

Preventive topical steroids cut atopic dermatitis severity

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(HealthDay)—Intermittent preventive administration of topical

corticosteroids in children controls the severity of atopic dermatitis (AD), according to a study published online April 14 in the *Journal of Dermatology*.

Tatsuki Fukuie, M.D., Ph.D., from the University School of Medicine in Shizuoka, Japan, and colleagues evaluated 30 patients (aged 3 months to 7 years) with moderate to severe AD who underwent an AD educational program and were allocated to either a proactive treatment group or a reactive treatment group. Patients in the proactive group performed intermittent preventive application of topical corticosteroid for one year.

The researchers found that although the average topical corticosteroid ointment use per day in both groups was not significantly different, at the final visit the severity and quality of life scores were significantly lower in the proactive group versus the reactive group. Compared with baseline levels, serum thymus and activation regulated chemokine levels remained significantly lower during proactive therapy, while house dust mite-specific immunoglobulin E (IgE) levels were significantly increased only in the reactive group.

"The results suggest that in addition to controlling the severity of AD, intermittent preventive administration of [topical corticosteroids](#) may prevent an increase in aeroallergen-specific IgE levels in patients with childhood AD," the authors write.

More information: [Abstract](#)
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