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## Comparing the efficacy of olive oil with alternative (placebo) in the treatment of penile lichen planus

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**Objectives:** Compare the efficacy of olive oil and placebo (alternative) in the topical treatment of penile lichen planus.

**Methods:** A randomized, double-blind, placebo (alternative)-controlled trial was designed. Thirty patients were randomized into two groups to receive olive oil or placebo for 12 weeks.

**Results:** Thirty consecutive male patients participated in the study. We found annular ring like patterns as a single or multiple lesions and ulcerative lesions with and without pain in 69% and 31%, respectively. The most common site of penile lichen planus was the tip of the penis. Six out of fifteen patients treated with olive oil (40%) had a good response after 12 weeks of treatment, while two of 15 alternative-treated patients (14%) had a similar response ( $P<0.001$ ). Furthermore, one patient treated with olive oil (7%) had a complete clinical remission. Clinically, penile lichen planus improved by at least 40% (good response) in six patients treated with olive oil and in two patients treated with placebo (alternative) 14% (good response) ( $P<0.001$ ). No side-effects were found in both groups.

**Conclusions:** Olive oil is significantly more effective for clinical improvement of penile lichen planus than placebo (alternative). Therefore, olive oil can be considered as a safe treatment for patients with penile lichen planus.

### Biography

Uzma Rajar is currently working as an Associate Professor in the Section of Dermatology at Isra University Hospital Hyderabad. She holds a MBBS degree from Liaquat University of Medical & Health Science, a Liaquat University of Medical & Health Science, D.D.Sc in Dermatology from University of Wales (U.K), and a M.Sc in Dermatology from Cardiff University. She has done her internship in the Dermatology Department at LUMHS Hospital..

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