

〈一般論文〉

セルフメディケーションにおけるスキンケアの役割の検証  
—アトピー性皮膚炎患者を対象とした臨床使用試験—

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**Investigating the Role of Skin Care in Self-Medication:  
Clinical Trial of Prototype Skin Care Products in Patients with Atopic Dermatitis**

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**Abstract**

Recently, in the field of dermatology, the number of patients, especially adults, with atopic dermatitis (AD) has increased. In addition to conventional drug treatments, the appropriate use of skin care products can help in the recovery of normal skin conditions, thus improving the quality of life (QOL) of patients with AD. Therefore, an appropriate use of skin care products is expected to help facilitate self-medication. This study investigated efficacy of skin care products containing tranexamic acid in AD patients. After using prototype skin care products for 4 weeks, a significant recovery from drying and itching symptoms was observed. The average water content of the stratum corneum increased significantly from 70.5 to 95.5 AU. Approximately 65% of the subjects realized the importance of skin care. Assessment of skin irritation by patch testing in patients with dermatitis showed that prototype skin care products caused almost no irritation, and no severe adverse events were detected in the clinical trial. Overall, this study indicated that daily skin care may play a partial role in preventing the recurrence of dermatitis. It was shown that the appropriate use of skin care products was beneficial for patients with AD and could contribute to the promotion of self-medication among patients with AD.

**Key words:** atopic dermatitis, skin care, self-medication, quality of life, tranexamic acid.