

INTEREST OF A DERMO-COSMETIC PRODUCT IN THE PREVENTION OF EYELIDS DERMATITIS RELAPSES

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INTRODUCTION

Atopic dermatitis is a chronic inflammatory and relapsing skin disease which can especially affect eyelids in 25 to 45% of cases because the skin is thinner and more sensitive. Atopic eyelid dermatitis is caused by a combination of internal and environmental factors and lead to a sensitive eye area that result in dry, itchy skin conditions, and a red rash during a flare-up. The treatment involves the removal of the allergenic or irritant agent, careful and repeated cleansing of the eyelids (without soap), and the application of a topical corticosteroid (TC) followed by a moisturizing treatment to strengthen the cutaneous barrier function. The aim of this study is to evaluate the preventive effect on relapses, the impact on quality of life, the tolerance and the cosmetic properties of a specific dermo-cosmetic, in mild to moderate atopic patients, on the eyelids, after 168 days of use.

MATERIALS & METHODS

A monocentric, randomized, comparative, prospective study was performed, including 66 atopic patients divided in two equal groups. The first used our dermo-cosmetic, and the second was the control group and used their usual hygiene product. Each subject applied the product twice daily for 168 days and visits were performed at D-X, D0, D56, D112, and D168. D-X corresponds to the pre-inclusion visit, and X is the number of days of topical corticosteroid treatment prescribed for the palpebral dermatitis flare-up and followed until the application of the test product which begins at D0. During the study, the number of relapses was collected, and at each visit, quality of life (DLQI : Dermatology Life Quality Index), efficacy and tolerance of the test product were assessed.

RESULTS

66 atopic subjects aged from 19 to 74 years old (mean age : 46 y.o.) were included. After 168 days, in the control group a mean of 5.09 relapses were observed compared to 0.67 with the study group (Fig. 1). Furthermore, 76% of the subjects presented no relapse in the study group (Fig. 2). The mean time of the relapse delay was 29 days in the study group and 32 days in the control group.

Results showed a significant decrease of DLQI scores between the two groups, indicating the product had a positive impact on quality of life in atopic patients (Fig. 3). Moreover, **91% to 100%** of the subjects agreed that the product leaves the **skin comfortable and repaired, soothes irritation, itching, and dryness, and prevents irritation**. The product was very well-tolerated by all subjects..

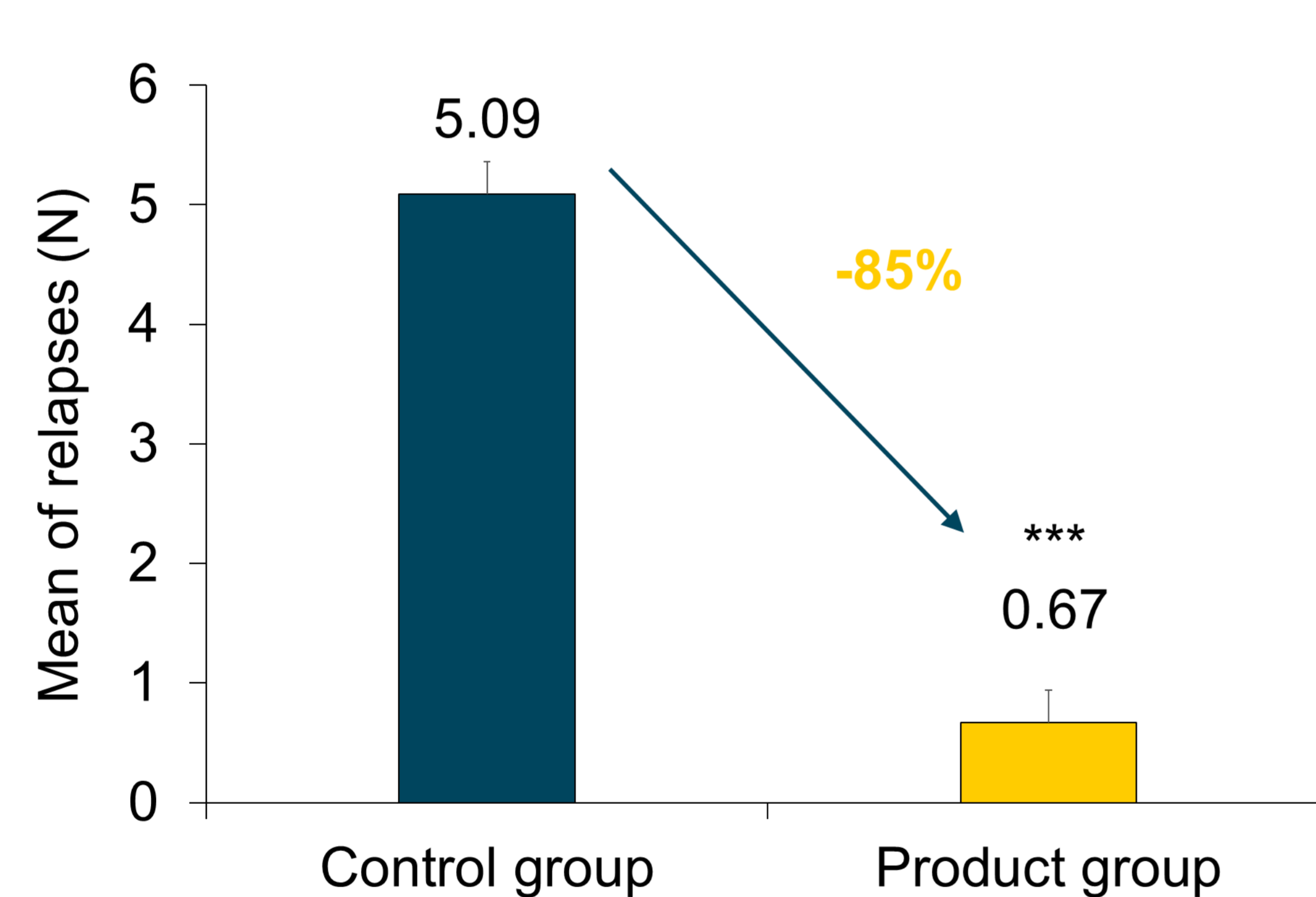


Figure 1: Number of relapses during the study (**p<0.001, Mann-Whitney test)

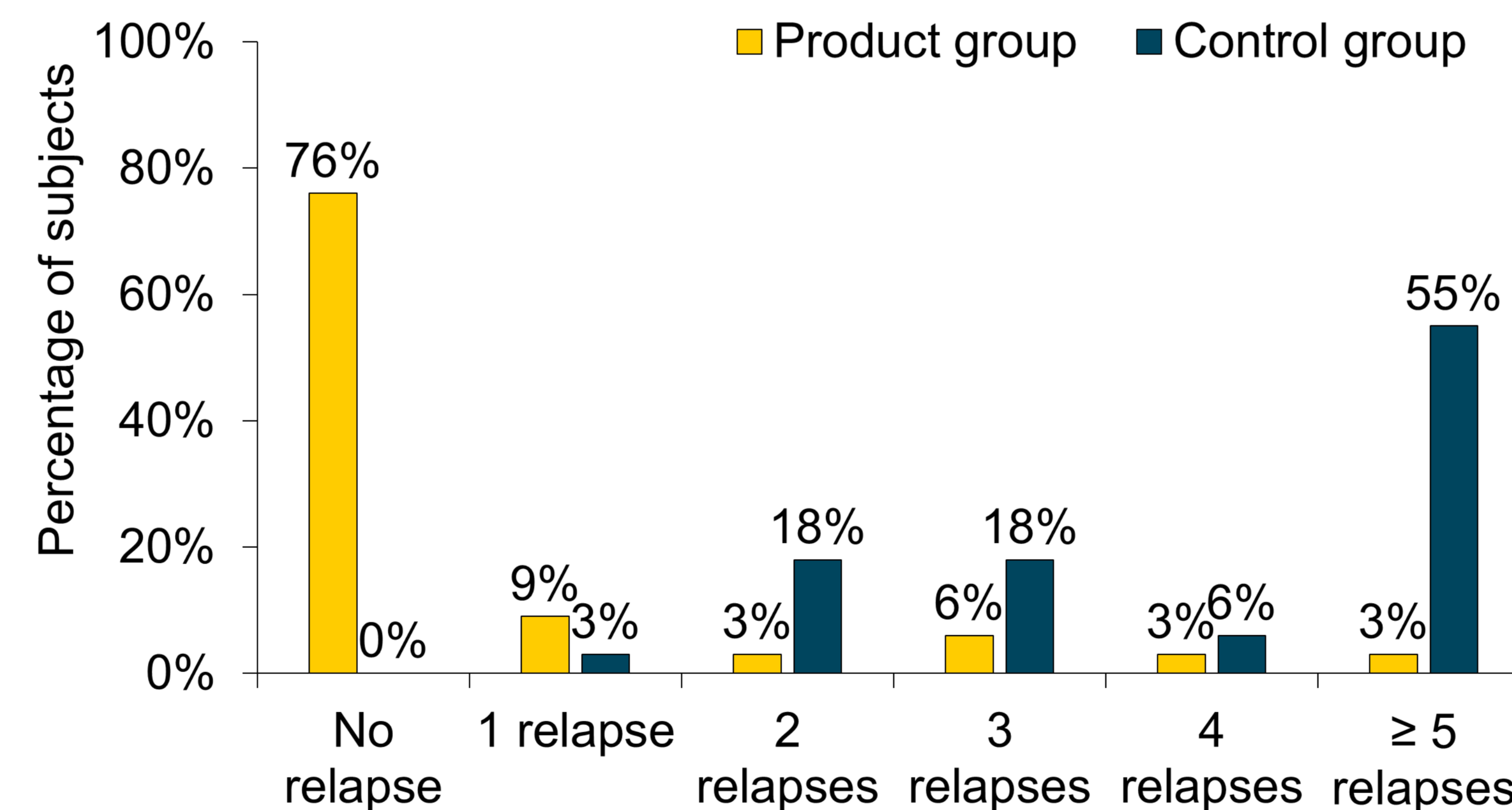


Figure 2: Percentage of subjects in each study group according to the number of relapses

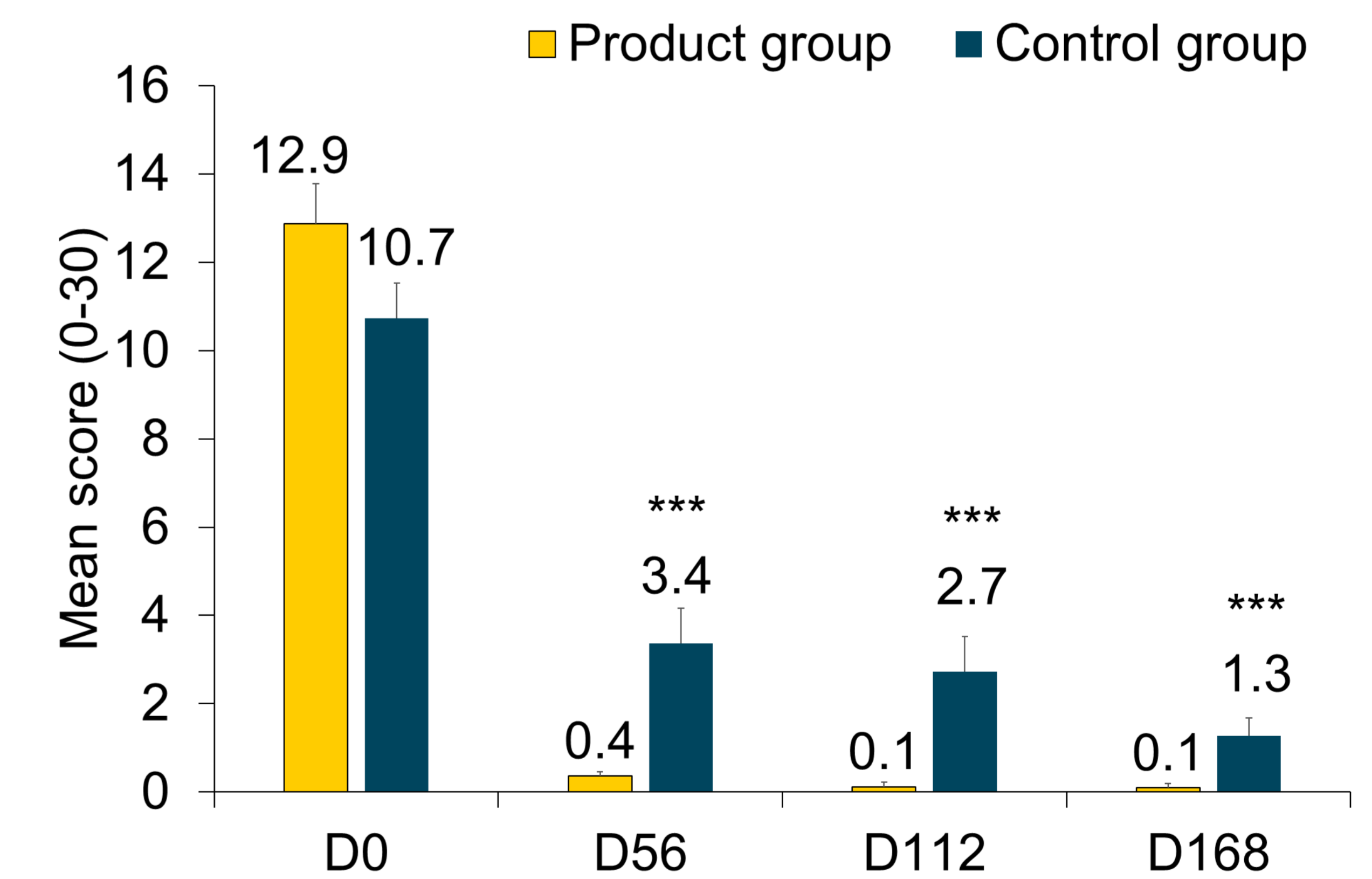


Figure 3: Evolution of quality of life during the study (**p<0.001, unpaired t-test)

CONCLUSION

In this study, the preventive effect of this dermo-cosmetic has been demonstrated in comparison to a control group. The product showed its interest in management of atopic eyelids dermatitis and so, it is a new opportunity to atopic patients to relieve their chronic disease burden.