



SHARMDERMA

Report compiled by Dr N Raboobe - Dermatologist, South Africa

Excimer Light

Treatment with the Quantel Derma Excimer Light Machine



The use of Excimer Light was discussed in detail by Dr Raboobe at the recently held Sharmderma meeting.

Comparison was made with the Excimer laser and differences were highlighted viz. that the former required xenon chloride gas and subject to constant breakdown with high maintenance costs whereas the latter did not have any

consumables and therefore did not have any running costs except for initial outlay for the machine.

Numerous before and after pictures were shown for indications such as vitiligo, psoriasis, eczema, alopecia areata, atopic dermatitis and chronic lichenified eczema. Discoid Lupus could also be considered for such treatment.

Advanced Photo-therapy Course

At the request of the organizers, Dr Marwa Abdallah and Dr Mahmood Abdallah, a brother and sister team, the lecture on excimer light was given again at the Advanced Photobiology course.

During this second lecture, practical aspects of the machine were discussed eg. how to select patients, who to set the parameters for different indications, what side effects to expect and what to do if side effects were encountered.

Determination of the MED and its uses were discussed by referring to a picture of the

convenient touch screen and the setting of the initial dosage based on the MED.



ONCE A WEEK TREATMENT YIELDS EXCELLENT RESULTS

Dr Raboobe showed case reports of patients treated once a week with the excimer light, demonstrating excellent results with this regime. A once a week frequency makes the treatment cost effective and affordable to many patients. For those that are not price sensitive, a twice or three time a week regime may be considered. A study with the excimer laser revealed that that the total number of treatments



(cumulative dose) is more important than the frequency of the treatment. The indications for use of the excimer light incorporate any condition in which T lymphocytes are involved in the pathology as the mechanism of action, amongst others, is to cause T cell apoptosis.

Melanocyte stimulation is an additional mechanism of action useful in the treatment of vitiligo.



ONSET OF REPIGMENTATION OFTEN SEEN WITHIN THREE TREATMENTS



Treatment with the excimer light results in repigmentation which is often noticeable within the first three treatments. Depending on the site, sometimes a larger number of sessions is required.

The starting dose may be selected based on the patients MED or skin type. The advantage of using skin type is that a treatment can be administered during the first session.

Typically, patients with skin types I and II start with 100mj whereas those with skintypes III, IV and V start with 300mj. The dosage is increased by 100mj during each subsequent session until the skin turns pink. At this point, the dosage is held constant. Repigmentation of small areas takes 6-10 treatments.

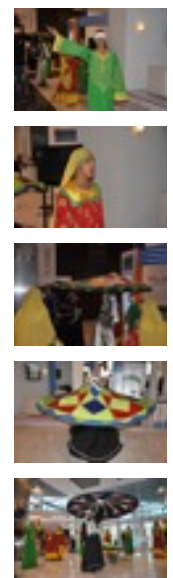


A booster dose of 1 to 3 sessions of excimer light sets the pace for topical treatment for chronic lichenified eczema and granuloma annulare.

Above: Meeting venue

Below: Registration of speakers

SHARMDERMA 2011



STATISTICS OF SHARMDERMA MEETING

Date of meeting: 21-24 November 2011

Location: Sharm el Sheikh, Egypt

No of registered delegates: 600

