

Recommending Accessible, Affordable, Effective Skincare for Eczema-prone Skin



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For virtually every patient with eczema, OTC products are a part of their clinical history and everyday life. Whether they've tried to manage dry, itchy skin with moisturizers before presenting to a dermatologist, in between doctors, or as part of their long-term care plan, patients know that the overwhelming number of options on store shelves can make things confusing. They may not know which of these many products is best for their condition, so dermatologists play an important role in educating their patients about this aspect of care and helping them assess their options. Some of the available OTC products can be costly—especially when purchased repeatedly over time by individuals with a chronic skin condition—and worse, their benefits may not justify the expense.

The cost and associated challenges of OTC skincare can become a “hidden burden” for patients with eczema-prone skin. To ease this burden and maximize outcomes for patients, dermatologists should be prepared to recommend OTC products that are effective, safe, and both widely available and relatively affordable.

FINDING THE ONE

In the large market for OTC skincare products, there are many “gentle” skincare products now advertised, but that descriptor does not guarantee the suitability of a formulation for use on eczema-prone skin. Galderma's RestoraDerm® Eczema Calming Body Wash and RestoraDerm® Eczema Calming Body Moisturizer are shown to be safe and effective for use in the management of eczema-prone skin.

The benefits of the RestoraDerm formulations for eczema-prone skin have been confirmed in clinical trials. One trial found that, among subjects with controlled atopic dermatitis, use of the wash and moisturizer was associated with improvements in skin hydration and barrier function. For the study, 20 subjects used the moisturizer daily on

one leg, while the contralateral leg served as an untreated control. At the end of four weeks, skin of the treated leg had a seven-fold reduction in rates of transepidermal water loss (TEWL), a marker for barrier function, and more than four-times increase in skin hydration, as measured by corneometry. Raman spectroscopy showed a significantly higher level of ceramide content in the treated area than the untreated area at multiple depths of the stratum corneum (SC).¹

The wash and moisturizer formulations have been evaluated in children as young as three months old. In a trial involving infants and toddlers ages three to 36 months, use of RestoraDerm® Eczema Calming Body Wash and RestoraDerm® Eczema Calming Body Moisturizer was again associated with significant decreases in TEWL and increases in skin hydration, as measured by corneometry. The formulations were determined to be safe and well tolerated in this pediatric population. At four weeks, subjects had improvements in erythema and dryness.²

For all patients, and especially those with skin that is already sensitive, itchy, or inflamed, avoidance of potential allergens is essential. The RestoraDerm® Eczema Calming Body Wash and RestoraDerm® Eczema Calming Body Moisturizer formulations are free of formaldehyde and parabens, and contain no fragrances. The products are also free of methychloroisothiazolinone, a potential allergen found in many OTC skincare products. An assessment of hypallergenicity confirmed that RestoraDerm® Wash and Moisturizer, along with eight other Galderma products, were not associated with any allergic reactions or evidence of sensitization.³

In an open-label study in which 57 children and adults used Galderma's RestoraDerm® Eczema Calming Body Wash for four weeks, the formulations were shown to be well-tolerated. Subjects had a significant reduction in erythema, dryness, and roughness at the conclusion of the trial.⁴

The benefits of the RestoraDerm® products in terms of skin hydration and barrier support are a result of the formulation technology. The formulation contains filaggrin technology (arginine and pyrrolidone carboxylic acid) and ceramide 5 derivative (Hydroxypalmitoyl sphinganine), an exogenous ceramide that helps restore levels of endogenous ceramides, in order to support proper epidermal barrier function. Research shows that epidermal barrier impairment frequently is marked by a reduction of ceramides in the epidermis and frequently by reduced expression of filaggrin. The reduction of ceramides and filaggrin in the SC is a hallmark of atopic dermatitis.⁵ Botanically sourced ingredients like capric triglycerides from coconut oil, along with sunflower seed oil and shea butter have been studied for some time, with a history of safe and beneficial application to the skin. The time-tested humectant glycerol helps to draw moisture into the SC.

The formulations are light and do not leave a greasy or oily skin feel. This is important because we want to recommend products that patients are likely to use and even enjoy using. For many patients, a greasy product is not desirable. An analysis of four studies of RestoraDerm® Eczema Calming Body Moisturizer found that the treatment received high patient satisfaction ratings.⁵ More than 80 percent of subjects in one study said the body wash was pleasant to use, and a similar proportion of subjects deemed them easy to use.⁴

AFFORDABLE AND ACCESSIBLE

Patients with eczema-prone skin, as well as patients with other symptoms of barrier dysfunction (including xerotic, chafed, or chapped skin) require education about skincare product selection from their dermatology care providers. The ability to recommend a regimen featuring a safe and effective wash and moisturizer may be particularly beneficial. When clinicians don't discuss skin cleansing with their patients, they leave open the possibility that patients will use harsh cleansers that may actually damage the epidermal barrier and worsen skin symptoms. And, while some may argue that the difference between using a "good" cleanser compared to a "not so good" one is minimal, sometimes that small amount of improvement may be all that stands between a restful night of sleep and an eczema flare.

Faced with a large and ever-growing market of OTC options, dermatology care providers can recommend a number of products that may be suitable for use by patients with eczema. However, Galderma's RestoraDerm® Eczema Calming Body Wash and RestoraDerm® Eczema Calming Body Moisturizer allow the patient to maximize the benefits of his or her skincare routine. And, of significance, these

PRODUCT SPOTLIGHT

What's IN Cetaphil RestoraDerm® Formulations:

- Filaggrin technology (arginine and pyrrolidone carboxylic acid)
- Ceramide 5 derivative (Hydroxypalmitoyl sphinganine): exogenous ceramide that helps restore levels of endogenous ceramides
- Botanically sourced ingredients capric triglycerides (coconut oil), sunflower seed oil, shea butter
- Glycerol (humectant)

What's NOT:

- Formaldehyde
- Parabens
- Fragrances
- Methylchloroisothiazolinone



clinically evaluated products cost much less than some commonly recommended creams. Studies confirm that the RestoraDerm formulations may be used by patients who are undergoing prescription corticosteroid treatment—a very common scenario in the eczema population.⁵

Galderma's RestoraDerm® Eczema Calming Body Wash and RestoraDerm® Eczema Calming Body Moisturizer are proven safe and effective for the management of eczema-prone skin and represent an accessible and affordable option to consider. ■

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