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Atopic dermatitis: Allow me contradictory

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With atopic dermatitis I have observed with high frequency, gastritis, enteritis, colitis, irritable bowel syndrome, intestinal dysbacteriosis, constipation and food allergies, besides the already known allergic rhinitis/rhinoconjunctivitis and asthma. The patients itch, scratch themselves and perpetuate the injury in elective characteristic areas of atopic dermatitis. The control of the itching and the inflammations is fundamental. Guidelines about the treatment of atopic dermatitis have recently been published. I have particular attention not to do external interventions causing alterations of the cutaneous film, microflora destruction, atrophy, xerosis and addiction. The cutaneous film has an extremely complex physical-chemical composition and it has no equivalent in the market. About the skin microflora it is common knowledge that it is inseparable from the normal skin morphophysiology and its homeostasis. Sedating and non-sedating antihistamines and oral corticosteroids, in particular these latter, are effective in itching and inflammation control. Moreover oral corticosteroids are also extremely effective in the treatment of systemic inflammations and with proper use never produced rebound lesion or any serious adverse effects. Finally, the patients have high quality of life and are well-controlled if they follow suitable topic and systemic treatment, multidisciplinary, appropriate to each case, in particular the itching, multi-inflammations and allergies.

Biography

Jose Manuel da Costa Mesquita Guimaraes was graduated with distinction from Faculty of Medicine of Porto, in 1961 and is a Specialist of Dermatology and Venereology since 1968. He has completed his PhD with the thesis "Citologia da secreção holócrina", in 1975. He is the Professor of Dermatology and Venereology of the Faculty of Medicine of Porto since 1977, wrote 282 works alone and in collaboration and in 1983 published a book entitled "*Dermatologia Parasitária e Infecçiosa-Venereologia*". He was the Head of the Department of Dermatology and Venereology of Hospital de São João in Porto for 20 years, President of College of Specialty of Dermato-venereology of Order of Physicians of Portugal and Chairman of the Supervisory Board of the Portuguese Society of Dermatology and Venereology for 6 and 5 years, respectively.

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