

[Therapy of pruritus using ultraviolet irradiation in patients on hemodialysis]

[Article in Czech]

[Jiraskova M](#), [Jirasek L](#), [Stork J](#).

Dermatovenerologicka klinika 1. LF UK a VFN, Praha. jiraskom@post.cz

BACKGROUND: Patients with chronic renal insufficiency (CHRI) frequently suffer from generalized pruritus, which is difficult to palliate. One of the treatments with favourable effect on pruritus is UV radiation. **METHODS AND RESULTS:** Fifteen patients were exposed to UVB radiation in doses from 20 to 45 s or from 1 min and 20 s to 18 min (i.e. 0.09-0.18 J/cm² to 1.9-4.32 J/cm²). Ten of the treated patients reported a marked regression of pruritus, three a slight relief and two of them did not notice any change in the intensity of itching. Another four patients were exposed to the UVA radiation from 0.5 J/cm² to 10.0 J/cm². With exception of one female patient non-of them revealed any improvement in the intensity of pruritus the irradiation. **CONCLUSIONS:** UVB is probably highly effective on inhibition of pruritus and thus can be used as an efficient method, which extends contemporary antipruriginous treatment of patients with CHRI. However, so far it is difficult to explain its favorable effect.

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