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## Lichen planus and its management: An overview

**Mohammad A Hye**

Jalalabad Ragib-Rabeya Medical College, Bangladesh

**Background:** Lichen planus (LP) is an inflammatory mucocutaneous disease characterized by shiny, flat-topped papules and plaques. It affects around 1% of the population. The disease is usually self-limiting and benign in nature. However, some varieties of LP may cause considerable discomfort and recalcitrant in nature. So, treatment depends on appreciating the type, severity and nature of the disease.

**Objectives:** The objective of this study is to review outlines for the treatment options that are available to patient with LP.

**Methods:** Published literature involving the treatment or management of LP was examined and summarized.

**Results:** Topical agents such as steroids, tacrolimus etc. have different range of effectiveness in managing LP. Patients who have erosive mucosal LP or LP with severe symptoms may benefit from the use of oral retinoid, cyclosporine, PUVA etc. However, whatever the treatment options, the large scale, evidence based trials are only few. Aggravating factors including certain drugs, trauma etc. and should be avoided. There are also many associated conditions which may co-exist or exacerbate LP and so these conditions also should be accurately searched and managed.

**Conclusions:** Though a wide variety of oral and topical agents available for the management of LP, patient still need more effective treatment options and due to ongoing research in molecular biology and immunology, there has been created a good scope to try with newer molecules.

## Biography

Professor Dr. Mohammad Abdul Hye is working at Jalalabad Ragib-Rabeya Medical College, Sylhet, Bangladesh, from September 05, 2005. He has been involved himself as a fulltime clinician and teacher for last 12 years and also working as an examiner of final professional examinations. He attended a good numbers of meetings on development of undergraduate medical curriculum. His special interest in Lichenoid Tissue Reaction, Immunological basis of dermatological diseases and Genodermatology. Prof. Hye presented papers in many national and international scientific conferences. At present, Prof. Hye is working on 'Lichen myxedematosus', 'Dermatological manifestation in patients of Down Syndrome' and Dermatological manifestation of Arsenicosis.

mohammadhye@hotmail.com

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