

## **Effect of continued ultraviolet B phototherapy on the duration of remission of psoriasis: a randomized study.**

[Stern RS](#), [Armstrong RB](#), [Anderson TF](#), [Bickers DR](#), [Lowe NJ](#), [Harber L](#), [Voorhees J](#), [Parrish JA](#).

Phototherapy using sunburn spectrum ultraviolet radiation (UVB) is now a frequently utilized treatment for psoriasis that is extensive or has not responded to topical preparations. Four university centers performed a prospective randomized clinical trial to compare remission times of patients with psoriasis who continued UVB phototherapy after initial clearing with this therapy and patients whose UVB phototherapy was discontinued within 3 weeks of clearing. As assessed by life table methods, the time to flare after initial clearing for patients on UVB maintenance therapy was significantly longer than for patients who discontinued UVB within 3 weeks after initial clearing. Our data suggest that continuing UVB phototherapy after initial clearing contributes to the duration of disease control and is justified for many patients.

Publication Types:

- [Clinical Trial](#)
- [Randomized Controlled Trial](#)

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