

ฉบับนี้ได้พยายามหางานวิชาการที่ให้ข้อมูลใหม่เกี่ยวกับโรคที่พบบ่อยในประเทศไทยหรือเป็นงานวิจัยที่ให้คำตอบเกี่ยวกับปัญหาผิวหนังของคนเอเชีย แต่พบว่าไม่มีมาก อย่างไรก็ตามก็มีงานวิจัยที่พอจะเทียบเคียงสภาพผิวหนังของคนเอเชียมาให้อ่านกันดังข้างล่างนี้ค่ะ

New concepts in antimalarial use and mode of action in dermatology.

Kalia S, Dutz JP.

Dermatol Ther 2007;20:160-74.

Chloroquine, hydroxychloroquine and quinacrine have been used to treat skin disease for over 50 years. Recent clinical data have confirmed the usefulness of these medications for the treatment of lupus erythematosus, porphyria cutanea tarda, polymorphous light eruption, dermatomyositis, solar urticaria, sarcoidosis, granuloma annulare, oral LP, panniculitis and other miscellaneous. The antimalarials when are trapped in lysosomes resulting in increase of lysosome pH which causes decrease acidity, class II MHC accessibility, toll-like receptor (TLR) -9, -8, -7 and -3 activation, receptor recycling membrane turnover but increase loading of class I MHC. The inhibition of endosomal TLR signaling limits B cell and dendritic cell activation. With this understanding, the use of these medications in dermatology is broadening. This article highlights the different antimalarials used within dermatology through their pharmacologic properties and mechanism of action, as well as indicating their clinical uses. In addition, contraindications, adverse effects, and possible drug interactions of antimalarials are reviewed.

Comments : เราใช้ยากลุ่มนี้กันมาก เห็นงานวิจัยชิ้นนี้มีข้อมูลใหม่มาให้จึงอยากให้ผู้่านศึกษาจากต้นฉบับค่ะ เป็นงานเขียนที่รวบรวมข้อมูลใหม่ที่สามารถนำไปประยุกต์ใช้งานในเวชปฏิบัติได้เป็นอย่างดีค่ะ

พญ.วัลย์อร ปรัชญพฤทธิ

Linoleic acid metabolite levels and transepidermal water loss (TEWL) in children with atopic dermatitis.

Yen CH, Dai YS, Yang YH, Wang LC, Lee JH, Chiang BL.

Ann Allergy Asthma Immunol 2008;100:66-73.

Background : It has been suggested that atopic dermatitis (AD) is associated with impaired delta-6 desaturase activity and the subsequent altered composition of n-6 essential fatty acids (EFAs).

Objectives : To investigate whether n-6 EFA deficiency accounts for AD by affecting TEWL or the immune response.

Methods : Serum levels of n-6 EFAs were measured using gas chromatography-mass spectrometry in a well-defined group of 35 children with AD (IgE level >150 U/ml); 35 age-matched children with allergic rhinitis, asthma, or both (IgE level >150 U/ml); and 31 nonatopic controls (IgE level <100 U/ml). Skin barrier function was evaluated by

measuring TEWL and severity of AD by computing the Scoring Atopic Dermatitis (SCORAD) index.

Results : Atopic children had higher levels of linoleic acid (LA) and lower levels of its metabolites. Furthermore, gamma-linolenic acid to LA and dihommo-gamma-linolenic acid to LA ratios were significantly reduced in AD patients. Transepidermal water loss and the SCORAD index were negatively correlated with serum levels of LA metabolites. There was no correlation between the SCORAD index and IgE level ($P= .51$) or between n-6 EFA concentrations and IgE level ($P> .10$).

Conclusions : Deficits in n-6 EFAs were correlated with the severity of AD by affecting skin barrier function and cutaneous inflammation. The link between impaired n-6 EFA metabolism and IgE level could not be defined.

Comments: เป็นอีกงานวิจัยหนึ่งที่สนับสนุนทฤษฎีความเชื่อที่ว่า atopic dermatitis ขาดเอนไซม์ที่สำคัญหลายชนิดในการสร้างไขมันที่จำเป็นในผิวหนัง

พญ.วลัยอร ปรัชญพฤทธิ

The genetic epidemiology of alopecia areata in China.

Yang S, Yang J, Liu JB, Wang HY, Yang Q, Gao M, et al.

Br J Dermatol 2004;151:16-23.

Background : Alopecia areata (AA) is hypothesized to be an organ-specific autoimmune disease with genetic predisposition and an environmental trigger. There are few clinical data in Asians.

Objectives : To describe the genetic epidemiological features of AA patients and to determine the possible genetic model for AA.

Methods : Data for 1,032 patients with AA were obtained by questionnaire from the year of 2001-2003. Complex segregation analysis and heritability analysis were performed using Falconer's method, EPI INFO 6.0 and SAGE-REGTL programs.

Results : In total, 1032 AA patients (male/female ratio 1.1:1) were enrolled, representing 0.94% of the total number of cases seen in our outpatient clinic during that time. The mean \pm SD age of onset was 28.98 ± 13.43 years. The difference between the mean age of onset in males and females was not significant. Most patients (82.6%) experienced their first episode of AA by the age of 40. A positive family history of AA was obtained in 8.4% of patients which was lower than the incidence in western countries. The prevalence of AA in 1st-, 2nd- and 3rd-degree relatives of the proband with AA was 1.6%, 0.19% and 0.03% respectively. These figures were higher than those in controls. A greater severity and longer duration of AA were seen in the early onset

group than in the late-onset group. The early onset group also had more affected 1st-, 2nd-degree relatives. The heritability of AA in 1st-, 2nd- and 3rd relatives was 47.16%, 42.53% and 22.29% respectively. Based on the REGTL results, the best model was a polygenic additive model for AA.

Conclusion : The effect of genetic factors is strong in AA, but environmental factors such as infection and psychological stress may still play an important role. Our findings on the genetics of AA are consistent with a polygenic additive mode of inheritance.

Comments : ในคนไทยไม่ค่อยได้ประวัติโรคผมร่วงเป็นหย่อมในสมาชิกครอบครัวผู้ป่วย อาจเป็นเพราะเราไม่สนใจที่เก็บข้อมูลนี้ก็ได้ สมาชิกท่านใดมีข้อมูลตรงนี้ช่วยเขียนมาแบ่งปันกันด้วยค่ะ แต่จากการปฏิบัติงานประจำพบว่าผู้ป่วยไทยมีประวัติการเป็นซ้ำสูง ขณะนี้สถาบันโรคผิวหนังกำลังศึกษาข้อมูลหาคำตอบในประเด็นนี้ค่ะ

พญ.วัลย์อร ปรัชญพฤทธิ

Oral lichen planus in childhood.

Laeijendecker R, Van Joost T, Tank B, Oranje AP, Neumann HA.

Pediatr Dermatol 2005;22: 299-304.

Background : Oral lichen planus (OLP) is rare in childhood, and only a few reports on this subject have appeared in the literature. It is suggested that childhood LP is more common in the tropics.

Objectives : To report individual cases of OLP in childhood and to review the literature.

Methods : The author recruited patients younger than 18 years with OLP and documented several clinical aspects, the histopathology, patch tests, and blood examination findings. Three patients from about 10,000 dermatologic patients younger than 18 years seen from the year of 1994 to 2003 were included.

Results : Of these three, an Asian girl aged 11 years had an asymptomatic, hyperkeratotic variant of OLP, which disappeared without any treatment after 1 year. An Asian boy aged 16 years had an erosive OLP with severe pain, which healed after intensive local and systemic treatment in 2 years. A Caucasian girl aged 14 years had a hyperkeratotic variant with a little soreness, which disappeared with local treatment after 3 months.

Conclusion : The study indicated that OLP in childhood is rare and therefore at present it is not possible to draw firm conclusions considering its nature and etiology. Oral LP in childhood seems to occur preferentially in those of Asian race. The clinical features resemble those of OLP in adults. However, generally the prognosis of OLP in

Effect of ethnicity on the risk of developing nonmelanoma skin cancer following long-term PUVA therapy.

Murase JE, Lee EE, Koo J.

Int J Dermatol 2005;44:1016-21.

childhood seems to be more favorable than in adults.

Comments: รายงานนี้มีจำนวนผู้ป่วยน้อยเนื่องจากเป็นโรคที่พบไม่บ่อย จากข้อมูลเพียงเท่านี้จะด่วนสรุปข้อมูลเกี่ยวกับ oral lichen planus ในเด็กคงไม่ได้

พญ.วลัยอร ปรัชญพฤทธิ

Background : Research demonstrating an increased incidence of skin cancer with psoralen plus ultraviolet A (PUVA) therapy. Based on this assumption some Thai dermatologists would no longer use four times weekly phototherapy for Thai patients due to higher cumulative phototherapy doses and number of exposures would be necessary to treat the Thai patients as a result of their higher skin phototypes.

Objectives : To review the literature on skin cancer risk associated with long-term PUVA therapy in non-Caucasians.

Methods : The analysis included 4,294 long-term PUVA patients in Japan, Korea, Thailand, Egypt, and Tunisia with a follow-up period of at least 5 years. No limits were placed on dates, publication type or language.

Results : The relative risk of PUVA patients developing nonmelanoma skin cancer relative to general dermatology outpatients was 0.86 (CI 0.36-1.35).

Conclusions : There does not appear to be an increased risk of nonmelanoma skin cancer with long-term PUVA therapy in Asian and Arabian-African populations. Therefore, in phototherapy risk assessment, it is important to consider the patient's skin phototype and the potential protection that more pigmented skin may confer.

Comments : งานวิจัยนี้ได้ศึกษารายงานจากประเทศไทย 3 รายงาน ดังนั้นผลสรุปจากรายงานนี้ก็ไม่น่าจะนำไปใช้ในการดูแลผู้ป่วยไทยได้ใกล้เคียงกับข้อเท็จจริงกว่าการอ้างถึงรายงานที่ศึกษาในคนเชื้อชาติผิวขาว ภาวะแทรกซ้อนจากการฉายรังสียูวีรักษาโรคผิวหนังมีจริง แต่การเกิดมะเร็งผิวหนังในผิวนคนเอเชียไม่ได้มากกว่าคนผิวขาว

พญ.วลัยอร ปรัชญพฤทธิ

A retrospective cohort study of Southeast Asian patients with large congenital melanocytic nevi and

Background : The lifetime risk of developing melanoma (Mm) in Caucasian patients with large congenital melanocytic nevi (LCMN) is estimated to be between 4.5% and 10%. Cohort studies of LCMN and the risk of melanoma development in an Asian population are not available.

Objective : To determine the risk of Mm development in a retrospective cohort of

the risk of melanoma development.

Chan YC, Giam YC.

**J Am Acad Dermatol 2006;
54:778-82.**

patients presenting with LCMN in Singapore from the years 1989 to 2004.

Methods : Patients with congenital melanocytic nevi (CMN) that covered at least 5% of the body surface area were included in the study. Data were obtained from electronic records and photographic documentation. A search for malignancy was done using the National Cancer Registry database.

Results : In all, 39 patients (23 male and 16 female) met the study criteria of LCMN; 15 of 39 patients also met the criteria of having a giant CMN (i.e., a CMN that is predicted to be at least 20-cm diameter in adulthood). There were 29 Chinese, 6 Malay, 1 Indian, and 3 Caucasian patients. Their ages ranged from 23 months to 60 years (mean 18.8 years). They presented at a mean age of 26 months and were followed up for an average of 16.9 years. The size of the LCMN ranged from 5% to 40% of body surface area, with a mean of 12.2%. The most common sites were the back (54%), lower limb (28%), and abdomen (26%). Satellite lesions were present in 22 patients. MRI was performed in 7 patients with LCMN on the scalp/face or back, respectively; all produced normal findings. Only one patient was treated with laser surgery. Skin biopsies were done in 5 patients who had developed nodules; histology showed no evidence of malignancy. No patients had developed any form of malignancy.

Limitations : The addition of 3 adult patients born before the start of the cancer registry may have led to survivor bias. The small sample size did not allow a precise estimate of the risk of melanoma development in the study population.

Conclusion : The risk of Mm development in LCMN within a predominantly South-east Asian cohort appears to be very low. Prophylactic complete excision of LCMN is ideal, but seldom achievable. Hence, patient education, regular Mm surveillance, and biopsy of suspicious lesions are very important.

Comments: หากมีคำถามเกี่ยวกับโอกาสเกิดมะเร็งในผื่นปานดำในคนไทย สามารถอ้างอิงข้อมูลจากรายงานนี้ได้ค่ะ คนเอเชียมีโอกาสเกิดมะเร็งเม็ดสีที่ปานดำน้อยมากค่ะ

พญ.วัลย์อร ปรัชญพฤทธิ

Immunological assessment of familial tinea corporis.

Background : The mechanisms involved in the immune resistance to fungal infection of the skin are not well understood. The authors assessed the levels of the various lymphocyte subsets, the HLA haplotypes, the expression of various receptors on

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Gazit R, Hershko K, Ingbar A, Schlesinger M, Israel S, Brautbar C, et al.

J Eur Acad Dermatol Venereol 2008 Feb 25.

natural killer (NK) cells and the serum levels of cytokines, in a family in which four siblings had tinea corporis, while four others were healthy, in order to reveal potential factors of susceptibility to dermatophytes. Observations normal numbers of T, B and NK cells were found in the peripheral blood, without significant differences between healthy and infected siblings. The frequency of CD14-positive monocytes was elevated in infected compared with healthy siblings. The proportion of NKG2A (+) NK cells was reduced in the patients compared with healthy siblings (23.8% vs. 33.8%), whereas CXCR3 (+) NK cells were increased (41.5% vs. 25.6%, respectively). MHC class I and class II haplotypes were disease independent. Elevated levels of interferon-gamma, interleukin-8 (IL-8), IL-2 and tumour necrosis factor-alpha (TNF alpha) were observed only in part of the infected siblings. The serum level of TNF alpha was strongly correlated with the percentage of CD14 (+) monocytes.

Conclusions : The study implied possible involvement of NK cells in susceptibility to fungal infection.

Comments: การวิจัยที่ทำให้ทราบเกี่ยวกับการตอบสนองของระบบภูมิคุ้มกันของร่างกายต่อเชื้อราและความผิดปกติที่พบในคนในครอบครัวเดียวกันจะมีประโยชน์อย่างมากไม่เฉพาะในกรณีเป็นกลาง แต่อาจมีประโยชน์ในการอธิบายสาเหตุและดูแลรักษาในกรณีการเป็นเกื้ออื่นซึ่งมักพบเสมอในสมาชิกครอบครัวเดียวกัน

พญ.วลัยอร ปรัชญพฤทธิ

NailQoL: a quality-of-life instrument for onychomycosis.

Warshaw EM, Foster JK, Cham PM, Grill JP, Chen SC.

Int J Dermatol 2007;46:1279-86.

Background : The disease burden onychomycosis is not trivial and as instrument that accurately and precisely measures the burden of onychomycosis would be valuable for both clinical care and research purposes so quality of life instrument for nail disease is worth to be developed.

Objectives : To develop a quality of life instrument to measure the onychomycosis burden.

Methods : 402 patients with mycologically-confirmed onychomycosis completed a baseline questionnaire of 39 quality of life items (modified Skindex-29 questions and 10 additional nail-specific questions). Internal consistency, reproducibility and responsiveness of the final instrument, NailQoL were measured.

Results : 15 items consisting of symptom (3), emotion (10), and functional (2) domains were retained in NailQoL. Symptom and emotion subscales = 0.80-0.92.

Administration alpha demonstrated good internal consistency (Cronbach's of the instrument to 46 patients at one month after baseline revealed good reproducibility (ICC 0.88-0.91). Responsiveness was measured in 292 patients at 18 months; statistically significant better NailQoL scores were found in individuals with complete cure (mycological and clinical) ($P < 0.01$).

Conclusion : NailQoL represents a new concise, valid, reliable, and responsive instrument for measuring burden of skin disease for patients with onychomycosis.

Comments: หลายท่านอาจมองข้ามคุณภาพชีวิตของผู้ป่วยที่มีปัญหาเชื้อราที่เล็บ เพราะเห็นว่าหากตัดเรื่องความสวยงามออกไป ก็ดูเหมือนผู้ป่วยไม่ได้ทุกข์ทรมานจากการติดเชื้อราที่เล็บ ท่านที่สนใจวิจัยเกี่ยวกับ pharmacoeconomics ของยารักษาเชื้อราที่เล็บน่าจะนำงานวิจัยนี้มาดูนะค่ะ เพราะในอนาคตยาทุกตัวต้องมีการประเมินด้าน pharmacoeconomics ก่อนการวางตลาด นั่นหมายความว่าต้องประเมินคุณภาพชีวิตของผู้ป่วยด้วย

พญ.วัลย์อร ปรัชญพฤทธิ์

Entodermoscopy: a new tool for diagnosing skin infections and infestations.

Zalaudek I, Giacomel J, Cabo H, Di Stefani A, Ferrara G, Hofmann-Welshof R, et al.

Dermatology 2008;216:14-23.

Background : Delayed and incorrect diagnosis of infectious diseases has a consideration impact on the health care system causing significant spread of disease with its consequence of rising morbidity and drug resistance. There is upcoming evidence that dermoscopy facilitates the in vivo diagnosis of skin infections and infestations. As such, dermoscopy connects the research fields of dermatologists and entomologists, opening a new research field of 'entodermoscopy'.

Objectives : To provide an overview on the current applications of entodermoscopy.

Methods : Systematic review of the English- and German-language literature by searches of Medline, Medscape and abstracts of the 1st World Congress of the International Dermoscopy Society.

Results : Dermoscopic patterns have been described for viral warts, molluscum contagiosum, scabies, pediculosis, tinea nigra, tungiasis, cutaneous larva migrans, ticks etc. Besides the diagnostic role of dermoscopy, there is increasing evidence that it can also assist in the monitoring of treatment efficacy for some of these conditions.

Conclusions : Although most of the current available literature is based on single observations and small case studies rather than controlled trials, an increasing interest in this field can be observed.

Comments: ในบ้านเรายังนำ dermoscopy มาช่วยในการวินิจฉัยน้อย ในรายงานนี้ช่วย

บอกว่าเครื่องมือชนิดนี้มีประโยชน์มากทีเดียว รายละเอียดของ dermoscopic pattern ดูจากต้นฉบับค่ะ

พญ.วลัยอร ปรัชญพฤทธิ

Skin phototyping in a Chinese female population: analysis of four hundred and four cases from four major cities of China.

Liu W, Lai W, Wang XM, Li L, Tian Y, Lu Y, et al.

Photodermatol Photoimmunol Photomed 2006;22:184-8.

Background : A previous study claimed that the skin response of Asians did not match the Fitzpatrick-Pathak skin typing system. The sun-reactive skin types in 404 Chinese females living in different cities were investigated in this study.

Methods : A questionnaire was designed according to the original concept of skin types proposed by Fitzpatrick and the investigation was conducted in two ways: self-administered reporting and a personal interview. Minimal erythema dose (MED) and minimal persistent pigmentation dose (MPPD) were also measured in part of the volunteers with a standard solar simulator.

Results : The results show that in the way of personal interview, the predominant skin type of the investigated group is type III (71.4%), and then type II (14.7%) and type IV (14.2%), while in the self-reporting manner, the result is as follows: type III, 74.3%, type II, 25.6% and type IV, 1%. There are no skin type I, V or VI in the studied group. MED and MPPD from the same population show some relevance to the skin types, e.g. with the change of skin type from type II to IV, the mean value of MED increases gradually and the MPPD decreases slightly.

Conclusions : The author concluded that the skin types of the investigated Chinese females are principally type III (more than 70%), and then type II and type IV. The different ways of answering the questionnaire did not affect the results remarkably. The measurements of photobiology parameters confirmed that there is a certain correlation between skin types and MED or MPPD determined in this group of volunteers.

Comments : คงเป็นที่ยอมรับกันทั่วไปว่าปัจจุบันคนไทยมีลักษณะพันธุกรรมผสมผสานไทย-จีน ข้อมูลนี้อาจจะนำมาประยุกต์ใช้ได้กับผิวกคนไทยไม่มากนักน้อยค่ะ การสำรวจสีผิวกคนไทยจำนวนมากสามารถใช้เทคนิคการวิจัยนี้ได้ค่ะ

พญ.วลัยอร ปรัชญพฤทธิ

The association between impetigo, insect bites and air

Background : Impetigo is one of the commonest childhood skin infections. Insect bites are commonly implicated in the development of impetigo. There are, however, very few data available to describe the seasonal incidences and association between the



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temperature: a retrospective 5-year study (1999-2003) using morbidity data collected from a sentinel general practice network database.

Elliot AJ, Cross KW, Smith GE, Burgess IF, Fleming DM.

Fam Pract 2006;23:490-6.
<http://fampra.oxfordjournals.org/cgi/reprint/cml042v1.pdf?ck=nck>.

two conditions.

Objectives : To describe the seasonal incidence of impetigo in England and Wales and to investigate the reported association with insect bites.

Methods : Clinical diagnoses of impetigo and insect bites were recorded from a sentinel GP network over the years 1999-2003.

Results : The highest mean weekly rates of impetigo were in children aged 0-4 years (84:100,000) and in those aged 5-14 years (54:100,000). In contrast, the incidence of insect bite only varied between 3:100,000 and 5:100,000 for males and between 5:100,000 and 9:100,000 for females. The relative risk (RR) for females consulting over males with impetigo was similar in children and adults; the RR of insect bite was similar in children but almost twice as likely in adults. Insect bite peaked almost coincidentally with temperature whereas there was a lag of one-to-two 4-week periods between impetigo and temperature.

Conclusion : There is suggestion of some degree of association between impetigo and insect bites. The improved management of patients consulting with insect bites and better use of antiseptic treatments might provide the basis for reducing the incidence of impetigo in the community.

และข้างล่างนี้ก็เป็นงานวิจัยอีกชิ้นหนึ่งที่เกี่ยวข้องกับเรื่องการติดเชื้อแบคทีเรียชนิดนี้

พญ.วัลย์อร ประชญพฤทธิ

Seasonal occurrence of impetigo: a retrospective 8-year review (1996-2003).

Loffeld A, Davies P, Lewis A, Moss C.

Clin Exp Dermatol 2005;30:512-4.

Background : Impetigo, a common skin infection, has shown seasonal variation in African, Australian and Indian studies.

Methods : The author investigated seasonal variation of impetigo in a UK paediatric population. A total of 1,552 children with impetigo were seen in the Accident and Emergency (A & E) department between 1996 and 2003.

Results : The number of impetigo cases was always higher in late summer than in winter, and furthermore, increased year on year.

Conclusion : Suggest a correlation between impetigo frequency and climatic temperature. Possible reasons for these findings include exposed skin due to loose clothing in the summer leading to more skin-to-skin contact and minor trauma.

Comments: เห็นว่าเป็นงานวิจัยที่คล้ายกับงานวิจัยของคนไทยซึ่งลงในฉบับนี้จึงนำข้อมูล

มาให้ดูเปรียบเทียบ งานวิจัยชิ้นนี้จะให้ใช้ยาฆ่าเชื้อทำความสะอาดผิวหนังในช่วงฤดูร้อน ซึ่งมีแมลงมาก ในบ้านเรามีุงมากในหน้าฝน ถ้าให้เด็กตัดเล็บให้สั้นและล้างมือทำให้สะอาดด้วยน้ำสบู่หลังการเล่นสปรกก็น่าจะเพียงพอ ไม่จำเป็นต้องใช้สบู่ยาฆ่าเชื้อเป็นประจำ

พญ.วลัยอร ปรัชญพฤทธิ

Treatment of severe chronic idiopathic urticaria with oral mycophenolate mofetil in patients not responding to antihistamines and/or corticosteroids.

Shahar E, Bergman R, Guttman-Yassky E, Pollack S.

Int J Dermatol 2006;45:1224-7.

Background : Urticarial patients are usually treated with oral antihistamines and 50% respond well to this treatment; however, the other 50% do not respond to antihistamines and need a more aggressive approach, such as short or prolonged courses of oral corticosteroids or cyclosporine. Potential adverse effects, however, limit this regimen.

Objectives : To determine the efficacy of mycophenolate mofetil, an immunomodulatory drug, in the treatment of patients with severe chronic urticaria.

Methods : In an open-label, uncontrolled trial, nine patients with documented chronic urticaria who had been treated previously with antihistamines and/or corticosteroids with poor response were enrolled in the trial. After 2 weeks of baseline assessment, patients received 1,000 mg twice daily of mycophenolate mofetil for 12 weeks. Improvement was monitored using the urticarial activity score, which is the sum of the wheal number score and itch severity score. Patients also recorded their daily need for other medications to control allergic symptoms.

Results : There was a significant decrease in the urticarial activity score relative to the baseline assessment at the end of the study period ($P < 0.001$). All patients were able to stop prednisone on completion of the study. There was also a decrease in antihistamine dose, but this did not reach statistical significance. Treatment with mycophenolate mofetil was not associated with significant adverse effects.

Conclusions : Mycophenolate mofetil may be a valuable and safe treatment for patients with chronic urticaria who do not respond to antihistamines and/or corticosteroids, and who require aggressive treatment to control their disease symptoms. Further controlled clinical studies are needed to determine its value.

Comments: เนื่องจากการรักษาลมพิษเรื้อรังให้หายขาดไม่ใช่เรื่องง่ายแม้จะอยู่ในมือแพทย์ผิวหนังก็ตาม ถ้ามีงานวิจัยเกี่ยวกับทางเลือกใหม่สำหรับลมพิษเรื้อรังวารสารผิวหนังก็ยินดีนำมาเสนอสมาชิกทุกท่าน ถ้าท่านกำลังถึงทางตันก็ลองอ่านงานชิ้นนี้สิคะ

พญ.วลัยอร รัชฎพฤทธิ

ต่อไปนี้เป็นข้อมูลเกี่ยวกับการศึกษาประเด็นเดียวกันเรื่องการรักษาสิวด้วย dapson e ซึ่งมีเผยแพร่ในเว็บไซต์และวารสารหลายเล่ม เนื่องจากคาดว่ายาตัวนี้จะถูกนำเข้ามาทำการตลาดในประเทศไทย จึงขอนำข้อมูลที่จำเป็นมานำเสนอผู้อ่านเพื่อให้รู้จักยาตัวนี้บ้างพอสังเขปดังต่อไปนี้ค่ะ

J Am Acad Dermatol 2007; 56:e1-e10, J Am Acad Dermatol 2007;56:439.e1-10, Epub 2007 Jan 17, Cutis 2007;80:400-10, J Drugs Dermatol 2007;6:981-7, Clin Pharmacokinet 2007;46:697-712.

Background : Oral dapson e has been available for more than half a century and has been used to treat severe acne vulgaris; however, the oral formulation is known to cause dose-dependent haematological reactions and other side effects. A gel formulation of dapson e was recently developed to treat acne vulgaris. As dapson e is administered topically, it was expected that systemic absorption would be considerably lower than that observed with oral dapson e therapy, thereby avoiding any adverse systemic side effects.

Methods : Several randomized, double-blind projects studied on the efficacy and effectiveness of a new aqueous gel formulation of dapson e in acne vulgaris conducted by different groups of researchers. In brief, all studies enrolled quite a big number of subjects ranging from 486 to 3,010 subjects of 12 years or older. The studies compared dapson e gel 5% with vehicle control gel or other topical anti-acne preparations. The safety and efficacy of dapson e gel was further evaluated up to 12 months.

Results : Dapson e gel-treated patients achieved superior results in terms of the investigator's global acne assessment and the mean percentage reduction in inflammatory, noninflammatory, and total lesion counts at week 12. Reductions in inflammatory lesion counts favoring dapson e gel over vehicle were apparent as early as 2 weeks and reached statistical significance by 4 weeks. There were no clinically significant changes in laboratory parameters, including hemoglobin, even among glucose-6-phosphate dehydrogenase-deficient patients.

Conclusion : Topical application of dapson e gel in various settings ranging from 2 weeks to 12 months resulted in systemic exposures to dapson e and its metabolites that were approximately 100-fold less than those after oral dapson e at a therapeutic dose level. The concentrations of dapson e and its metabolites reached steady state and did not increase during prolonged treatment. Topical dapson e is an effective alternative for individuals who would like to avoid the side effects and issues regarding oral antibiotics.

Comments: ยาตัวนี้ในรูปยาเกินเคยใช้ในการรักษาสิวและมักพบปัญหาเรื่องภาวะแทรก

 *Journal Watch...*

ข้อที่ทำให้ผู้ป่วยเสียชีวิตทำให้หายไปจากแนวการรักษาสิว แต่ประสิทธิภาพการรักษาที่ได้ผลดีคงเป็นแรงจูงใจให้นักวิจัยพยายามหาวิธีการใช้ยาตัวนี้ในผู้ป่วยสิวให้ได้รับภาวะแทรกซ้อนน้อยลง จากงานวิจัยข้างต้นพบภาวะแทรกซ้อนจากการใช้ topical dapsone บริเวณที่ทายา และระบบอื่นๆ ได้เหมือนกัน คือ headache (20%), nasopharyngitis (15%) dapsone gel เป็นยาทาสิวตัวใหม่ที่น่าสนใจค่ะ

