

〈教育セミナー〉

アトピー性皮膚炎のスキンケア ——ドライスキンの特徴とそのケア——

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Skin Care in Atopic Dermatitis — Characterizing dry skin in atopic dermatitis and utility of skin care —

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Abstract

The dry skin in atopic dermatitis (AD) was characterized using non-invasive methods. Patients with atopic xerosis showed markedly higher transepidermal water loss (TEWL) and markedly lower skin surface hydration levels than did the controls. The stratum corneum of AD patients contained lower amount of free amino acids and ceramides than did those of controls. Skin surface pH in AD patients was higher than that of controls. Parakeratotic cells were observed in tape stripped stratum corneum of AD patients. A clinical study of cream which is compounded of squalane and jojoba oil as the main bases, a derivative of glycyrrhetic acid and allantoin as the active ingredients, and sodium hyaluronate and glycerin as the humectant was conducted for patients with mild to moderate AD to evaluate its utility. The rate of improvement by symptom was especially high, 78.4 and 75.0%, for dry skin and scale, respectively, and the rates for an itching sensation and scratch marks were also relatively high, 56.1 and 53.1%, respectively. The physiological condition of AD skin was improved by 4 weeks treatment by the cream. Moisture content of stratum corneum significantly increased and the heterogeneity of skin surface ridges significantly decreased. TEWL tended to be lower after use than before use. The effect of 4 weeks treatment by bathing emulsion containing oil, humectants, dipotassium glycyrrhetinate, and rice germ oil on AD dry skin was examined. The rate of improvement by symptom was high, 74.2% for dry skin and scale, and the rates for an itching sensation was 54.8%. By the measurement of skin surface conductance it was appeared that the use of bathing emulsion tends to help retain more moisture than non-use. In conclusion, skin care treatment (use of cream or bathing emulsion) is useful for improvement of clinical symptoms and for self-medication in AD patients.

Key words: atopic dermatitis, skin care, dry skin, dermato-physiological parameter, clinical study.