

Remission in pemphigus vulgaris with strategic steroid tapering

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(HealthDay)—For patients with pemphigus vulgaris, a severity-tailored starting dose of glucocorticoids with an initial tapering duration based on the starting dose and a subsequent 50 percent yearly tapering regimen can result in complete remission within three to six years, according to a study published online Sept. 1 in the *Journal of Dermatology*.

Mingyue Wang, M.D., Ph.D., from Peking University First Hospital in Beijing, and colleagues summarized a therapeutic schedule with glucocorticoids in 140 patients with pemphigus vulgaris.

The researchers found that 124 patients achieved complete remission off or on a prednisone dose of ≤ 10 mg/day for six months or more. For

mucosal-dominant patients, and the mild, moderate, severe, and extensive cutaneous-involved patients, the mean average steroid controlling doses were 0.65, 0.62, 0.80, 1.08, and 1.38 mg/kg per day, respectively (P patients within six years, corresponding to a 50 percent yearly reduction in glucocorticoid dose.

"A strategy involving categorized initial doses and initial tapering followed by a 50 percent-off yearly reduction regimen is practical and effective for treating pemphigus vulgaris with glucocorticoids," the authors write.

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