

PSORİASİSTE TOPİKAL RETİNOİDLER

5. Bölüm

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ÖZET

Topikal retinoidlerden tazarotenin gerek tek başına gerekse de topikal kortikosteroidler, kalsipotriol, darbant UVB ve PUVA gibi tedavilerle kombine olarak plak psoriasis tedavisinde başarılı bir şekilde kullanıldığını bildiren çok sayıda çalışma vardır. Ülkemizde de %0,1 jel ve krem formundaki ilaçlar ruhsat almıştır. Tazaroten tırnak ve palmoplantar psoriasis gibi klinik tiplerde de kullanılmaktadır. Beksarotenin psoriasisde etkili olduğunu gösteren çalışmalar olmakla beraber psoriasisde endikasyon ruhsatı bulunmamaktadır.

Giriş

Psoriasis tedavisinde topikal ve sistemik çok sayıda tedavi seçeneği bulunmaktadır. Topikal tedavi olarak kortikosteroid ve kalsipotriolden sonra topikal retinoidler de kullanılmaya başlanmıştır. Tazaroten FDA tarafından, %0.05 krem/jel ve %0.1 krem/jel olmak üzere iki ayrı konsantrasyon ve formda toplam Vücut Yüzey Alanı (VYA)'nın %20'den az tutulduğu plak psoriasis tedavisi için onaylıdır (1,2). Ayrıca 0.01% halobetazol propionate ve 0.045% tazaroten karışımı içeren losyon formu da plak psoriasisin topikal tedavisinde FDA onayı almıştır (3).

Tazaroten %0.1 jel ve krem olarak Türkiye'de ilk ruhsatını 2018 yılında almıştır. Ruhsatlı ilacın "Kısa Ürün Bilgisi"inde tazaroten %0.1 jelin tedavi endikasyonları; VYA'nın %20'sine kadar yayılmış olan stabil plak psoriasis topikal tedavisi (4) ve tazaroten %0.1 kremin tedavi endikasyonu plak psoriasisidir. (5).

Üçüncü nesil retinoid olan beksarotenin de sistemik ve topikal antipsoriatik etkisini bildiren çalışmalar vardır (6,7). Ancak mevcut formülasyonu suda zayıf çözünür olduğu için emilimi az olmakta ve topikal uygulamada etkinliğini olum-

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