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INTRODUCTION

Skin conditions such as Atopic Dermatitis (AD) and eczema are common chronic inflammatory skin diseases that appear to be increasing in frequency throughout recent decades.¹ Even though the diseases are not life-threatening , it has significant negative effects on patients' quality of life due to persistent itch , together with skin dryness and discoloration². Topical corticosteroids are the mainstay of treatment and has been widely used to reduce these symptoms, in which long-term use is common due to the relapsing nature if these skin conditions . However, with the increasing concern among patients about possible side effects of prolonged topical corticosteroid use such as skin atrophy and premature wrinkling, it has adverse implications for compliance with treatment.³ Thus, usage of non-steroidal topical agent as alternative treatment is warranted to ensure patients' compliance and safety.

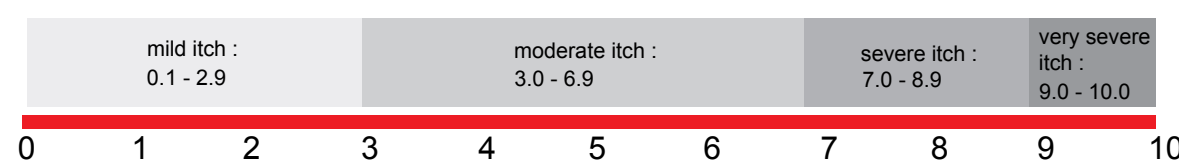
AIM

To investigate clinical efficacy of EZyma™, a non-steroidal hydrogel formulated for chronic pruritic conditions, in terms of improving skin's hydration and moisture, and also its anti-pruritic property on patients.

MATERIAL AND METHOD

This case series involved 4 adult patients that were treated in Klinik Kesihatan Bandar Tenggara. Three of them had AD on hands, and one had AD on dorsal aspect on left ankle. All lesions were non infected. The treatment protocol used for all patients included application of a thin layer of EZyma™ hydrogel, followed by Aqueous Cream as an emollient, both to be applied three times a day. Oral antihistamine such as chlorpheniramine was also prescribed to relieve itch pro re nata. Visual Analogue Scale (VAS)⁴ was utilized to assess the intensity of itchiness before and during treatment, while serial clinical photos were taken to assess skin hydration and moisture throughout the treatment phase. Patients were followed up over the course of 1-3 weeks, with the frequency of review being once every three to four days.

VISUAL ANALOGUE SCALE



RESULTS

All patients reported improvement of pruritus, from the severe itch (VAS score 8 or 9) to mild itch (VAS score 2 or 3) during the first week of treatment. Patients' feedback about gradual reduction of oral antihistamine usage for itch relief was also noted within the first week. Clinical photos that were taken also showed improvement of the skin's hydration and moisture for all patients, though the duration in which skin improvement is visible varied between patients, ranging from 7 to 12 days. No patients developed any allergy or adverse reaction to the hydrogel.

CASE 1

62 year-old Malay man, with no known medical illness and no known allergy. Patient presented with history of dry, scaly skin for 2 weeks with the severe itch (VAS score 8) over the dorsal aspect of left ankle. He was initially diagnosed as having a fungal infection and was prescribed with a topical antifungal, but did not show any improvement after a week. He was then diagnosed with AD and was prescribed the treatment regime. Improvement of pruritus was reported within 5 days (VAS score 3) and marked skin improvement was demonstrated at day 8 of treatment.



Figure 1 : D1 of treatment

Figure 2 : D8 of treatment

CASE 2

37 year-old Malay lady, with underlying childhood asthma and recurrent atopic dermatitis over dorsum of bilateral hands since she was a teenager. She presented with history of dry skin for 2 weeks with very severe itch (VAS score 9). She was started on the treatment regime, and showed skin improvement in skin moisture within 10 days of treatment regime. Reduction of pruritus was reported earlier within 7 days (VAS score 3)



Figure 3 : D1 of treatment

Figure 4 : D10 of treatment

CASE 3

32 year-old Malay lady. Presented with dry scaly skin over dorsum of bilateral hands with unknown precipitant for 1 week with severe itch (VAS score 8). Reduction of pruritus was achieved after 3 days (VAS score 3) of treatment and skin dryness was reduced after 12 days



Figure 5 : D1 of treatment



Figure 2 : D12 of treatment

CASE 4

29 year-old Malay lady. Developed dryness and vesicles over palmar aspect of left thumb, index and middle finger for 3 days after using new dishwashing liquid . VAS score was 7. Improvement of itchiness was achieved after 3 days (VAS score 2) and skin moisture was restored after 7 days of treatment



Figure 7 : D1 of treatment



Figure 8 : D7 of treatment

CONCLUSION

EZyma™ is efficacious in improving skin dryness and itchiness associated with chronic pruritic skin condition.

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