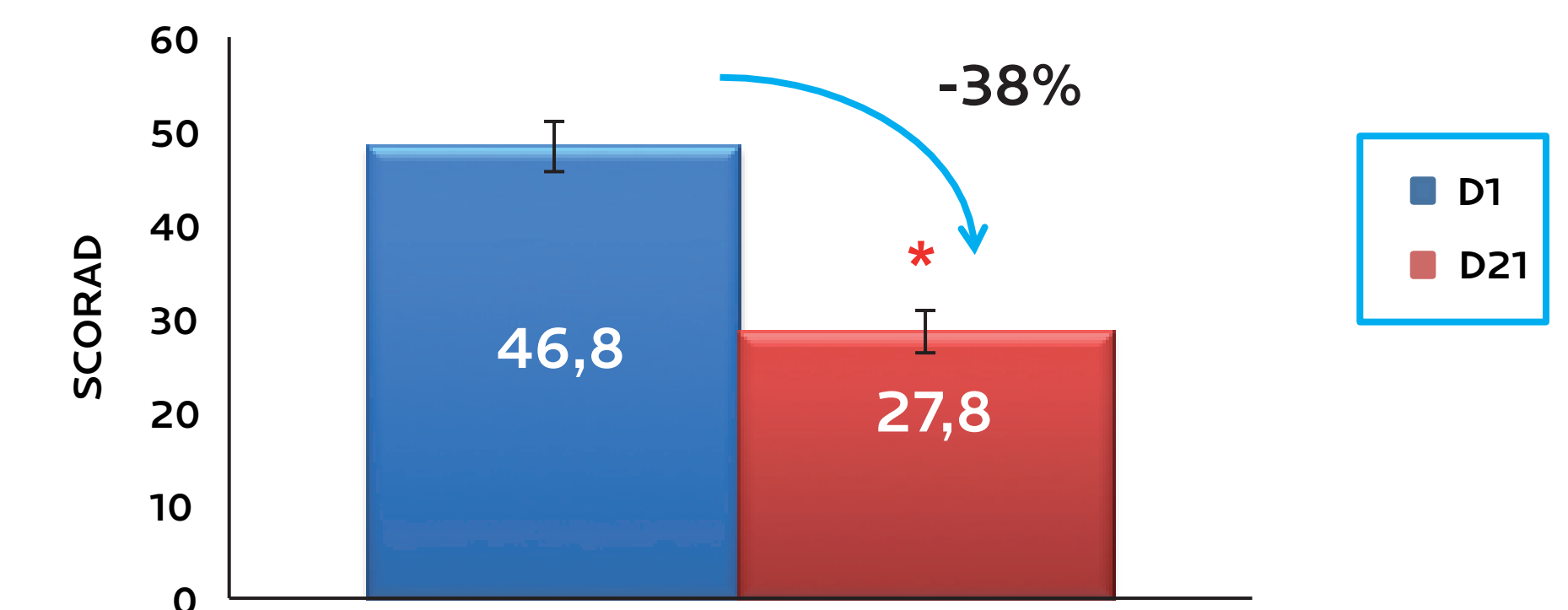


CURRENT BALNEOTHERAPY :

- CLINICAL EVALUATION:

SCORAD: SCORing Atopic Dermatitis

SCORAD improved for 88 patients (90%) dropping from 46.8 on average at the beginning of the balneotherapy to 27.8 on average at the end of the balneotherapy. Intensity of symptoms dropping from 10.2 to 5.8 on average (cumulative scores), pruritus and insomnia dropping from 9.5 to 6.2 on average.

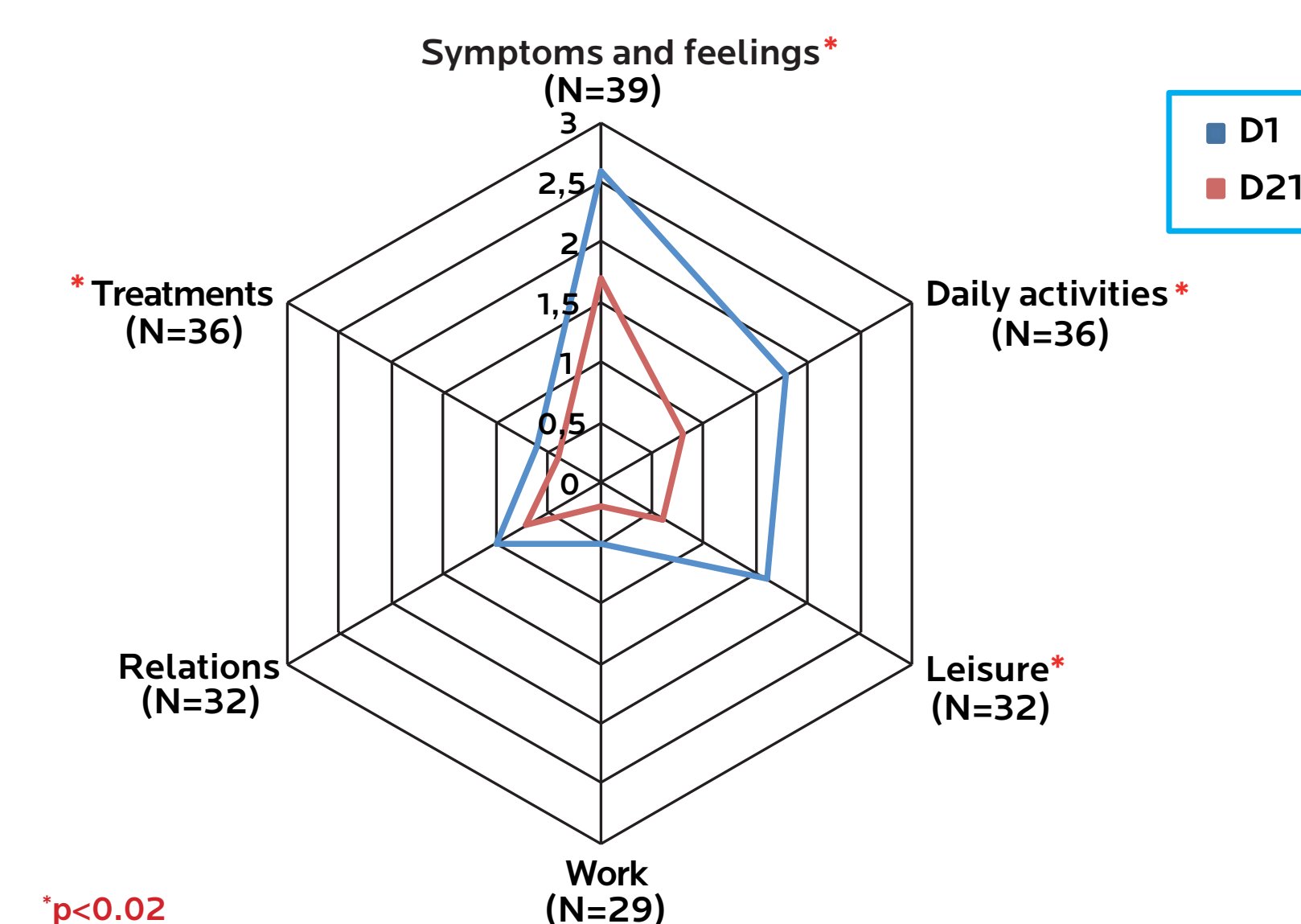


- SELF-ASSESSMENT OF THE QUALITY OF LIFE:

1 - Impact of the disease on the quality of life of adults (DQLI)

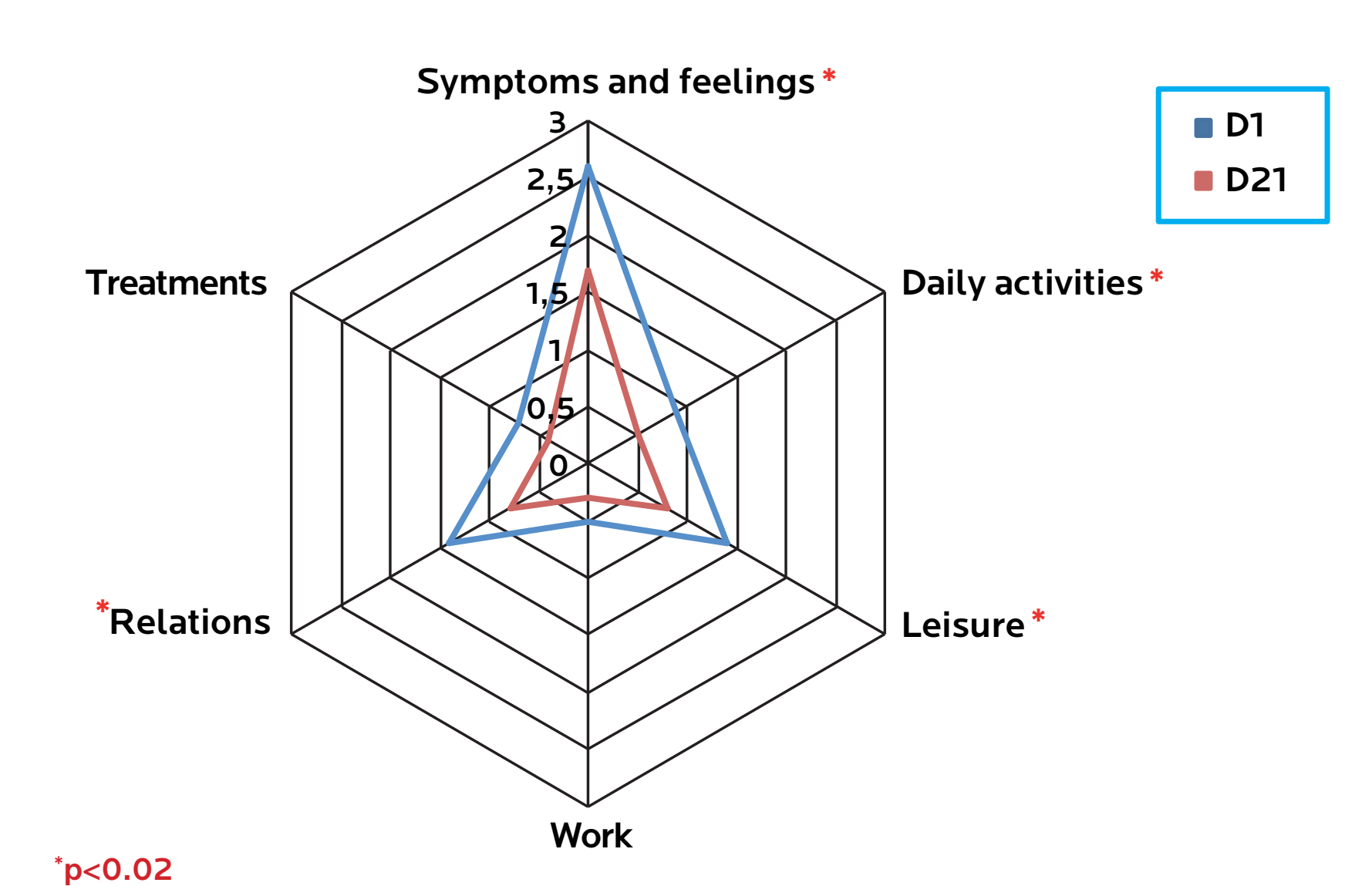
2 - Impact of the disease on the quality of life of children (CDQLI)

Comparison beginning and end of the balneotherapy



Reduction of the impact of the disease on the quality of life:

- Daily activities: -57%
- Leisure: -61%
- Symptoms and feelings: -36%



Reduction of the impact of the disease on the quality of life:

- Symptoms and feelings: -37%
- Relations: -45%
- Leisure: -38%