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### Efficacy and safety of Terbinafine 500 mg per day in patients with dermatomycosis: A retrospective survey

**Statement of the Problem:** Dermatomycosis are the most common fungal infections globally. Both, topical and systemic antifungals are used to treat dermatomycosis. However, recently, clinical failure and relapses have been observed with Terbinafine in patients with dermatomycosis with increase in incidence of Terbinafine resistance in India. The principle reasons may include low plasma concentration and incomplete cure which are very common following 2 weeks therapy with 250 mg/day of Terbinafine. Hence there was need for different treatment strategy while using Terbinafine. We conducted this survey with the aim of evaluating the efficacy and safety of Terbinafine 500 mg/day in treatment of patients with dermatomycosis.

**Materials & Methods:** It was a retrospective questionnaire based survey. Dermatologists involved in the management of superficial fungal infections and maintaining the patients' clinical record were identified through "SCRIP intelligence" database. Each doctor was given survey questionnaire booklet containing survey forms. Clinical response was graded according to the improvement in the affected lesion. Mycological cure was defined as negative microscopy under KOH examination and a negative culture in Sabouraud's dextrose agar. Patients were divided in to three groups depending on the duration of therapy: Group-A Terbinafine 500 mg for 2 weeks, group-B Terbinafine 500 mg for 4 weeks and group-C Terbinafine 500 mg for 6 weeks.

**Result:** Total 50 doctors completed the survey involving 440 patients. In group-A, out of 194 patients, 87% (n=169) patients showed very good response. In group-B, out of 211 patients, 92% (n=194) of the patients showed very good response with >75% improvement in their lesion. In group-C; out of 35 patients, 80% (n=30) patients showed very good response. ADRs of mild to moderate intensity related to Terbinafine were seen in 57 patients.

**Conclusion:** Our survey indicates that Terbinafine 500 mg/day was efficacious and safe in the treatment of patients with dermatomycosis.

### Biography

Dhiraj Dhoot is the Manager of Medical Services in Glenmark Pharmaceuticals Ltd based in Mumbai, India. He has completed MD in Pediatrics.

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