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An alternative treatment on patients with atopic dermatitis

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Atopic dermatitis comprises a group of chronic, relapsing inflammatory conditions. Topical steroids (TS) can ameliorate atopic dermatitis but induce skin atrophy and secondary infection. Tzu-Yun ointment (TYO) was used widely for skin ulcers and pus discharges. This study sought to determine whether TYO can replace TS therapy for atopic dermatitis. This preliminary, randomized, controlled, open-label design compared the therapeutic effects of TS and TYO in patients with atopic dermatitis; 33 patients were randomly assigned to the TS group (17 patients) and the TYO group (16 patients). All patients received an 8-week TS or TYO treatment. Primary outcome measures were assessed by using the Eczema Area and Severity Index (EASI) and Three Item Severity (TIS) before the treatment (baseline, week 0) and 1 week (week 1), 2 weeks (week 2), 4 weeks (week 4) and 8 weeks (week 8) after initiation of the treatment. Of the 33 enrolled patients, 31 (16 in the TS group and 15 in the TYO group) completed the study. Patients in both groups showed decreased EASI and TIS scores with no significant difference at weeks 0, 1, 2, 4 and 8. TYO may be as effective as TS therapy for atopic dermatitis and has potential as an alternative treatment for this condition.

Biography

Chung-Yang Yen has completed his MD from Chung Shan Medical University and PhD in Integrated Medicine of Chinese Medicine, China Medical University. He is the Attending Physician at the Department of Dermatology, Veterans General Hospital Taichung and has been serving as a Chief of Department of Dermatology, National Yang-Ming University Hospital and an Assistant Professor at National Defense Medical Center.

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