

BÖLÜM 60

ATOPIK DERMATİTTE TOPIKAL VE SİSTEMİK TEDAVİLER

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TOPIKAL TEDAVİLER

Atopik dermatiti (AD) patogeneğinde epidermis ve epidermal bariyer önemli rol oynadığı için topikal tedaviler önemli yer tutar. AD tedavisinde tam kür sağlanamaması nedeniyle, tedavide asıl amaç atakların ve semptomların baskılanması, hastalığın uzun süreli kontrol altına alınmasıdır.(1)

AD'nin topikal tedavisi temel olarak üç ana grupta toplanabilir; bariyer fonksiyonunun güçlendirilmesi, enflamasyonun kontrol altına alınması, Stafilokok kolonizasyonunun tedavisidir. AD tedavisinde en önemli basamak bozulan epidermal bariyerin güçlendirilmesi ve temel bulgu olan kserozisin giderilmesidir.(2)

1. Topikal tedaviler
2. Nemlendiriciler
3. Islak sargı
4. Topikal kortikosteroidler
5. Topikal kalsinörin inhibitörleri

6. Katran türevleri-aril hidrokarbon reseptör agonistleri
7. Topikal fosfodiesteraz inhibitörleri
8. Th-2 hücre üzerinde kemoatraktan reseptör-humolog molekül (CRTH2) antagonisti
9. Topikal antihistaminikler
10. Fototerapi
11. Topikal antimikrobiyaller
12. Allerjen immünoterapiler
13. Nemlendiriciler
14. Islak sargı
15. Topikal kortikosteroidler
16. Topikal kalsinörin inhibitörleri
17. Katran türevleri-aril hidrokarbon reseptör agonistleri
18. Topikal fosfodiesteraz inhibitörleri
19. Th-2 hücre üzerinde kemoatraktan reseptör-humolog molekül (CRTH2) antagonisti
20. Topikal antihistaminikler
21. Fototerapi
22. Topikal antimikrobiyaller

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Sonuç olarak, AD’de topikal tedaviye yanıt alınmadığı durumlarda sistemik tedavi ile birlikte uygulanması önerilmektedir.

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