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#### Clinical and confocal evaluation of avenanthramides-based daily cleansing and emollient cream in pediatric population affected by atopic dermatitis and xerosis.

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#### ABSTRACT

**BACKGROUND:**Xerosis and atopic dermatitis (AD) are chronic skin conditions that occur in children and adults which can result in scaling, flaking and itching. Risk factors for xerosis include sunlight, friction, low humidity and use of soaps. Xerosis is also a symptom of cutaneous conditions such as psoriasis, dermatitis and ichthyosis. AD has a complex pathogenesis but there is increased evidence that a genetically-impaired skin barrier plays a primary role in its development. **METHODS:**The aim of this study is to evaluate the efficacy of the combination of a product for topical application to be used for daily cleansing and an emollient cream with colloidal oatmeal, avenanthramides, shea butter and oat oil in patients with xerosis and AD. Indeed, emollients play a key role in the treatment of xerosis and of mild to moderate AD because help to restore and maintain the skin barrier function. Topical emollients are considered first-line treatment in those conditions. Outcomes included Investigators' Global Assessment (IGA) (0=clear, 5=very severe), Eczema Area and Severity Index (EASI) composite score, Itch severity (0=none, 4=severe), and Infant's Dermatitis Quality of Life Index (IDQOL). The evaluation of the response to treatment was also measured through the use of photographic documentation and examination by Reflectance Confocal Microscopy (RCM) performed at baseline and after therapy. **RESULTS:**The evaluation of the response to treatment was also measured through the use of photographic documentation and examination by reflectance confocal microscopy (RCM) performed at baseline and after therapy. Our results showed improvement in epidermal thickness, skin dryness, itching and cracking after one month of use of the oat cleanser and lotion. **CONCLUSIONS:**Colloidal oatmeal has been shown to safely reduce itching and irritation associated with AD and the severity of dry skin. These benefits, mediated by colloidal oatmeal's natural components, help to restore and maintain skin barrier function. This compound is safe, well tolerated, and can be effective as adjuvant treatment in AD. Moisturizers can reduce the dependency on topical corticosteroids and their potential adverse effects. PMID: 30207438 DOI: 10.23736/S0392-0488.18.06002-9Share on FacebookShare on TwitterShare on Google+