



The efficacy of desensitization therapy in adult patients suffering from atopic dermatitis allergic to house dust mites

Agnieszka Bogacz-Piaseczyńska, Martyna Miodońska, Andrzej Bożek

*Clinical Department of Internal Medicine, Dermatology and Allergology in Zabrze,
Medical University of Silesia in Katowice, Poland*

Introduction

Allergen immunotherapy (AIT) is not commonly the primary treatment option for atopic dermatitis (AD) and has faced criticism regarding its efficacy.

Aim

The effectiveness and safety of AIT were assessed in adult patients with AD and monosensitisation to house dust mites.

Material and methods

In the double-blind, placebo-controlled study, a total of 37 patients participated. Patients were considered eligible if diagnosed with atopic dermatitis; had moderate-to-severe AD according to the EASI index with at least 7.1 points, the % BSA scale with at least 16 points, and the IsGA scale with 3 points; had positive skin prick tests (SPTs); and were positive for the specific immunoglobulin E (sIgE) response to *D. pteronyssinus* and *D. farinae* extracts, as well as Der p 1 and Der f1. The patients received Purethal mites (20,000 AUeq/mL, HAL Allergy, Leiden, The Netherlands) with the extract allergens *D. pteronyssinus* and *D. farinae* (50/50%) or a placebo for 12 months. The primary outcomes included changes in EASI, % BSA, and IsGA due to SCIT between the initiation and after 12 months of therapy.



XV MIĘDZYNARODOWY KONGRES POLSKIEGO TOWARZYSTWA ALERGOLOGICZNEGO

Results

Within the study cohort, significant improvement was observed in terms of the EASI score from 43 ± 8.2 to 21 ± 5.9 points, % BSA from 72 ± 18 to 28 ± 11 points, and IsGA from 4.5 ± 0.5 to 1.5 ± 0.5 points after 1 year of AIT. Additionally, a significantly higher proportion of patients achieved success according to the IsGA scale (IsGA < 2) in study group from 13/20 (65%) to 4/14 (29%) was observed ($p < 0.05$).

Conclusions

Allergen immunotherapy in patients with AD monosensitized to house dust mites significantly improved the clinical course of the disease after one year of treatment.