

Metil aminolevulinato attivato dalla luce del sole: una nuova opzione terapeutica per le cheratosi attiniche.

Accumulating evidence for daylight-mediated PDT in actinic keratosis.

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Standard PDT-treatment of AK is performed with ALA or MAL, and illumination from red diodes. The treatment is time consuming, mostly because the patient must return to the clinic for illumination after three hours. The main problem for the patient is pain during the illumination which can be severe, about 7 on a pain measuring scale from 0-10, and especially severe when treating face and scalp.

The introduction of daylight PDT simplifies the procedure as only pretreatment and application of the MAL are performed in the clinic. The patient can return to his home and stay outdoors for two hours half an hour after application of the cream. Studies have shown that one treatment of thin AK's will result in about 80% clearance. This has been found in several studies performed in Scandinavia and outdoor treatment can be used from around April until November in the northern European countries. By illuminating with daylight during PPIX-formation pain score is dropping to about 1,5 on the pain measuring scale and is thus negligible. Planning of treatment is easy and the capacity of the clinic improves.

New studies in Australia have proved the beneficial effect described above with an even better cure rate of about 90% after one treatment. In the southern part of Europe and in the subtropics treatment can be performed outside all year around, but it has then to be combined with the use of sunscreen. In these locations exposure in the shade is sufficient for treatment efficacy.

