

THE EFFICACY OF SUPER-OXIDISED HYDROGEL VERSUS AQUEOUS CREAM IN TREATMENT OF MILD TO MODERATE ATOPIC DERMATITIS

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BACKGROUND AND AIMS:

Super-oxidised hydrogel incorporated into a formulated moisturiser (EZyma™ Hydrogel), is a non-steroidal anti-inflammatory option for treatment of Atopic Dermatitis. This study aimed to evaluate the efficacy of super-oxidised hydrogel as an adjunct treatment in improving symptoms and signs of mild to moderate AD, hence improving patient's quality of life compared to adjunct moisturising treatment with aqueous cream.

METHODOLOGY:

This was a single centre, prospective, parallel, investigator-blinded clinical study in adult with mild to moderate Atopic dermatitis. Subjects were given super-oxidised hydrogel or aqueous cream (1:1) three times a day to areas affected by atopic dermatitis for 2 weeks. A change of assessment score (EASI and subjective SCORAD) and quality of life score (DLQI) from baseline was determined at week 1 and week 2.

RESULTS:

A total of 60 patients with mean age \pm SD of 28.60 ± 7.770 were enrolled. Study showed **statistically significant improvement in total EASI score and subjective SCORAD itch score**, based on time from baseline to week 2 (p-value <0.05). Aqueous cream group showed statistically significant in topical hydrocortisone amount consumption from baseline to week 2 (p-value <0.05). Two subjects in aqueous cream group reported mild self-limiting side effects.

CONCLUSION:

Super-oxidised hydrogel is beneficial in the treatment of mild to moderate AD. In this study, there were improvement in local signs of dermatitis; erythema, edema/ papulation, excoriation and lichenification (as shown in the EASI score), improvement of subjective SCORAD itch and total score and also improvement in the quality of life throughout the study duration. Thus, **we recommended super-oxidised hydrogel to be considered as an alternative moisturizer and treatment for mild to moderate AD.**