

# Ceramide-Containing Moisturiser as Atopic Dermatitis Monotherapy: Clinical Efficacy and Tolerability in Pediatric and Adult Patients

Poster  
P0369

Valeria Aoki<sup>1</sup>, Raquel Leão Orfali<sup>1</sup>, Tara Friel<sup>2</sup>, Ariana Bitton<sup>2</sup>, Nada Baalbaki<sup>2</sup>

<sup>1</sup>Department of Dermatology, Faculdade de Medicina FMUSP, Universidade de Sao Paulo, Sao Paulo, SP, Brazil <sup>2</sup>CeraVe, New York, New York, United States

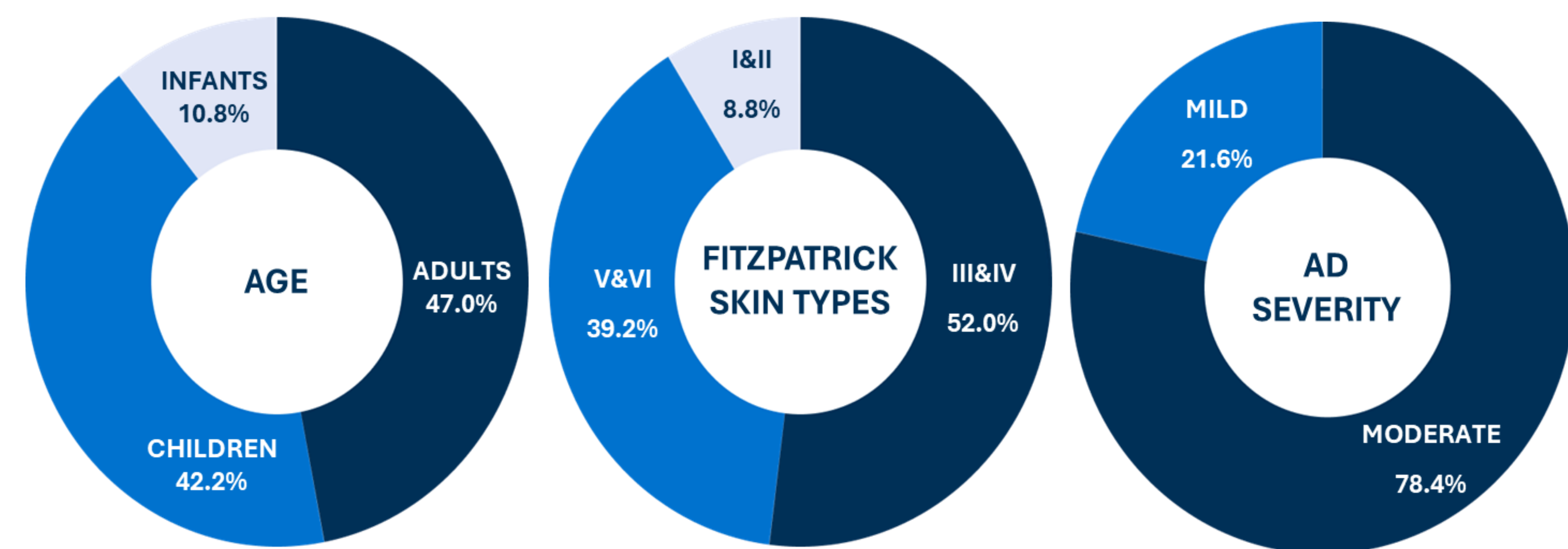
## INTRODUCTION

Atopic dermatitis (AD) is the most common chronic inflammatory skin disease worldwide affecting 103 million children and 101 million adults globally.<sup>1</sup> AD pathophysiology comprises impaired skin barrier function, with altered protein-lipid components, leading to increased transepidermal water loss (TEWL), and therefore enhancing susceptibility to infection and inflammation. Such alterations result in symptoms that may impact patients' quality of life (QoL). Effective moisturizers play a crucial role in restoring the skin barrier function and may exert a role as sparing agents to topical corticosteroids. This study evaluated the clinical efficacy and tolerability of a ceramide-containing moisturizing cream in a diverse panel of pediatric and adult patients with mild to moderate AD.

## METHODS

### AD PATIENTS: EPIDEMIOLOGICAL AND CLINICAL FEATURES

102 subjects, 4 months to 63 years old from Brazil



### STUDY DESIGN

Subjects in this 4-week before-and-after use study applied a ceramide-containing moisturising cream on their arms, legs, or trunk twice daily. Clinician reported outcomes included AD severity score (SCORAD), Overall Dryness Score (ODS), Scaling, Roughness, Redness, and Cracks Sum Score (SRRC). Patient-reported outcomes included itch assessment at baseline, immediately after application, week 2 and 4 in addition to 3- and 7-day regressions. Tolerability and QoL were also assessed via patient questionnaires and Dermatology Life Quality Index (DLQI).

## RESULTS

Figure 1. Change in SCORAD vs. Baseline

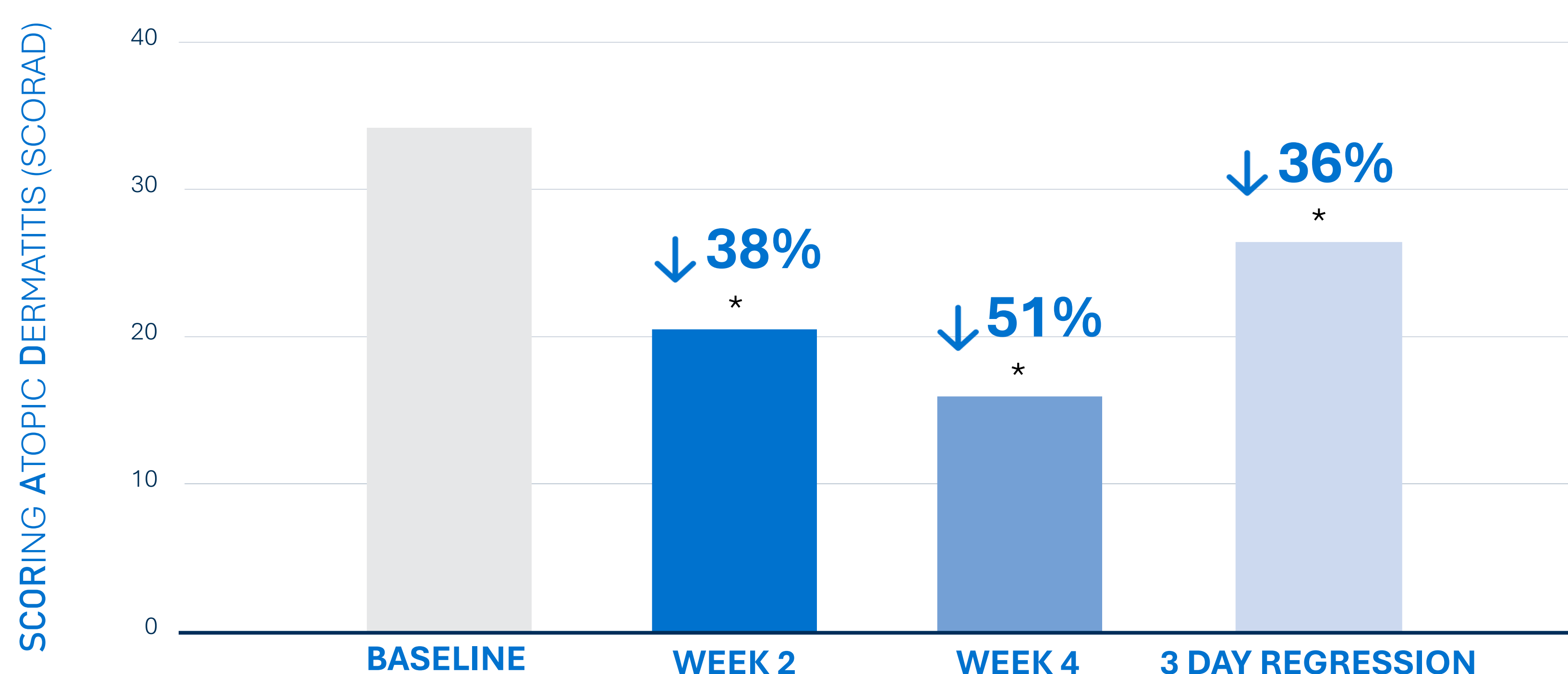


Figure 2. Change in ODS vs. Baseline

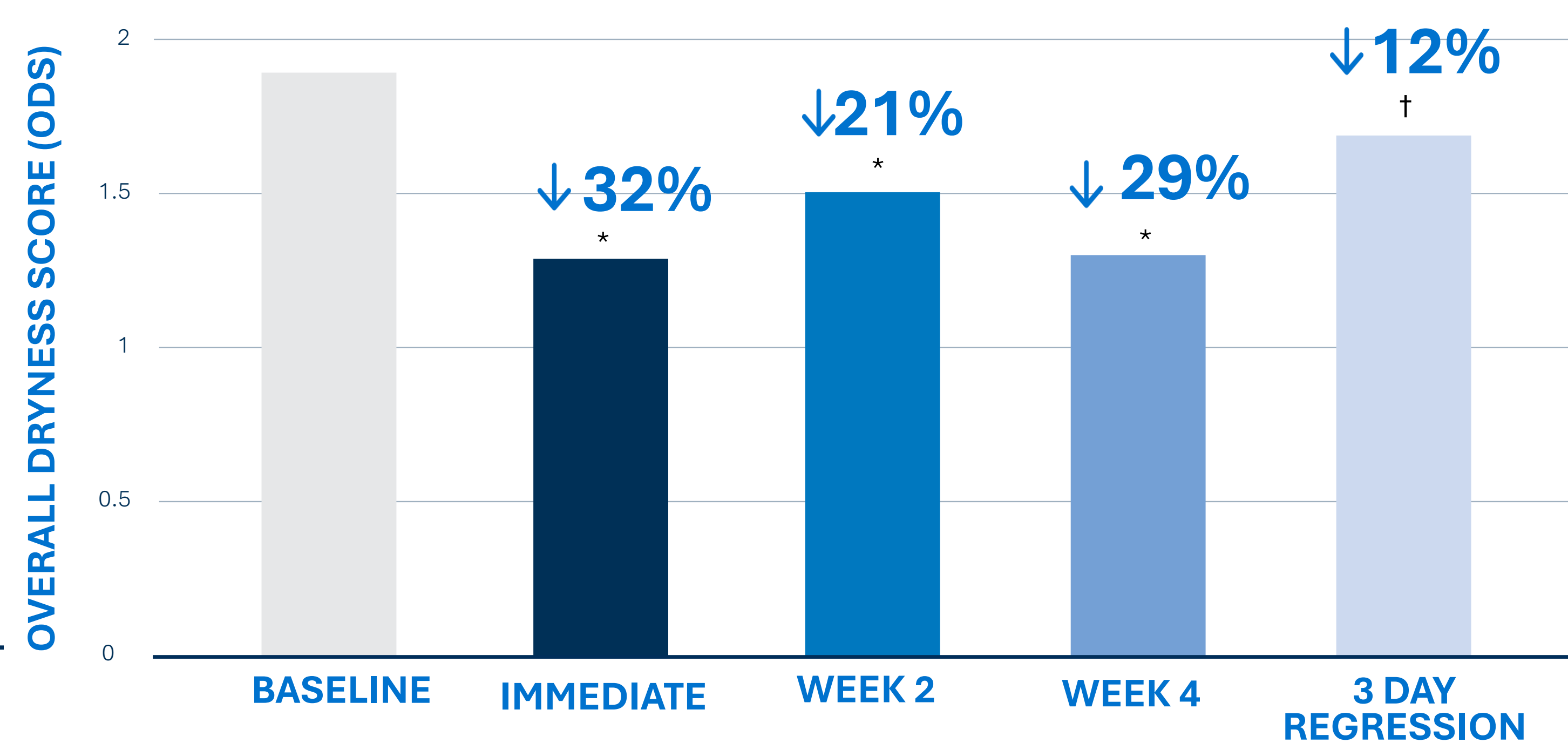
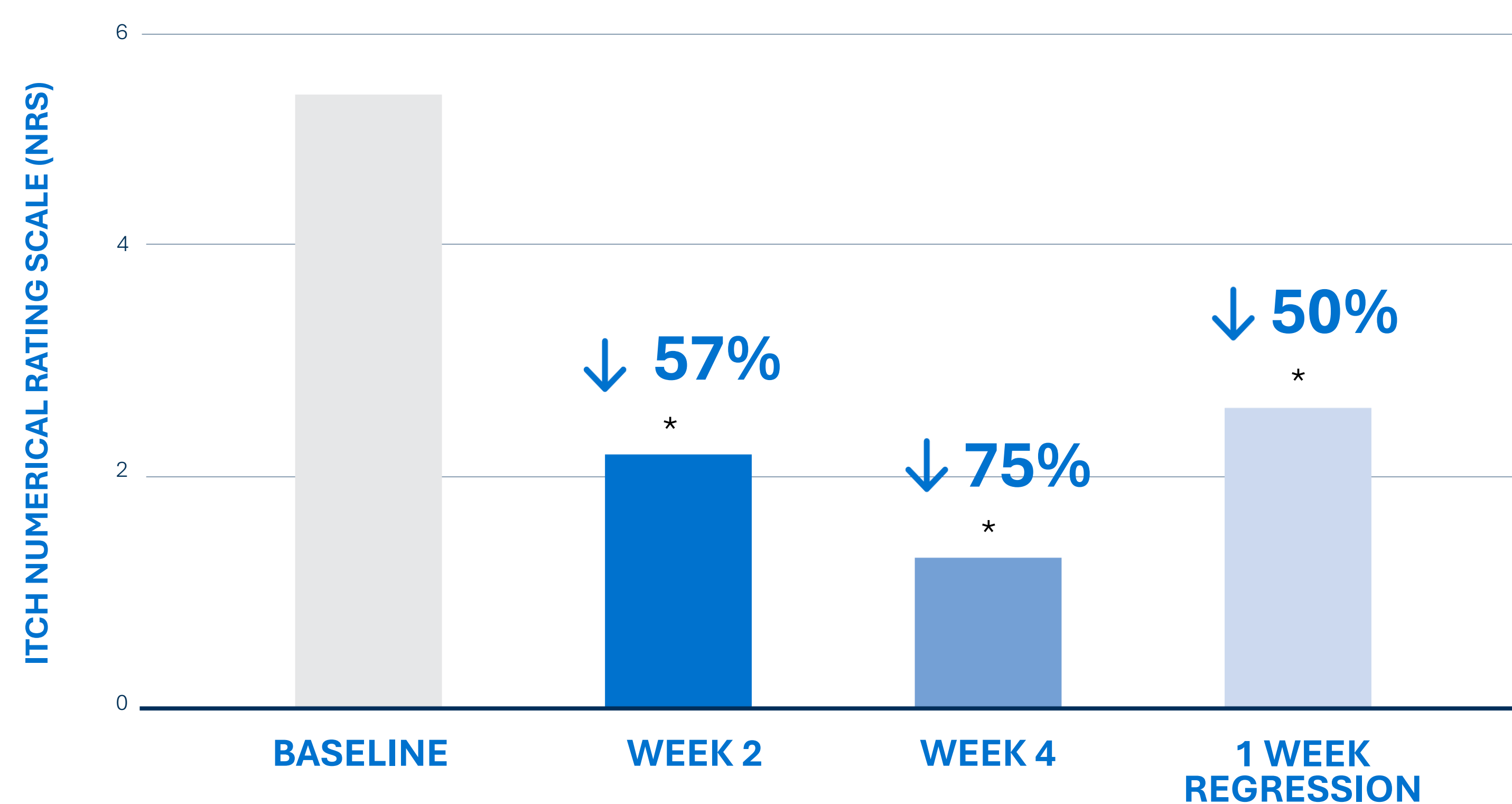


Figure 3. Change in Visual Dryness vs. Baseline (Above average SCORAD, Average ODS)



Figure 4. Change in Average Itch Scores vs. Baseline



- After 4 weeks, treatment demonstrated good cosmeticity, easy application, and addition to high tolerance and satisfaction
- 99% of patients agreed skin felt hydrated and smooth
- 95% of patients agreed product is easy to apply and is suitable for daily use
- 96% of patients agreed product is suitable for daily use
- After 4 weeks, patients demonstrated a 78% increase from baseline in DLQI

## CONCLUSION

This inclusive study demonstrates the efficacy and tolerability of a ceramide-containing moisturising cream in managing mild to moderate AD across a diverse patient population. The significant improvements observed in SCORAD, SRRC, ODS, and patient-reported itch, coupled with the sustained benefits after discontinuation of use, highlight the ceramide-containing moisturizer's ability to effectively address AD symptoms and enhance QoL for a diverse patient population.

\*P < 0.001. †P < 0.01. Statistically significant compared with baseline.

1) Tian J et al. *Brit J Derm.* 2023;190(1): 55-61.