

On the Use of Phototherapy in the Management of Photodermatoses[☆]



Sobre el uso de la fototerapia en el manejo de las fotodermatosis

Phototherapy is a proven treatment for various skin disorders, but it is also effective for preventing certain seasonal photodermatoses through the induction of phototolerance (photohardening).

Combalia et al.¹ describe their experience with the use of fixed-regimen phototherapy to prevent polymorphic light eruption. The protocol consisted of 8 sessions in which the patients received fixed starting and incremental doses, regardless of skin type and the fact that over half of the patients had some degree of photosensitivity. The treatment produced satisfactory results in 87% of cases, although treatment success does not necessarily mean full or lasting tolerance for the whole summer.

Phototherapy is undoubtedly a safe treatment. While short, treatment triggers polymorphic light eruption reactions in a third of patients, but this does not limit treatment or alter prognosis, suggesting that it might be interest-

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ing to routinely administer prophylactic oral corticosteroids during the first few sessions, as some of us do with atopic dermatitis.

Phototolerance does not last indefinitely and is lost relatively quickly if the patient does not continue to receive moderate doses of sunlight throughout the summer. While this prevents the health risks associated with tanophobia, it also requires scheduling treatments to end at the beginning of the summer (May or June).

Although larger series of patients are needed to confirm the results of Combalia et al.,¹ studies such as this highlight the need to improve the use of phototherapy in polymorphic light eruption, a condition that frequently affects quality of life and has few real preventive options.

Reference

1. Combalia A, Fernández-Sartorio C, Fustà X, Morgado-Carrasco D, Podlipnik S, Aguilera P. Successful short desensitization treatment protocol with narrowband UVB phototherapy (TL-01) in polymorphic light eruption. *Actas Dermosifiliogr.* 2017;108:752–7.

D. de Argila Fernández-Durán

Servicio de Dermatología, Hospital de La Princesa, Madrid, Spain

E-mail address: dargilad@hotmail.com

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Knowledge Of Preservatives: A Key Competence In Dermatology[☆]



Conocimiento de conservantes: crucial en Dermatología

Preservatives are used to prevent the growth of microorganisms. They are frequently used in the manufacture of personal hygiene and cosmetic products, medications, and

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cleaning products. The emergence of undesirable effects induced by preservatives is a relatively recent finding. New preservatives have been introduced over the years to improve safety in use, although this objective has not always been achieved, with the result that we have witnessed successive epidemics caused by newly developed preservatives. In their extensive and exhaustive study, Pastor-Nieto et al.¹ analyze preservatives in personal hygiene and cosmetic products, topical medications, and household cleaning products in Spain. The authors observed that exposure to the various preservatives in these products was widespread and that the progressive replacement of parabens by other products such as isothiazolinones can generate greater sources of problems.

Knowledge of preservatives in commonly used products will serve to guide sensitized persons and help them to avoid

these substances. It will also play a role in limiting the use of preservatives as much as possible.

Reference

1. Pastor-Nieto MA, Alcantara-Nicolas F, Melgar-Molero V, Perez-Mesoneros R, Vergara-Sánchez A, Martín-Fuentes A, et al. Conservantes en productos de higiene y cosméticos, medicamentos tópicos y productos de limpieza doméstica en España. *Acta Dermosifiliogr.* 2017, <http://dx.doi.org/10.1016/j.ad.2017.04.003>.

J. Tercedor

Unidad de Gestión Clínica Dermatología, Hospital U. Virgen de las Nieves, Granada, Spain

E-mail address: jesustercedor@gmail.com

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