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## Efficacy and safety of halometasone cream to treat chronic generalized eczema and the effects of halometasone cream on serum cortisol levels

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To investigate the efficacy and safety of halometasone cream to treat chronic generalized eczema and the effects of halometasone cream on serum cortisol (COR) levels. 60 consecutive outpatients diagnosed with chronic generalized eczema between January and April of 2017 were included and divided into groups A, B and C with a lesion area of 30%-40%, 41%-50% and 51%-60%, respectively. The groups A, B and C were treated with halometasone cream with a daily dose of 15g, 20g and 30g for 7-14 days, respectively. 10 patients were randomly selected from each group for serum COR measurement at day 0, 7 and 14. The group C showed significantly higher baseline eczema area and severity index (EASI) than the other two groups (All  $P < 0.05$ ). EASI reduced significantly at day 7 compared with the baseline values in the 3 groups and further reduced significantly at day 14 in group A and B (All  $P < 0.05$ ). On day 14, group B had significantly higher cure rate (47.1%) than group A (17.9%) and C (13.3%) and significantly higher effectiveness rate (82.4%) than group C (40.0%). Serum COR levels were not affected in the group A but were reduced significantly in the groups B and C on day 7 and 14 ( $P < 0.05$ ). No adverse reaction to the treatment was observed. Halometasone cream appeared to relieve chronic generalized eczema effectively and safely. High dosage ( $\geq 20$  g daily for 14 days) may temporarily reduce endogenous COR production substantially although may be more effective than lower dosage.

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