

The efficacy of combining ultraviolet B therapy and anthralin in plaque-type psoriasis (Conference Paper)

[TRATTAMENTO ASSOCIATO UVB-DITRANOLO IN PAZIENTI CON PSORIASI A PLACCHE]

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Abstract

The purpose of this study was to determine whether the combination of ultraviolet B therapy and anthralin would result in a more rapid resolution of plaque-type psoriasis. Short-contact anthralin (0.5% in petrolatum) was used. Ultraviolet B irradiation was carried out 5 times a week with a bank of 8 Philips TL 40W/12 tubes (irradiance, 1 mW/cm² 30 cm). Out of the 14 patients studied, seven (group I) were given anthralin for 15 days before practicing UVB therapy and seven (group II) carried out phototherapy sessions for 15 days before the combination of both treatments. These results show both a more rapid clearance of psoriatic plaques and lower UVB total dose with anthralin pretreatment.