

# CASE REPORTS TO DEMONSTRATE THE USE OF MEDIHONEY® BARRIER CREAM TO TREAT ATOPIC ECZEMA

Abdul Seckam, Academic Associate PhD Student – Cardiff Metropolitan University, Cardiff School of Health Sciences, Llandaff, Cardiff, UK  
Marcy Turkos PT, DPT, CWS, FACCWS, – Clinical Field Manager, Derma Sciences, Inc., Princeton, NJ USA

## INTRODUCTION

Ecze ma is an inflammatory condition of the skin and may be caused by several exogenous (various agents in contact with the skin) or endogenous (internal or constitutional) factors. The prevalence of eczema is unknown, however it is thought to account for about 20% of all patients visiting their general practitioner with a skin condition<sup>1</sup>. Some common areas of eczema are the creases behind the knees, inside of the elbows, on the side of the neck, around the eyes, and ears<sup>2</sup>. The most common symptom of eczema is itching and the clinical signs depend on aetiology, site and duration<sup>2,3</sup>. Erythema (redness), oedema, papules, vesicles and exudate are common features normally observed in an acute episode of eczema. Lichenification (thickening of the epidermal layer of the skin) is a common feature in chronic eczema<sup>2</sup>. The formation of painful fissures in the skin is commonly observed in the hands and feet. This breach in skin integrity allows for infection to occur if not treated carefully<sup>3</sup>.

The main topical treatments for the eczema are emollients and topical steroids. Emollients are applied to the skin in the direction of the hair follicle and keep the skin moist and subtle. Topical steroids are used in inflammatory conditions of eczema and the choice and strength of steroid is dependent on the severity of the condition.

## METHODS

MEDIHONEY® Barrier Cream is used to protect the skin from breakdown due to skin damage via incontinence, and irradiation treatment<sup>4</sup>. The cream can be applied according to manufacturer's instructions and is beneficial in maintenance of the skin integrity caused by shear and friction while maintaining the skin's pH. This case series demonstrates the results seen with thrice daily applications of MEDIHONEY® Barrier Cream to areas of atopic eczema.

## RESULTS

Two patients presenting with areas of atopic eczema were treated using MEDIHONEY® Barrier Cream. Patch testing for 24 hours was performed prior to treatment three times a day to the affected area.

## DISCUSSION

These two cases represent the positive outcomes seen with the usage of MEDIHONEY® Barrier Cream to treat eczema. Historically patients are treated with emollients or steroids and results vary based on severity. In these two cases where MEDIHONEY® Barrier Cream was applied three times a day to the affected area the patients noted decreased eczema symptoms, decreased inflammation and decreased itching. MEDIHONEY® Barrier Cream has most frequently been utilized to manage areas of incontinence however the results documented in these cases may introduce a new area of benefit using MEDIHONEY® Barrier Cream on these challenging patients.

## CONCLUSION

Patients with symptomatic eczema experienced relief of symptoms, decreased inflammation and itching, and improved overall skin condition after 4-14 days of thrice daily applications of MEDIHONEY® Barrier Cream. Further research is recommended

### References:

1. Hunter, J.A.A., Savin, J.A. & Dahl, M.V. (1995). Clinical Dermatology, 2nd Ed. Blackwell, Oxford.
2. NHS (2013). Atopic eczema. Available from: <http://www.nhs.uk/conditions/Eczema-%28atopic%29/Pages/Introduction.aspx> (accessed on 20.08.13).
3. Bianchi, J. (2011). Skin Care: Eczema and dermatitis of the lower legs. Wound Essentials, 6: 46-49.
4. Grothier, L. & Cooper, R. (2011). Medihoney Dressings: Products for practice Made Easy, Wounds UK, 7 (1): 1-6.



## CASE 1

A 44-year-old male patient presented with eczema on the inside of the right elbow. Although he had eczema since an early age, the eczema only flares during the summer months, June-August.

MEDIHONEY® Barrier Cream was applied to the affected area of skin three times daily to help reduce inflammation and symptoms. After 14 days of treatment the patient reported a reduction in itching and symptoms. It was felt that the product was a safe and effective choice for this particular patient.



Before treatment



After 14 days of treatment

## CASE 2

A 24-year-old female patient presented with eczema on left side of her face. She has suffered from this condition since she was 9 months old. She commented that eating fish aggravates the condition.

MEDIHONEY® Barrier Cream was applied to the affected area of skin three times daily to help reduce inflammation and symptoms.

After 4 days of treatment the patient reported a reduction in symptoms and a smooth tone and appearance to her skin. The patient also mentioned a soothing and calming feeling when the barrier cream was applied to her face. It was felt that the product was a safe and effective choice for this particular patient.



Before treatment



After 4 days of treatment