

EFFICACY AND TOLERANCE OF AN EMOLLIENT+ ON SLEEP AND QUALITY OF LIFE OF PATIENTS WITH SENILE XEROSIS: AN OBSERVATIONAL STUDY

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INTRODUCTION

Senile xerosis (defined as > 65 years old) is an age-related skin barrier alteration which manifests by roughness of the skin, loss of suppleness and elasticity, crack, desquamation and feeling of itching and tightness in the elderly. Senile xerosis typically manifests in the lower limbs. These symptoms may interfere with daily activities or sleep. The use of an Emollient+ with active ingredients including shea butter, niacinamide, thermal spring water (TSW), APF (a biomass of *Vitreoscilla Filiformis* grown in TSW) and microresyl has been developed to restore skin barrier, rebalance microbiome, and prevent the excessive proliferation of *staphylococci* by fighting against the persistence of bacteria and the creation of biofilm. To evaluate the efficacy and tolerance of the Emollient+ efficacy in monotherapy in patients with senile xerosis, we carried an observational study from private consultations data.

MATERIAL & METHODS

Data are from an observational study with 10 countries on patients of 65+ years of age with senile xerosis. Efficacy (clinical evaluation on symptoms, score of itching, quality of life assessment by DLQI) and tolerance were evaluated after a two-month treatment period. Response to treatment was defined as at least one severity grade decrease on a five-point scale. Tolerance was evaluated by patients using a 4-point scale.

RESULTS

A total of 242 patients (64.5% female) aged 76.0 (± 6.9) years received the Emollient+ twice daily (77.3%). Among these patients, 86.6% had phototype I to III and 82.4% lived in urban zones. After two months of treatment (Figure 1), 91.7% of patients experienced an improvement on dryness (p-value <0.001), 92.1% of patients with altered sleep quality at inclusion observed a significant improvement (p-value <0.001). Itching sensation (Figure 2) was reduced on average by 81.1% (p-value <0.001).

The overall quality of life of patients (Figure 3), measured by Dermatology Life Quality Index (DLQI), was improved on average by 77.2% (p-value <0.001), this score was reduced from an inclusion average of 5.7 to a post treatment average of 1.3.

The tolerance of the product (Figure 4) was excellent with a 97.1% good tolerance rate.

Figure 1: Clinical evaluation responses rates

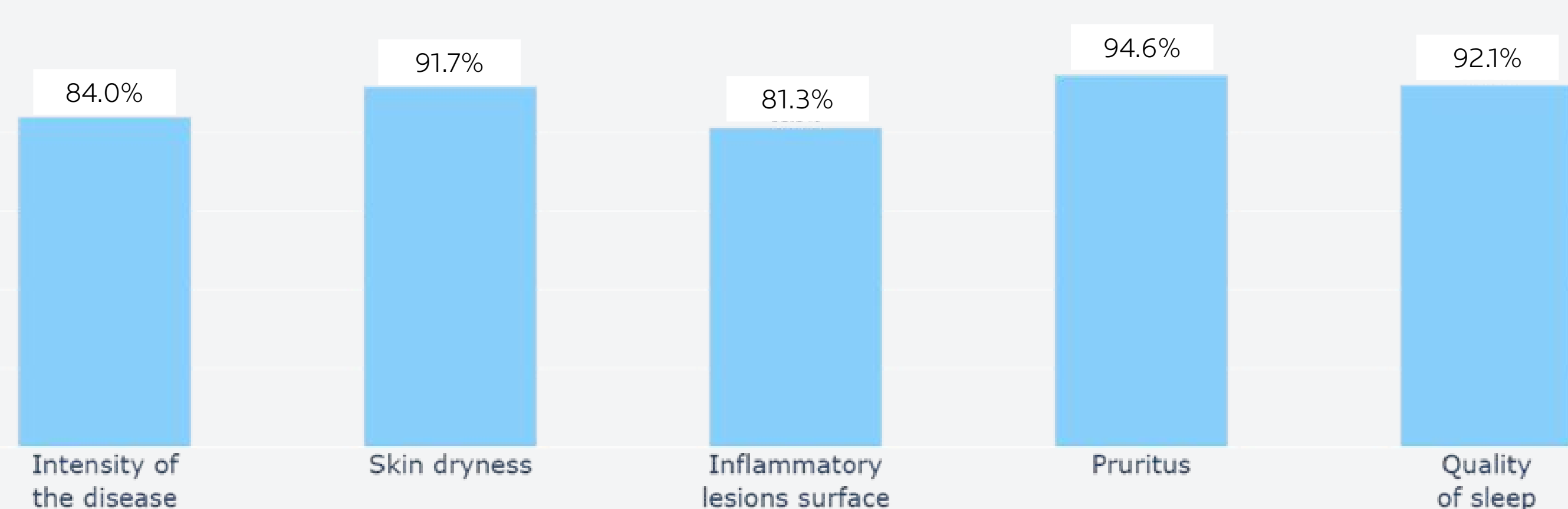


Figure 3: DLQI average by visit

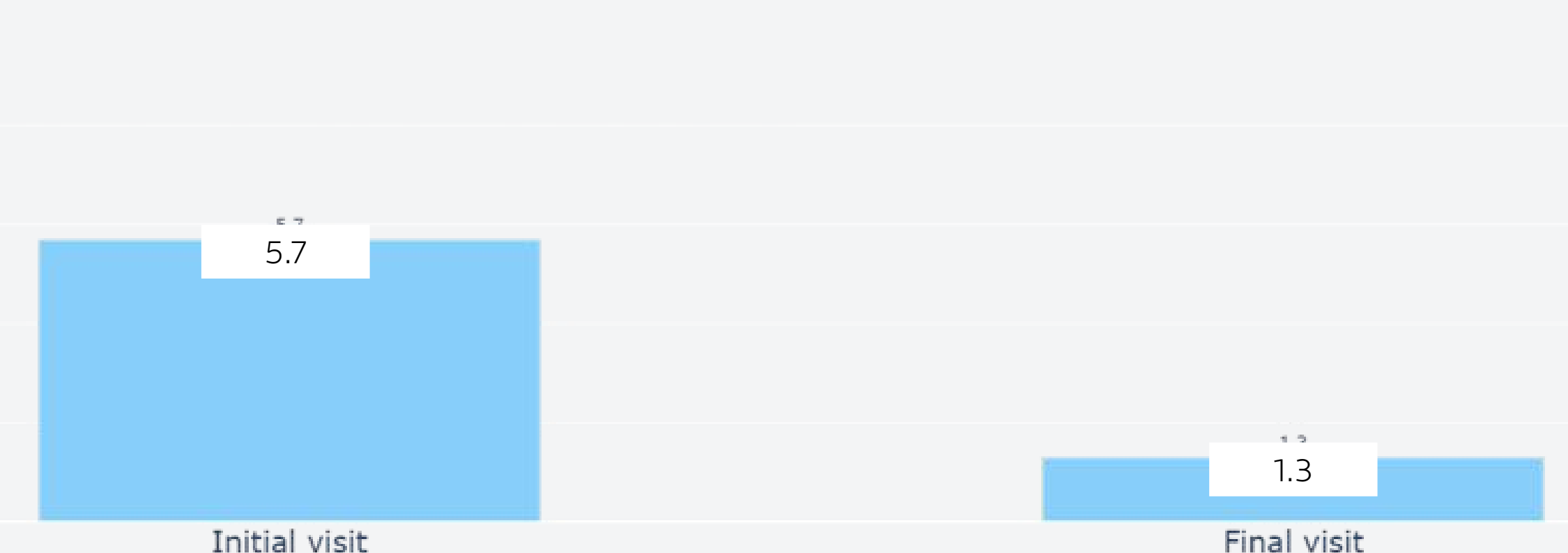
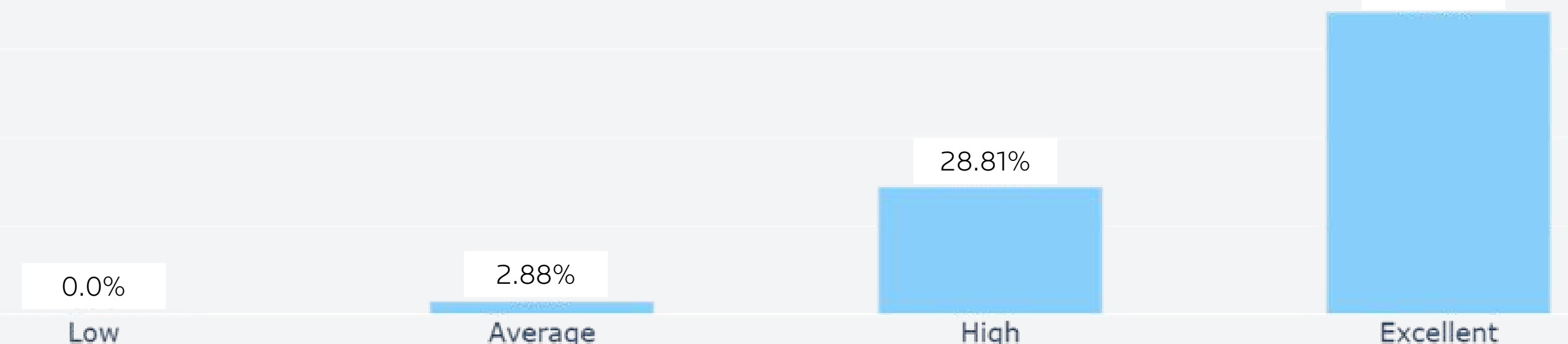


Figure 2: Itching sensation average by visit (0-10)



Figure 4: Tolerance by the patient



DISCUSSION

This study highlights the benefit of the daily use of an Emollient+ in patients with senile xerosis. The Emollient+ improves not only clinical signs and symptoms but also sleep disorder and quality of life.

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References:

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