

**P019 | Efficacy of a Dermocosmetic containing neurosensine, sphingobioma and niacinamide in patients with Atopic Dermatitis - achieving rapid symptom relief after one-day use and sustained improvement of Disease Severity and Quality of Life over time**

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**Background:** Atopic Dermatitis (AD) is a chronic inflammatory skin disease associated with dysfunctional integrity of epidermal barrier, often causing skin dryness, itching, burning sensations and inflammatory lesions. Maintaining and stabilizing the skin barrier is essential for preventing and treating AD. Everyday use of emollient is the basis of AD treatment and helps to restore epidermal barrier functionality.

**Objectives:** The aim of this clinical study was to evaluate the effects of a face skin care cream (DC) on the functionality of the skin barrier, clinical manifestations, skin condition and quality of life in patients diagnosed with AD.

**Methods:** 63 adult patients diagnosed with mild to moderate AD without acute eczema on face, neck and décolleté were recruited for the study. They applied the DC cream twice daily on their face, neck, and décolleté for a duration of two weeks. The investigations were performed at three intervals: baseline, after 24h and day 14. These evaluations included clinical parameters such as general SCORAD (Scoring of Atopic Dermatitis) and EASI (Eczema Area and Severity Index) scores and, as well as local SCORAD. Skin physiological measurements such as TEWL (transepidermal water loss), pH, corneometry, sebumetry, chromametry, and electrochemical impedance spectroscopy (EIS) were also performed. Furthermore, subjective and objective assessments of the skin as well as The Dermatology Life Quality Index (DLQI) questionnaire were evaluated at baseline and over time.

**Results:** The outcomes of the study demonstrate that the application of the DC led to significant improvements in both subjective and objective evaluation of symptoms, evident as early as the first day, with further progress observed after the twoweek period. Patients reported a significantly reduction ( $p < 0.001$ ) in symptoms like dryness, itching, redness, desquamation, burning and tightness feeling

on the face, neck, and décolleté throughout the study, with the most notable improvements seen in the facial region. Disease severity, as measured by SCORAD and EASI, improved over time, particularly in terms of the reduction in the intensity of skin symptoms and subjective symptoms such as sleep disorders and pruritus intensity. Clinical examinations confirmed the high dermatological tolerance of DC. An improvement in quality of life, as measured by the DLQI, was also observed.

**Conclusion:** The study demonstrates the high tolerability of a DC containing neuroserine, niacinamide and sphingobioma when applied twice daily. It also underscores its rapid and consistent effectiveness in alleviating the signs and symptoms associated with AD. The integration of a facial skincare cream demonstrated improvements in both the patients' quality of life and the severity of the disease. These findings underscore the significance of emollients to be used on the facial, neck and décolleté areas in the management of AD.