

THE EFFECTIVENESS OF CONSERVATIVE METHODS OF TREATMENT OF ACTINIC KERATOSIS

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Abstract: Oncological diseases of the skin are an actual problem all over the world. In recent decades, there has been a steady increase in these diseases, with an increase in the registration of malignant skin diseases, such as basal cell carcinoma (BCC), squamous cell skin cancer (SCC). One of the effective methods of combating malignant skin diseases is the early detection of precancerous diseases and their adequate treatment before the onset of the malignancy process.

Keywords: precancerous, imiquimod cream, appearance of erythema.

One of the most common precancerous skin diseases is actinic keratosis (AK), the frequency of degeneration into RCC of which varies according to different authors. We analyzed the effectiveness of the treatment of actinic keratosis with external agents diclofenac gel and imiquimod cream.

To evaluate the results of therapy, patients of approximately the same age group (50-75 years) with erythematous form of AK were selected. 10 patients from the first group applied Diclofenac gel twice a day for 12 weeks, the second group of patients (10 people) was prescribed Imichimod cream once a day every other day for 16 weeks. Dynamic monitoring of patients was carried out once a week. The tolerability of treatment and the dynamics of the skin pathological process were recorded.

Tolerability of treatment in the first group was definitely better, since none of the patients complained about the side effects of diclofenac. In the second group, 8 (80%) patients noted the appearance of erythema, various subjective sensations, which forced 2 patients (20%) to stop treatment, and 2 patients (20%) to reduce the frequency of drug use. Long-term results of treatment in both groups were comparable.

Thus, in 4 (40%) patients of the first group, erythematous AK foci brightened by the second month of treatment, and by 12 weeks this result was recorded in 2 (20%) patients. In the second group of patients, 6 (60%) patients had persistent clearing of AK foci by 15 weeks of drug use, and 2 (20%) patients had no obvious changes. It should be noted that the continuation of adequate therapy in 2 (20%) patients who discontinued the drug would most likely also lead to clinical recovery, which would significantly increase the effectiveness of AK therapy in the second group of patients.

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Thus, the study made it possible to evaluate two methods of AK therapy, each of which has its own advantages and disadvantages.

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