

## Reports on Scientific Meetings

# Optimising Psoriasis Topical Treatment: An Evidence-Based and Practicality Review

Reported by KF Cheng 鄭劍峰

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Date: 4 June 2018  
Venue: Crystal Room 1 & 2, Level B3,  
Holiday Inn Golden Mile Hong  
Kong, Tsim Sha Tsui  
Organiser: The Hong Kong Society of  
Dermatology and Venereology

effects. The Cal/BD formulation has an additional advantage as the steroid-induced atrophogenic effects are reduced by calcipotriol, thus reducing the extent of steroid atrophy. The fixed combination Cal/BD gel formulation was also found to reduce treatment costs by an overall improved adherence over Cal/BD ointment in mild to moderate psoriasis.

Speaker: Melinda Gooderham  
Dermatologist, Skin Centre for Dermatology,  
Peterborough, Ontario, Canada

The success of treatment depends heavily on adherence to topical therapies. Major factors for adherence to topical therapies include ease of use and effectiveness of the topical treatment. The speaker has found that calcipotriol-betamethasone dipropionate (Cal/BD) formulation has a better efficacy profile and led to greater patient satisfaction than the mono-component formulation due to its immunomodulatory and anti-inflammatory

### **Learning points:**

Adherence of topical therapies is a challenge and treatment can be optimised. Pharmacoeconomic evaluation has shown higher cost-effectiveness of the fixed combination Cal/BD compared to single agents. Given its effectiveness, tolerability, and cost-effectiveness, topical treatment with the compound Cal/BD should be considered first-line therapy in the treatment of psoriasis.