

Atopic Dermatitis Treatments Steps

Note that not all patients will necessarily reach the last step of treatment. Some combinations are possible.

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TOPICAL TREATMENTS

Moisturizing creams
 Medicated creams:
 - Cortisone
 - Protopic 
 - Elidel 
 - Eucrisa^{MC}

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PHOTOTHERAPY

2-3x / week
 Effective in 4-6 weeks
 Specific UV rays

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MEDICATIONS SOMETIMES USED

Methotrexate

Weekly
 Blood tests several times a year
 Side effects: digestive, mild immunosuppression
 Pregnancy not advised during the treatment
 Combined with a vitamin

Neoral/cyclosporine

2x / day
 Used max 2 years at a time
 Blood tests and bloodpressure monitoring
 Side effects: immunosuppression
 Pregnancy not advised during the treatment

Prednisone

For acute crisis
 Notable side effects

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BIOLOGICS AND INNOVATIVE TREATMENTS (in general, very effective)

Tablets - JAK inhibitor

• Rinvoq (Upadacitinib) & Cibinqo (Abrocitinib)

- 1 tablet once a day
- Blood test to be done before and during
- From 12 years old and up
- Vaccination update
- Certain contraindications (see your doctor)
- Pregnancy not advised during treatment

Subcutaneous injections

• Dupixent (Dupilumab)* • Adtralza (Tralokinumab)

- Blocks IL-4 and IL-13
- Blocks IL-13
- Injection every 2 weeks
- Injection every 2 weeks
- (4 weeks if 15 to 29 kg)
- From 12 years old
- From 6 months old
- Pre-filled syringes
- Auto-injector or pre-filled syringes

*Reimbursed with RAMQ if :

- Significant Eczema
- Failed to:
 - 2 strong cortisone creams + Protopic  or Elidel 
- Failure of phototherapy or if not possible

FOR CIBINQO AND RINVOQ: failure of a 4-month trial of an alternative eczema medication