

Evaluating the Impact of a Ceramide-Containing Moisturizing Cream on Dry to Very Dry Atopic Skin: A Global Observational Study

Ariana Bitton¹, Duaa Eisa¹, Nada Baalbaki¹

¹CeraVe, New York, United States

INTRODUCTION & OBJECTIVES

Dry to very dry skin is a common symptom associated with atopic dermatitis (AD), a chronic inflammatory skin condition characterized by impaired skin barrier function and altered ceramide levels. Moisturizers play a crucial role in restoring the skin barrier, improving hydration, and alleviating symptoms of AD. Given the impact of AD on patient quality of life and the relevance of moisturizers as effective therapeutic interventions, there is a need for observational studies to assess physician and patient satisfaction and evaluate the impact of moisturizers on their symptoms.

Objective: Evaluate the effect of a ceramide-containing moisturizing cream on dry to very dry atopic skin and evaluating patient quality of life and patient satisfaction with the product experience.

METHODS

PATIENT HISTORY

- 2,411 patients 18 years of age or older with mild to severe atopic dermatitis
- Baseline demographics: men, 37%; women, 63%; mean age, 36.75 years
- 17 countries (United Arab Emirates, Saudi Arabia, Kuwait, Qatar, Bahrain, Oman, Poland, China, Germany, Tunisia, Libya, Brazil, Egypt, Australia, Spain, Argentina, Italy)
- All Fitzpatrick types were included in the study, with most patients being types II, III, and IV. (Fig 1)

Fitzpatrick Phototype

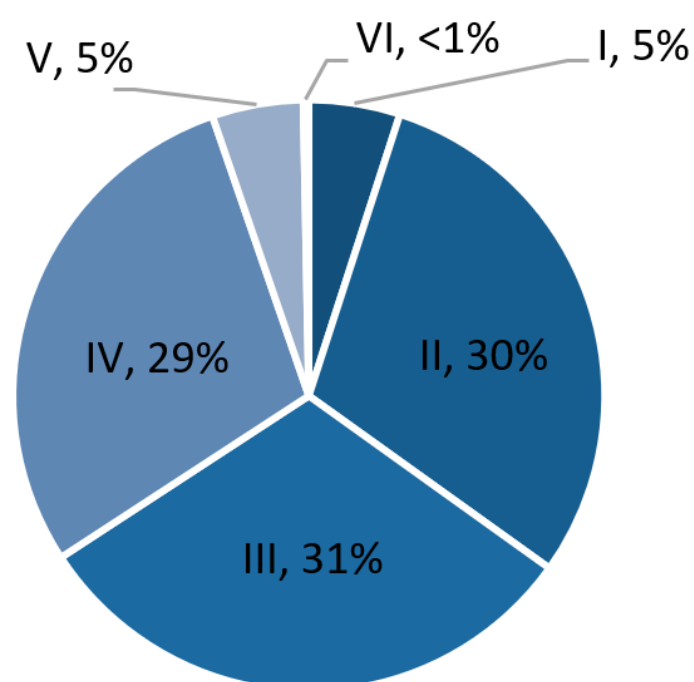


Figure 1. Patient demographic breakdown by Fitzpatrick type.

- 68% of patients had lesions covering <30% of the skin surface at baseline
- 54% of patients in the study were prescribed treatment for AD in addition to the the use of the ceramide-containing moisturizing cream

STUDY DETAILS

- Study method: 4-week observational study
- Visits: baseline and week 4 at participating physician offices
- Intervention: ceramide-containing moisturizing cream to be used 1-2x daily
- Assessments: (1) physician-assessed AD severity; (2) patient-reported skin discomfort and quality of life

RESULTS

Physician-Assessed Treatment Impact

After the treatment period, there was an overall decrease in the intensity of AD (Fig 2), with a 42% reduction in intensity and a 51% decrease in affected skin surface. (Fig 3)

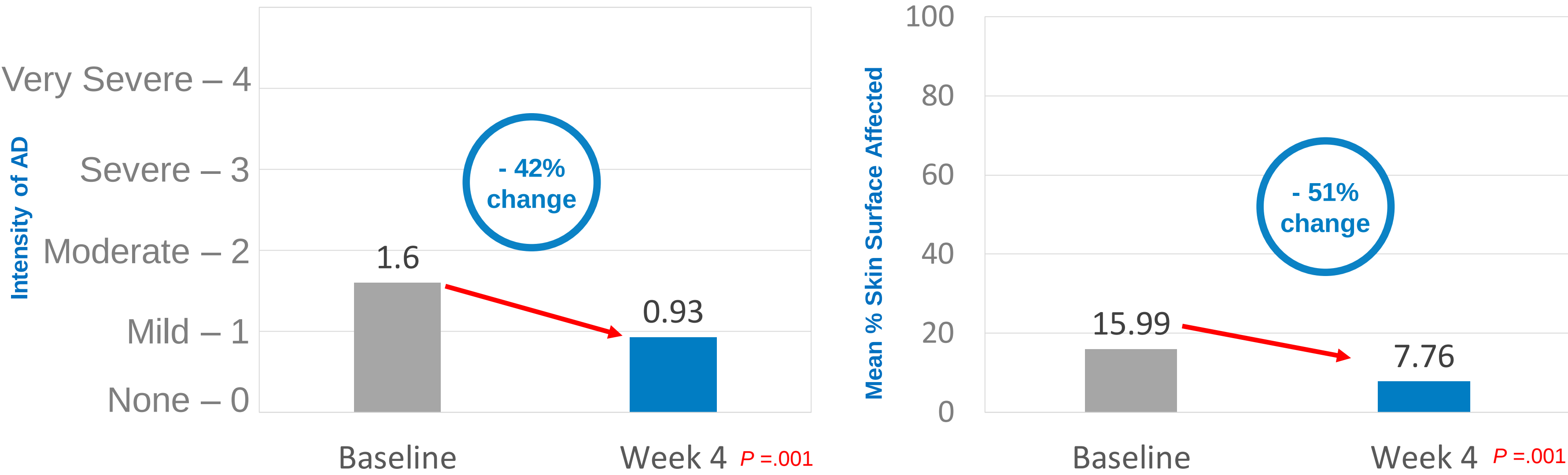


Figure 2. On a scale of 0 to 4, mean intensity of atopic dermatitis was changed by 42% after 4 weeks.

Figure 3. There was a 51% change in mean percent of skin surface affected after 4 weeks of use.

Patient-Assessed Treatment Impact

Significant decreases post-treatment were experienced by patients on symptoms of itching (-69%), tingling (-39%), pain (-54%), and burning (-59%). (Fig 4)

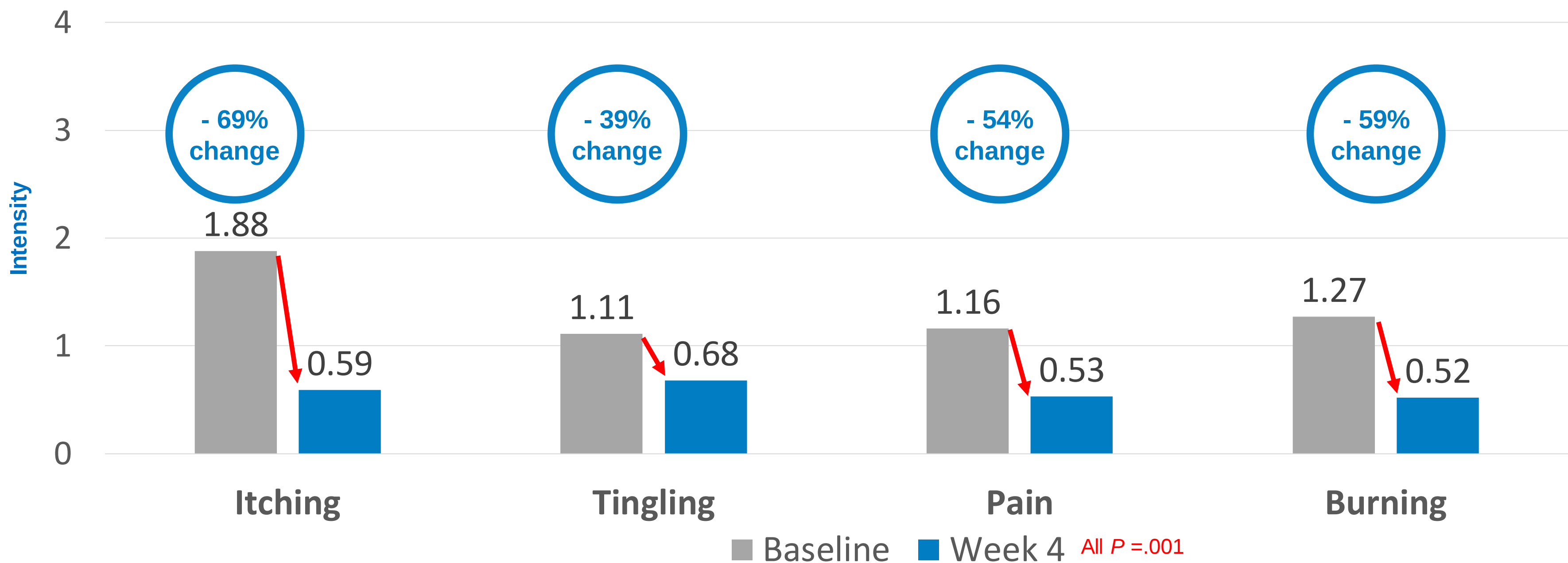


Figure 4. Measured on a scale of 0 to 4, patients experienced significant reductions in symptoms including itching, tingling, pain, and burning after 4 weeks.

Patient-Reported Impact on Quality of Life

From baseline to post-treatment, patient description of their AD severity shifted from "minor" or "major" to mostly "not a problem" or "only a minor problem. (Fig 5)

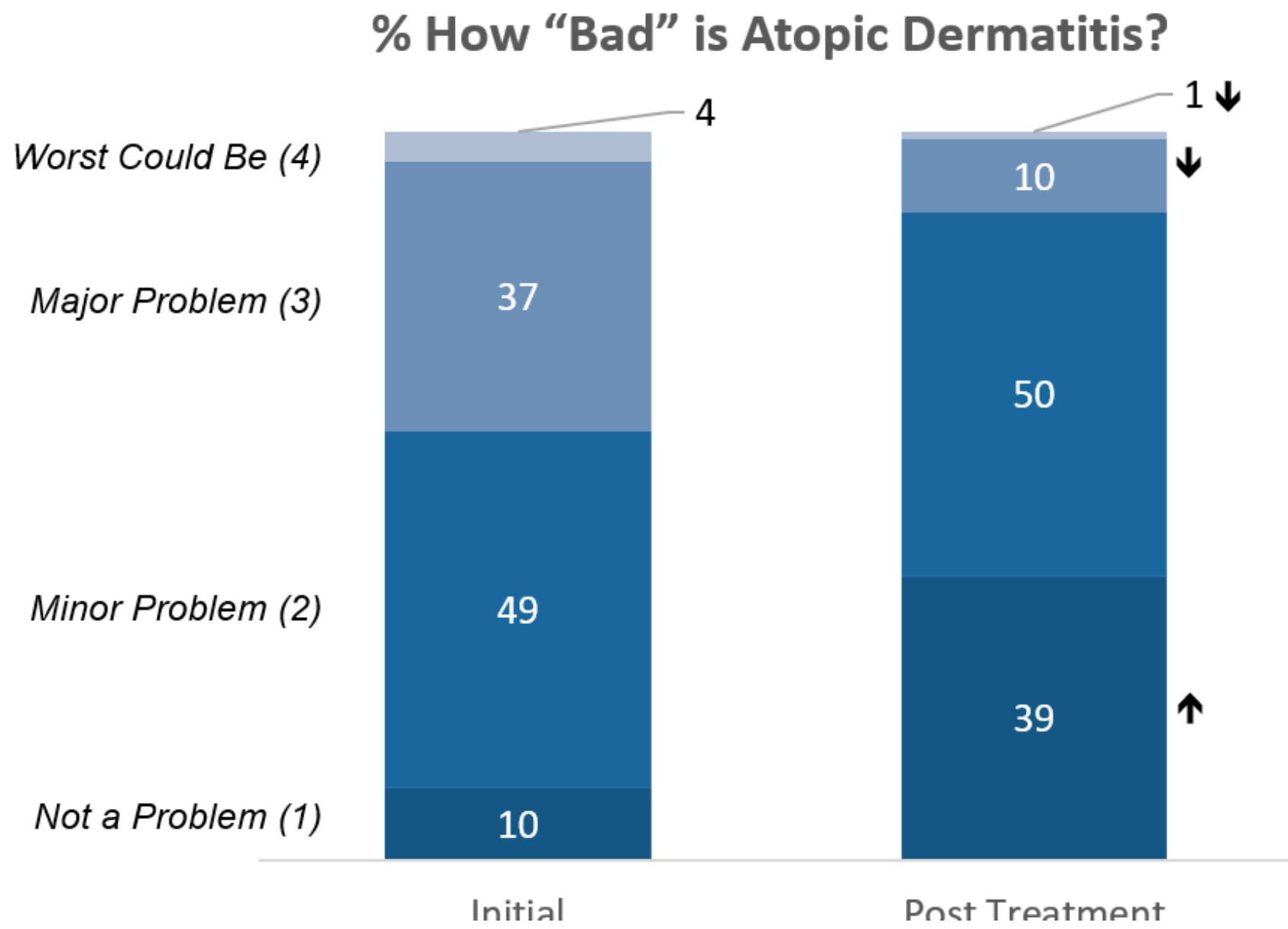


Figure 5. Patient-described severity of atopic dermatitis.

Patient-reported emotional concerns caused by AD decreased following treatment. (Fig 6)

Emotion Experienced	Emotion Experienced in Past Week, %	
	Baseline	Week 4*
Aggressive / Frustrated	31	7 ↓
Embarrassed / Self-Conscious	30	8 ↓
Stressed	33	8 ↓
Influenced Clothing Choices	29	8 ↓
Interfered with Social Life	23	6 ↓
Difficulty with Physical Activities	23	6 ↓
Interfered with Relationships	19	5 ↓
Interfered with Work / Studies	21	5 ↓

* ↓ indicates significant increase/decrease from initial timeframe at 95% confidence

Figure 6. Patient assessment of the impact of AD on quality of life.

Both physicians and patients felt the product was well tolerated, rating it high to excellent.

CONCLUSIONS

Study findings demonstrated positive and consistent perceptions of tolerance and efficacy towards the ceramide-containing moisturizing cream from both physicians and patients. The results suggest the moisturizing cream helps reduce AD-associated symptoms, including dry skin, desquamation, erythema, and itching, highlighting the potential benefits in helping to manage AD and improving patient quality of life.