

## THE INFLUENCE OF COMPLEX THERAPY ON SERUM VITAMIN D LEVELS IN PATIENTS WITH ATOPIC DERMATITIS

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<b>Heading</b>	CLINICAL OBSERVATIONS
<b>Type of article</b>	Scientific Article
<b>Annotation</b>	<p><b>Introduction:</b> The relevance of the study lies in the necessity to develop highly effective and pathogenetically substantiated therapy methods for atopic dermatitis (AD), which is a chronic inflammatory skin disease with multifactorial pathogenesis. In recent years, there has been growing interest in the role of Vitamin D as a key modulator of the immune response and skin barrier function.</p> <p><b>Objective:</b> To analyze the effect of the developed complex therapy, which includes standard treatment, Vitamin D (1000 IU/day), and L-arginine, on the level of serum 25-hydroxyvitamin D [25(OH)D] in patients with dermatosis.</p> <p><b>Materials and Methods:</b> 70 adult patients with AD were examined using clinical, enzyme immunoassay, and general clinical research methods. To assess the clinical efficacy of the developed complex therapy for AD, patients were randomized into two groups: the first (comparative) group (Group A) – 35 persons receiving standard AD therapy, and the second (research) group (Group B) – 35 persons receiving the developed complex AD therapy.</p> <p><b>Results:</b> The application of the developed complex AD therapy was accompanied not only by the regression of clinical manifestations of the disease but also by a significant increase in Vitamin D levels in all examined patients of Group B ((<math>27.9 \pm 2.34</math>) ng/ml after treatment vs. (<math>13.7 \pm 2.46</math>) ng/ml before treatment, <math>p &lt; 0.001</math>), in contrast to individuals receiving only standard dermatosis therapy (Group A) ((<math>12.56 \pm 2.01</math>) ng/ml after treatment vs. (<math>13.75 \pm 2.11</math>) ng/ml before treatment).</p> <p><b>Conclusions:</b> Complex pathogenetic treatment of AD is highly effective and pathogenetically substantiated in this complex patient population and can be successfully used in various conditions of practical dermatovenereology.</p>
<b>Tags</b>	<i>atopic dermatitis, skin, Vitamin D, chronic dermatoses, diagnosis and treatment.</i>
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