

Targeted UV-B phototherapy for plaque-type psoriasis.

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OBJECTIVE: To determine whether targeted UV-B phototherapy is efficacious and safe in the treatment of localized psoriasis and whether there is a dose-response relationship. **DESIGN:** Randomized, evaluator-blind, controlled study. **SETTING:** Dermatology clinic in a large university-based hospital in Bangkok, Thailand. **PATIENTS:** Fourteen patients with stable, localized, plaque-type psoriasis. **INTERVENTIONS:** Patients were randomized to receive different fluences of targeted UV-B phototherapy 3 times weekly based on predetermined minimal erythema doses (MEDs). Treatment fluences were constant throughout the study period of 4 weeks. Follow-up was carried out until lesions returned to original state. **MAIN OUTCOME MEASURES:** Modified psoriasis area and severity index. **RESULTS:** All fluences of UV-B produced some clinical improvement and were very well tolerated. Fluences ranging from 1 to 6 multiples of MEDs resulted in clearance of lesions in some patients with 6 MEDs producing clearance in 77% of patients. The number of treatments required to clear psoriatic lesions when 2 to 6 MEDs were used was 5.0 to 6.1 treatments. The only adverse events observed were erythema, which was asymptomatic in most subjects, and hyperpigmentation. **CONCLUSIONS:** Incoherent, targeted UV-B phototherapy is a safe and efficacious treatment modality for localized psoriasis. Its value in other UV-B responsive conditions should be further investigated.

Publication Types:

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

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