

New Hydrocortisone Gel May Help Eczema Sufferers

SKIN-The Journal of Cutaneous Medicine® Article: A Novel Hydrocortisone-ethanol Gel Ointment for Treating Atopic Dermatitis in Children

NEW YORK, NY, UNITED STATES, January 10, 2019 /EINPresswire.com/ -- Atopic dermatitis, also known as eczema, is a chronic skin condition that usually presents in childhood. The patients suffer from itchy, inflamed skin that can be impossible not to scratch. The mainstay of treatment is topical steroid creams such as hydrocortisone and its stronger cousins.



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Dale Pearlman, M.D.

A new study published today in SKIN: The Journal of Cutaneous Medicine highlights a novel formulation of hydrocortisone cream that includes ethanol gel dissolved into the solution. The ethanol gel is theorized to act as an antibacterial that can kill the *Staphylococcus aureus* that often colonizes and perpetuates in eczema outbreaks.

Dale Pearlman, MD, states "There is evidence that ethanol in solution with hydrocortisone does enhance delivery of the hydrocortisone across the skin... we needed to develop a new topical formulation which would prevent stinging, block possible absorption of ethanol and hydrocortisone across eczematous skin, and avoid exacerbating skin dryness." Indeed, the study author seems to have achieved this outcome.

20 children were randomized to receive either hydrocortisone 1% cream or hydrocortisone 1% with ethanol gel. The results of the study found that the new hydrocortisone-ethanol combination was more effective than normal hydrocortisone cream in objective clinical appearance and subjective itching by patients. Pearlman writes "Parents reported their preference for [hydrocortisone ethanol gel] because of its rapid efficacy and being free of prescription corticosteroids and antibiotics."

SKIN: The Journal of Cutaneous Medicine® is a peer-reviewed online medical journal that is the official journal of The National Society for Cutaneous Medicine. The mission of SKIN is to provide an enhanced and accelerated route to disseminate new dermatologic knowledge for all aspects of cutaneous disease.

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