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Treatment of ichthyosis vulgaris with a urea-based emulsion: videodermatoscopy and confocal microscopy evaluation.

Benintende C, Boscaglia S, Dinotta F, Lacarrubba F, Micali G. G Ital Dermatol Venereol. 2017 Dec;152(6):555-559. doi: 10.23736/S0392-0488.17.05743-1.

ABSTRACT

BACKGROUND:Ichthyosis vulgaris is a common disorder of keratinization caused by mutations in the filaggrin gene and clinically characterized by variable degree of xerosis. **METHODS:**Five patients affected by ichthyosis vulgaris and moderate to severe xerosis of the lower limbs, were treated twice daily for 30 days with an emulsion containing 10% urea, ceramides, and natural moisturizing factors (NMF). Evaluation was performed at baseline and at the end of treatment by clinical examination, Visual Analogue Scale to quantify itch, videodermatoscopy (VD), and reflectance confocal microscopy (RCM). Patients were also asked to provide an acceptability rating of the product based on spreadability, absorbency, odor, pleasantness and ease of application. **RESULTS:**At the end of treatment the tested urea-based emulsion resulted in a significant clinical improvement of xerosis in all patients. The product determined a remarkable reduction of itch, it was well tolerated and it had a good cosmetic acceptability. VD and RCM objectively confirmed the reduction/disappearance of scales and the improvement/normalization of furrow's size and morphology. **CONCLUSIONS:**The tested urea-based emulsion represents a valid option for the treatment of xerosis in patients affected by ichthyosis vulgaris. VD and RCM confirmed to be useful non-invasive techniques for the therapeutic monitoring of this condition. PMID: 29050444 DOI: 10.23736/S0392-0488.17.05743-1