

# Human breast milk effective for atopic dermatitis in infants

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(HealthDay)—Topical application of human breast milk (HBM) is effective for infants with mild to moderate atopic dermatitis, according to a study published in the August issue of the *International Journal of Dermatology*.

Hengameh Kasrae, from the Arak University of Medical Sciences in Iran, and colleagues examined the short-term efficacy of HBM versus 1 percent hydrocortisone ointment for infants with mild to moderate atopic dermatitis in a single-center study. One hundred sixteen infants within a pediatric unit were randomly allocated to hydrocortisone or HBM. In both groups, most [atopic dermatitis](#) cases were considered

moderately severe.

The researchers found that the interventions of both groups had the same effects. There were no significant between-group differences at days zero, seven, 14, or 21.

"The results of the present study suggest that the HBM can improve infant atopic eczema with the same results as 1 percent hydrocortisone ointment," the authors write. "We recommend the use of HBM for curing infant [atopic eczema](#) due to its healing effect and availability."

**More information:** [Abstract](#)  
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