USING AN EMOLLIENT LOTION TO IMPROVE OBJECTIVE AND SUBJECTIVE SYMPTOMS IN ATOPIC PATIENTS

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INTRODUCTION

Atopic dermatitis (AD) is a recurrent disease needing daily use of an emollient to improve skin barrier and hydration. The compliance of treatment by the patients is very important to ensure efficacy and thus to help delay relapses. That is the reason why the cosmetic properties of a product are of great importance for a long-term use and have to be adapted to adults as well as children.

OBJECTIVE

The objective of this open, non-interventional study was to evaluate the efficacy and tolerance of a lotion, containing a high concentration of LRP Thermal spring water and Niacinamide, to improve lesions and therefore quality of life of atopic patients after one month of use.

METHODS

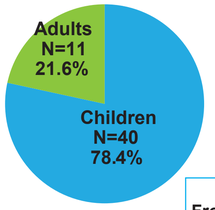
51 Chinese patients (11 adults and 40 children, aged from 3 months to 13 years) suffering from mild to moderate atopic dermatitis for at least 6 months (SCORAD between 20 and 40 at the inclusion) participated in the study performed in Beijing. During the test period, the tested product was applied on all the body twice daily, morning and evening after shower or bath. Subjects kept their body cleansing and skin care habits, but did not use any other dermocosmetic nor any medical treatment for the duration of the study. The atopic symptoms (through SCORAD evaluation), as well as quality of life (evaluated thanks to DLQI and CDLQI questionnaire) were assessed before (D0), after 2 weeks (D14) and 4 weeks (D28) of use of the lotion.

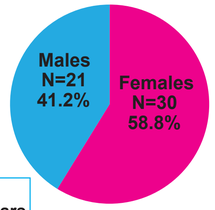
APPLICATION OF EMOLLIENT LOTION (2 TIMES/DAY)

DO — **D14** — **D28**

Evaluation at D0:
- **Hanifin's criteria**
- **SCORAD**
- **DLQI/CDLQI**

Evaluations at D14 and D28:
- **SCORAD**
- **DLQI/CDLQI**
- **Tolerance grading by dermatologist and patient**
- **Global tolerance**
- **Questionnaires**





Age
From 3 months to 44 years

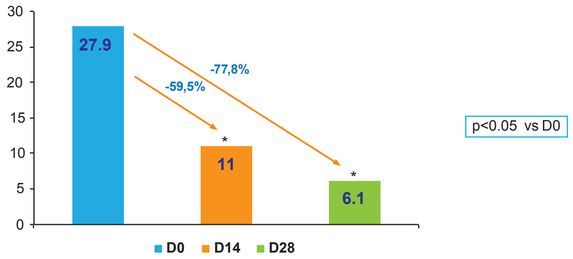
Children
6.1+/-2.6 years old
From 3 months to 13 years

Adults
35.3+/-5.5 years old
From 26 to 44 years

RESULTS

SCORAD:

The results of SCORAD showed that, compared with baseline, the SCORAD as well as every sub-score (Extent, Intensity, Pruritus and Sleep loss) decreased significantly at time points of D14 and D28.
The SCORAD was 27.9 on average at the inclusion and the treatment significantly reduced the SCORAD (-59.5% at D14 and -77.8% at D28 on average).



p<0.05 vs D0

All sub-scores of the SCORAD were decreased at D28: Extent (-76%) as well as Intensity (-78%), Pruritus (-66%) and Sleep loss (-71%).

Mean +/-SD	D0	D14	D28	Variation D14/D0 (%)	Variation D28/D0 (%)	Patient with improvement at D28 (%)
SCORE A (Extent)	7.8+/-2.1	3.9*+/-1.7	1.8*+/-1.0	-51.5	-76.44	100
SCORE B (Intensity)	6.6+/-1.3	2.6*+/-1.1	1.4*+/-0.6	-59.9	-77.9	100
Pruritus	2.2+/-0.6	1.0*+/-0.4	0.6*+/-0.5	-49.0	-66.3	90.2
Sleep loss	1.1+/-0.8	0.2*+/-0.4	0.1*+/-0.3	-58.8	-70.9	72.5
SCORAD	27.9+/-5	11.1+/-4.1	6.1*+/-2.7	-59.5	-77.8	100

*p<0.05 vs D0

At the time points of D14 and D28, a SCORAD improvement was noticed.

• Quality of life:

The results of DLQI/CDLQI showed that compared with baseline,the DLQI score for adults decreased significantly at D28 (-38.9%), and the CDLQI score for children decreased significantly at D14 and D28 (respectively -48.1 and -46.1%), meaning an improvement of quality of life for both adults and children.

Mean +/-SD	D0	D14	D28	Variation D14/D0 (%)	Variation D28/D0 (%)	Patient with improvement (%) D28
DQLI Adults N=11	3.9+/-2.2	3.0+/-1.1	1.8*+/-0.9	-8.6	-38.9	81.8
CDQLI Children N=40	8.6+/-3.2	3.9*+/-1.7	4.0*+/-1.8	-48.1	-46.1	85

*p<0.05 vs D0

Thus, the improvement of quality of life was evidenced for 81.8% of adults and for 95% of children at D28.

• Tolerance:

The global tolerance of the test lotion was assessed as good or excellent for all the subjects at D14 and D28 (according to both the investigator and patients). The results of the questionnaire showed that after 28 days of application, most of the subjects gave positive assessment for most of the rated efficacy, cosmeticity and acceptability parameters. Moreover, 100% of the subjects thought the product was pleasant and would like to continue using it allowing a good compliance to the treatment.

CONCLUSION

In conclusion, the test product was well tolerated on Chinese subjects with mild atopic dermatitis, while main symptoms of atopic dermatitis were relieved according to the SCORAD. This was associated with an improvement of quality of life for both adults and children after 28 days of application of the test product. These very good results indicate that the tested product is useful for patients suffering from atopic dermatitis and can take place in the management of such patients.

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