

TREATMENT OF PSORIASIS VULGARIS WITH ELIDEL

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SUMMARY:

The local calcineurin inhibitors (Pimecrolimus, Tacrolimus) seems to be a good alternative for external treatment of atopic dermatitis and other dermatoses. Their selective effect on skin is evidently therapeutically effective and the same time non aggressive. One of the wider indications for both these products is Psoriasis – plaque forms (small plaques). Pimecrolimus (Elidel) is determined as highly effective local remedy for treatment of plaque psoriasis and a product with good safety profile, allowing longterm treatment. We present our unpretentious experience in local treatment of patients with Psoriasis vulgaris – plaques forms (small plaques) with Elidel. The study includes 12 patients with only with small plaques psoriasis lesions. Elidel 1% cream was used – twice a day. On the basis of the performed clinical observations of patients with plaquepsoriasis, treated with Elidel-cream, it can be concluded, that this is an inspiring alternative for local treatment of the plaque forms of this disease, and especially of psoriatic plaques, localized on the face and the folds.

Key words: local calcineurin inhibitors, Elidel cream, Pimecrolimus, Psoriasis vulgaris –small plaques

The local calcineurin inhibitors (Pimecrolimus, Tacrolimus) seems to be a good alternative for external treatment of atopic dermatitis and other dermatoses. Their selective effect on skin is evidently therapeutically effective and at the same time non aggressive.

Tacrolimus is for local use as 0.03% and 1% unguent in more exacerbated cases. Pimecrolimus is for local application in the form of cream – 1%; it is more suitable for milder skin changes, shows higher selectiveness and better safety profile compared to Tacrolimus.

One of the wider indications for both these products is PSORIASIS – plaque forms (small plaques).

The data in literature about the effectiveness of the two products, applied locally in Psoriasis are contradictory. Scheinfeld N. (2004) reports low effectiveness of tacrolimus. Zonnefeld I. M. (1998) reports similar data about pimecrolimus. Other authors report about good effectiveness of the local calcineurin inhibitors in Psoriasis (Mrowietz U. 1998, Remitz A. 1999). There are single cases described with

side effects during treatment of plaque psoriasis with pimecrolimus and tacrolimus, qualified only as slight itching and feeling of burning or warming at the site of application.

Pimecrolimus (ELIDEL) is determined as highly effective local remedy for treatment of plaque psoriasis and a product with good safety profile, allowing long-term treatment (Rappersberg k. 2002).

AIM OF STUDY: we present our unpretentious experience in local treatment of patients with Psoriasis vulgaris – plaques forms (small plaques) with ELIDEL.

MATERIALS AND METHODS:

The study includes 12 patients with psoriasis only with small plaque psoriasis lesions. ELIDEL 1% was used – twice a day, with different continuity of treatment of the patients (five patients – 4 weeks, one patient – 2 weeks and six patients – 8 weeks). The follow up was on a weekly base.

RESULTS:

The following results were observed in the treatment of 12 patients with ELIDEL cream:

Number of patients with plaque psoriasis	Very good therapeutic effect	Good therapeutic effect	Poor therapeutic effect
12	8	3	1
100%	66.6%	25%	8.3%

Very good therapeutic effect was observed in the patients, who were treated for a longer time (8 weeks); at the second week the erythema receded and the infiltration of the plaques was significantly reduced. Good effect was observed in the patients, who were treated for a shorter time; it was also expressed as reduction of erythema and infiltration. Satisfactory effect was not achieved in only one patient – the plaques in this patient were bigger and there was only a slight effect. Side effects were almost not recorded – only 4 patients reported of very slight burning after the application of the cream during the first week of treatment.

Therapeutic effect of ELIDEL – cream in patients with psoriasis – small plaques:



1. Before treatment with Elidel cream



2. After 10-days treatment with Elidel cream



3. Before treatment with Elidel cream



4. After 4-weeks treatment with Elidel cream

DISCUSSION:

The good effect of ELIDEL on the small plaques is obvious. Despite the contradictory data in literature in this aspect, ELIDEL – cream is with no doubt suitable for the treatment of psoriasis – plaque forms. Scheifeld N. (2004) points on the very good results even after the second week of treatment with Pimecrolimus. Rappersberg K. (2002) determines Pimecrolimus as a highly effective drug in the treatment of psoriatic plaques together with good safety

profile – it does not cause skin atrophy (Y de Psost, 2006).

Many reports underline the good curing effect of Pimecrolimus in treating psoriatic lesions of face and folds (Clayton T., 2003; Yamamoto T., 2000, 2003). Freeman A. (2003) reports positive effect of treatment of facial lesions in 42% of cases and 81% - of fold lesions.

Some authors prove a better effectiveness of Pimecrolimus when applied occlusive (Mrowietz U. 1998; S. Ahn et al, 2006?). Others argue the big significance of the

drug formula (Erdogan M. 2002) – for instance Pimecrolimus in its unguent form has a better effect (Mrowietz U. 2003).

CONCLUSIONS:

On the basis of the performed clinical observations

of patients with plaque psoriasis, treated with ELIDEL – cream 1%, it can be concluded, that this is an inspiring alternative for local treatment of the plaque forms of this disease, and especially of psoriatic plaques, localized on the face and in the folds.

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