

# **СЕКЦИЯ № 1 «КОЖНЫЕ И СИСТЕМНЫЕ ПРОЯВЛЕНИЯ АТОПИИ: МЕЖДИСЦИПЛИНАРНЫЙ ПОДХОД»**

## **ITCH IN ATOPIC DERMATITIS**

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Itch is an important clinical problem in patients suffering from atopic dermatitis. Its pathogenesis is multifactorial with dermal, neurophathic and neurogenic components. In our recent study we documented that at the time of examination itch was present in more than 80% of patients. Moreover, in another recent study we showed that itch in atopic dermatitis patients plays a crucial role in influencing patients' psychosocial well-being. Pruritic subjects seem to be more depressed, and the intensity of itch is related to the stress experienced by patients prior to disease exacerbation. As the pathogenesis of itch atopic dermatitis is not completely clear, there is no one treatment of choice available. Based on our experience the most frequently used management regimes are topical emollients and oral antihistamines, but the long-term effects of these agents seem to be very limited. Pruritic subjects should be informed to limit factors exacerbating itch and suggested to avoid overheating of organism, intake of alcohol and hot spices, irritating detergents. They should wear loose cloths of natural material, like cotton is and they should keep their nails short cut to prevent the additional destruction of the skin surface. Concerning the oral antihistamines, the new generation ones are of limited effectiveness. According to the European Guidelines for Atopic Dermatitis the sedative antihistamines are useful in reducing the intensity of itch. Topical corticosteroids, and especially calcineurin inhibitors, are effective local agents. One may also consider creams with structured lipids with endocannabinoids or capsaicin (only very localized itch). Cyclosporin A used in the therapy of atopic dermatitis markedly reduce itch in the vast majority of patients. In very severe chronic cases antidepressants, such as paroxetin, were reported to be beneficial. In the holistic approach psychotherapy should be considered, especially habit-reversal with awareness training.