On the Use of Phototherapy in the Management of Photodermatoses

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

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. 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-

Reference

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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 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. 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.

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