

# HOW A DERMOCOSMETIC CAN BENEFIT PATIENTS WITH SENSITIVE SKIN: AN OBSERVATIONAL STUDY

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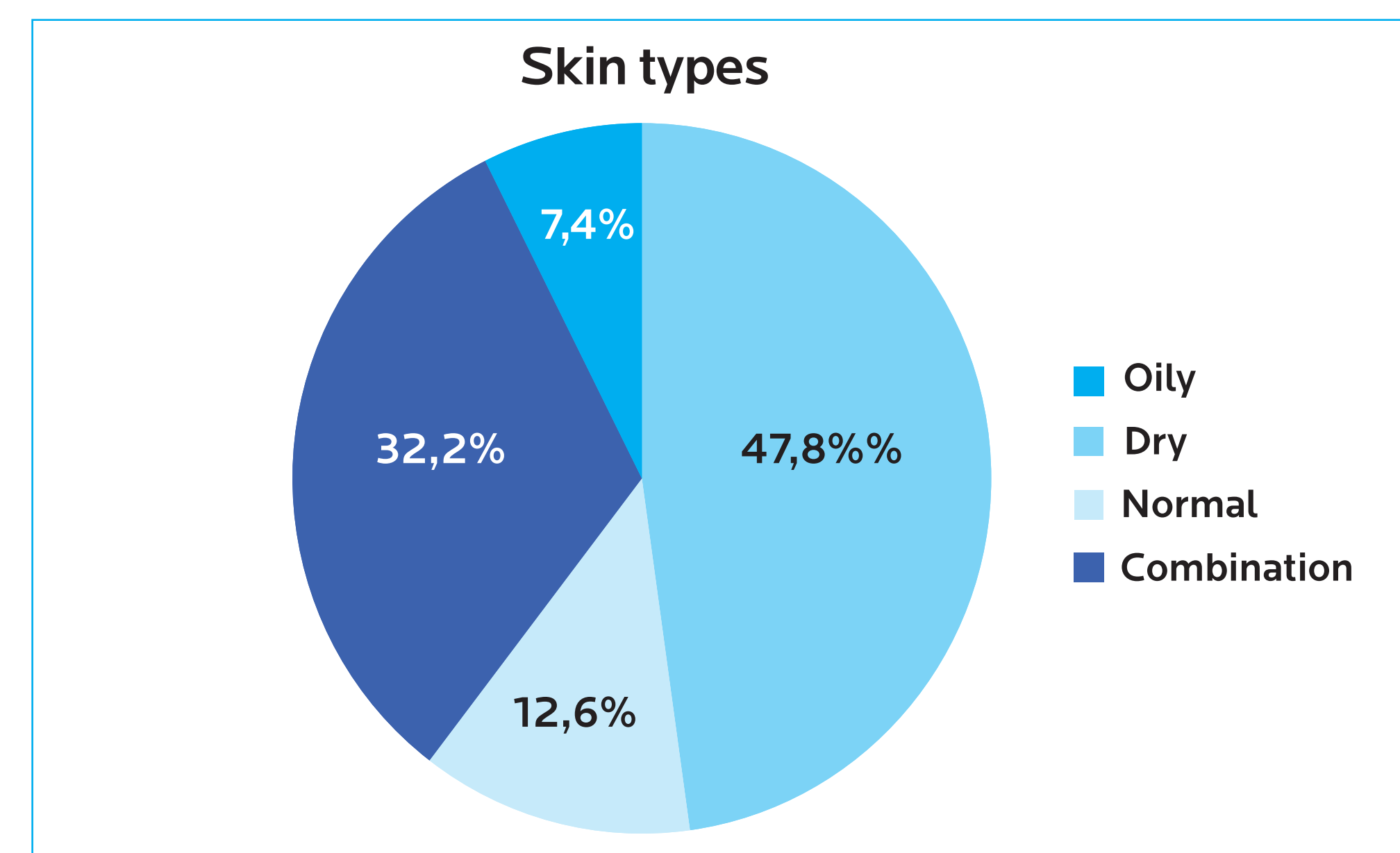
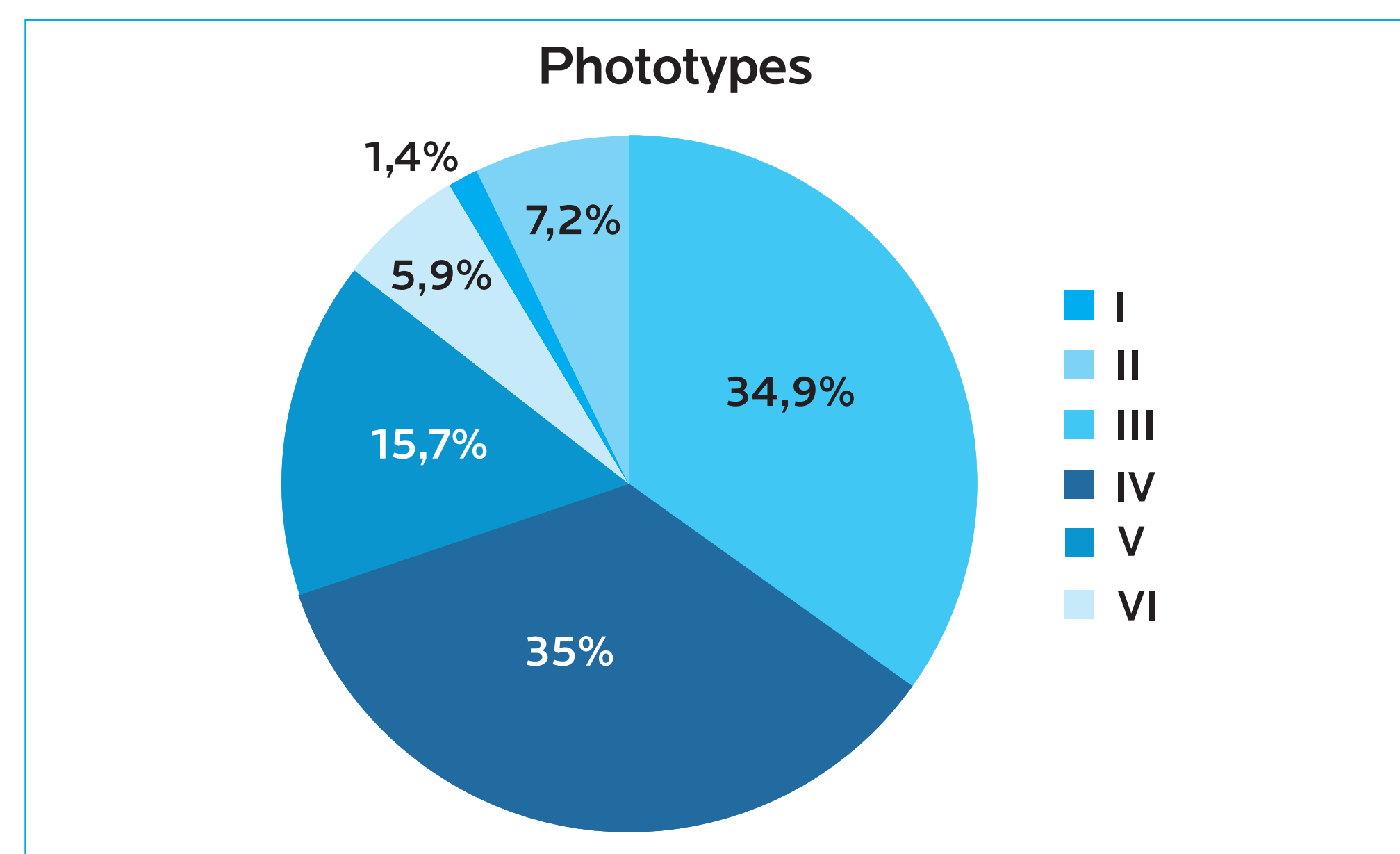
## INTRODUCTION

Sensitive or reactive skin presents various objective and subjective symptoms and these symptoms are induced by different factors. The objective of this observational study was to characterize and evaluate the impact on skin sensitivity and quality of life of patients using a dermocosmetic containing Neurosensine and La Roche-Posay thermal spring water, actives known for their soothing action.

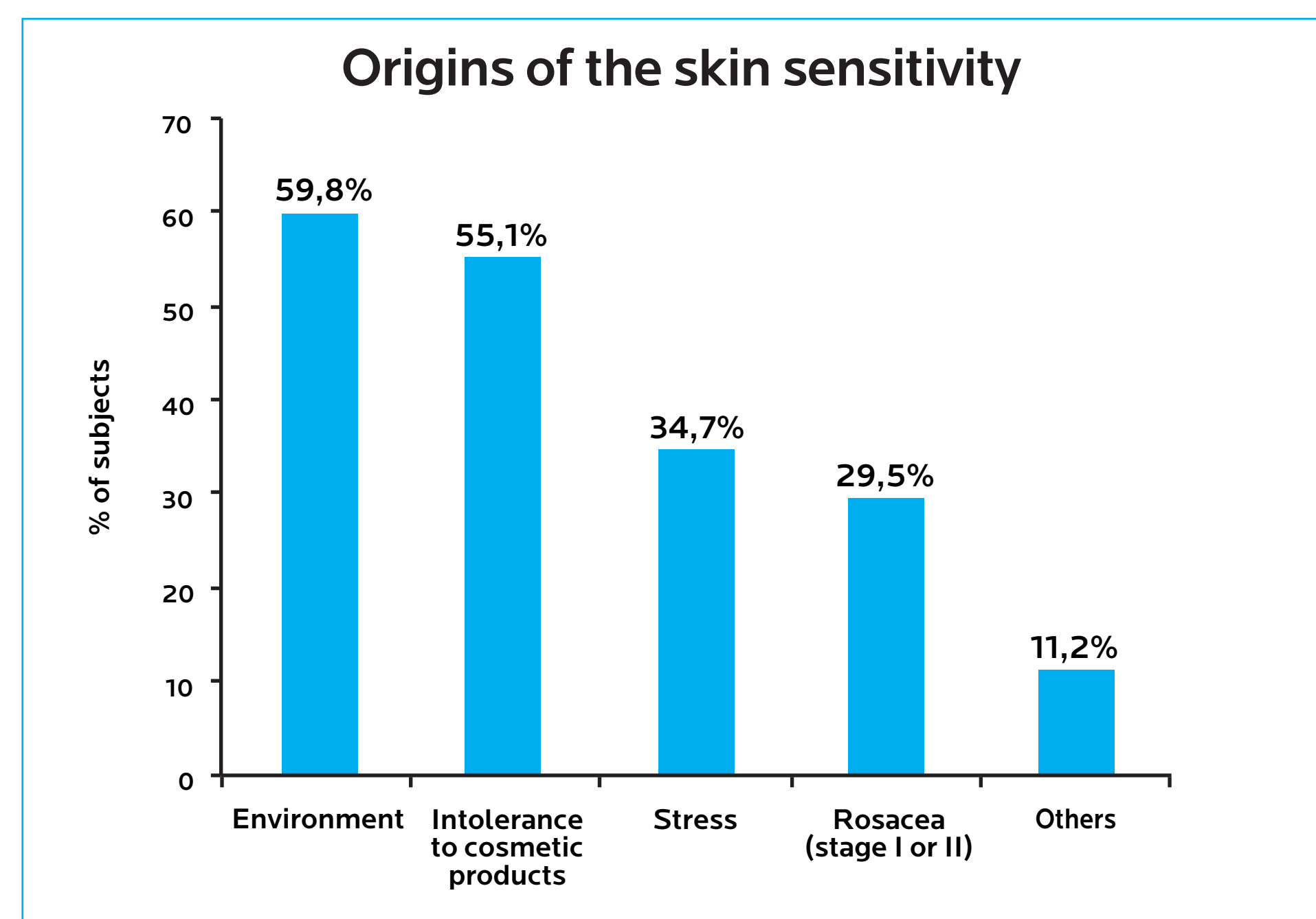
## RESULTS

Among the patients included in this study, 86% were female. The mean age of the patients was 42+/-16 years.

Prescription of the dermocosmetic by the dermatologists was done for 93,5% of patients because they presented a sensitive and/or intolerant skin. 80% of the patients used it twice a day.



The study confirmed that skin reactivity can be due to various triggers, the most frequent one being the environment (variations of temperature).



53,5% of the subjects presented with redness following temperature variations, stress, alcohol consumption or digestion. The main objective symptoms were erythema (73,2%) and desquamation (41%) and subjective symptoms were tightness, burning, tingling and pruritus sensations.

## CONCLUSION

This observational study performed on a very large number of patients demonstrated the interest of a dermocosmetic product developed for sensitive and/or reactive skin to reduce the objective and subjective symptoms and improve the quality of life for patients. It also indicated an interest in a dermocosmetic to avoid a drug treatment or to reduce drug dosage.

## PATIENTS AND METHODS

Dermatologists practicing in eight countries evaluated a total of 3800 patients with sensitive/reactive skin, not currently undergoing dermatological treatment for the face: France/n=2101; Poland/n=685; Romania/n=299; Czech Republic/n=176; Ukraine/n=148; Morocco/n=147; Slovakia/n=127; Turkey/n=114. At the inclusion, they completed a questionnaire about patients characteristics, their objective and subjective symptoms and quality of life. After 1 month of exclusive application of the dermocosmetic, at least once a day, the dermatologists evaluated its efficacy to reduce symptoms and to improve quality of life.

### Efficacy on objective and subjective signs after 1 month of usage of the dermocosmetic.

The analysis of product efficacy on the objective signs showed a significant decrease in erythema for more than half of the patients with a total disappearance for 43,4%, a significant decrease of the desquamation for 75% and a total disappearance for 35%. A significant decrease of the subjective signs was also observed.

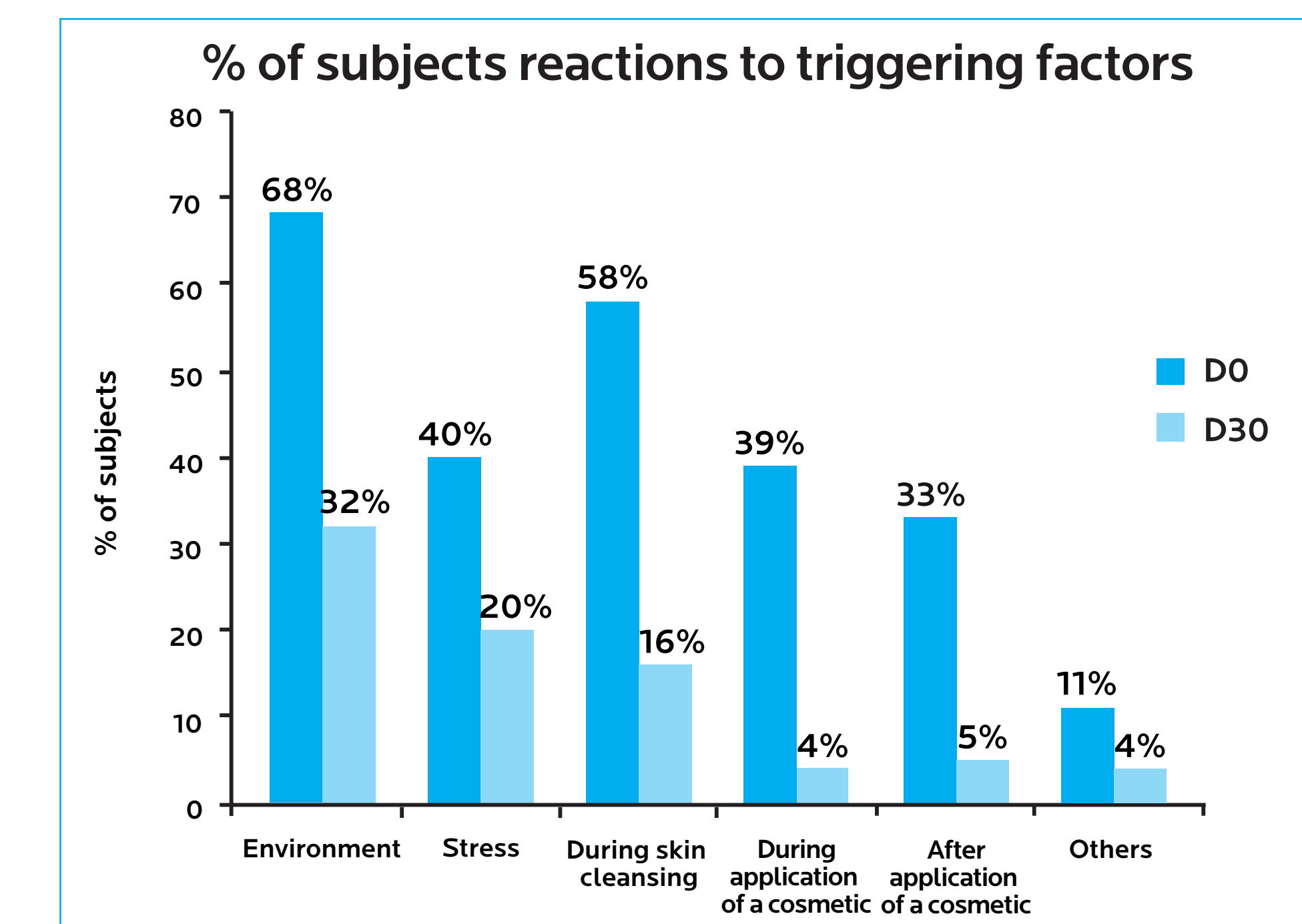
Subjective signs Scale 0 to 10	Score D0 Mean	Score D30 Mean	% disappearance	% improvement (but persistence)
Burning sensation n= 3168	4,57	1,29*	40%	55%
Tightness n= 3491	4,97	1,23*	40%	56%
Tingling n= 2867	4,07	0,89*	54%	41%
Pruritus n=2099	3,78	0,7*	63%	31%

\*p<0.0001

The intensity of all subjective signs was significantly reduced at D30; the total percentage of responders to the treatment (disappearance and improvement) was close to 95%.

A significant evolution (disappearance or improvement) of the number of subjects presenting with flushes induced by different kinds of stress was observed.

Skin reactions to different triggering factors were also significantly reduced.



### Quality of life

There was a significant improvement in quality of life of the subjects. The mean total score at D0 was 10 and after 1 month of dermocosmetic use, it was on average 2,3. An improvement of the discomfort and inconveniences was observed in 84% of the subjects and an improvement of daily activities (work/leisure) in 60% of the subjects.

### Impact of the dermocosmetic in the practice of the dermatologists

For 90% of the patients for whom a drug treatment was intended (n=2247), the dermatologists considered that the use of the dermocosmetic was an interesting step. For 52,6% of the patients, its use eliminated the need for a drug; there was a reduction in drug dosage for 33% and a delay of drug prescription for 21,1%.