

〈教育セミナー〉

## アトピー性皮膚炎の治療

中川 秀己\*

### Therapies for Atopic Dermatitis

Hidemi NAKAGAWA\*

#### Abstract

The pathomechanisms of atopic dermatitis (AD) include two major aspects, namely, allergic inflammation and impaired skin barrier function. Based on these facts, therapies for atopic dermatitis can be divided into two modalities. One is elimination of ongoing inflammation and the other is prevention of inflammation. Therapies for inflammation elimination mainly include topical steroids and systemic or topical immunosuppressants. Therapies for inflammation prevention mainly include avoidance of causative allergens and irritants and correction of skin barrier dysfunction. In order to consider the optimal treatments, these two aspects should be kept in mind to obtain the better quality of life for AD patients.

**Key words:** atopic dermatitis, inflammation elimination, inflammation prevention.