

Experience of Using Tacrolimus in the Treatment of Atopic Dermatitis

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Abstract: Data on the mechanisms of formation and methods of effective treatment of atopic dermatitis (AD) are presented. The main directions of pathogenetically based treatment of blood pressure, differentiated correction of concomitant pathology are described in detail. The external therapy of atopic skin lesions in children with the use of modern dermatological cosmetics is presented in particular detail.

Keywords: Atopic dermatitis, treatment, tacrolimus.

Introduction: Atopic dermatitis (atopic eczema, atopic eczema/dermatitis syndrome) is a chronic inflammatory skin disease accompanied by itching, which in typical cases begins in early childhood, can continue or recur in adulthood and leads to physical and emotional maladaptation of the patient and his family members. Atopic dermatitis in childhood and adulthood is a single disease, despite the fact that in the future, genetic subtypes with different expression variants may be isolated. Atopic dermatitis in most cases develops: It occurs in people with a hereditary predisposition and is often combined with other allergic diseases, such as bronchial asthma, allergic rhinitis, food allergies, as well as with recurrent skin infections. ICD10: L20 Atopic dermatitis. Abbreviations: RAST - radioallergosorbent test; MGK - local glucocorticoids; UV - ultraviolet: voe (irradiation). The prevalence of the disease has increased over the past 3 decades and is in developed countries, according to various authors, 10:15% in children under the age of 5 years and 15: 20% in schoolchildren. The reasons for the increase in morbidity are unknown. On the other hand, in some agricultural regions of China, Eastern Europe and Africa, the incidence rate remains at the same level. It was found that atopic dermatitis develops in 81% of children if both parents are sick, in 59% - if only one of the parents is sick, and the other has an allergic pathology of the respiratory tract, and in 56% - if only one of the parents is sick.

Aim. Determination of the effectiveness of 0.05% tacrolimus ointment (Tacropic drug) in the external therapy of atopic dermatitis.

Materials and methods.

The study was conducted on the basis of the regional dermatovenerological dispensary. The study included 26 patients with atopic dermatitis aged 6 to 14 years, skin lesions in the examined patients averaged 14%. Other skin diseases and infectious pathology were excluded. Together with standard treatment, 11 patients with atopic dermatitis of the study group received 0.05% tacrolimus ointment externally twice a day, rubbing a thin layer into the skin, the remaining 10 patients made up the control group and received topical glucocorticosteroids of medium strength and benogam cream, the course of external therapy was 28 days. These groups were comparable in terms of the main clinical indicators, gender, age, and concomitant pathology. The effectiveness of therapy was monitored based on the dynamics of values (before the start of the study, on the 14th and 28th days of therapy), sleep assessment and subjective symptoms (itching, dryness and soreness of the skin).

Results and discussion. All patients tolerated external therapy with 0.03% tacrolimus ointment (Tacropic drug) well, no undesirable effects were detected. Already on the 14th day of therapy, hyperemia, swelling, infiltration decreased in 10 patients of the study group, the intensity of itching subjectively decreased, sleep was restored, which was not observed in patients of the comparison group, by the 28th day of treatment therapy, 100% clinical recovery was observed in patients of the main group compared with the control group, in which 80% clinical recovery was observed for the treatment period of 28 days. In the control group, complete clinical recovery was observed on day 35 of the treatment.

Conclusions. As a result of our research, we came to the conclusion that the 0.05% tacrolimus ointment (Tacropic drug) used by us demonstrates high safety and efficacy in the treatment of atopic dermatitis, allowing us to stop subjective and objective signs of the disease in a short time.

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