

Medical Anti-Aging Skin Care for Face and Body – Results of a Multicentric In-Use Study in Subjects with Sensitive Skin

Bohnsack K., Schölermann A., Scherdin U., Filbry A., Bürger A., Rippke F.

Beiersdorf AG, Hamburg, Germany

Abstract

We investigated efficacy, skin compatibility and caring properties of a medical anti-aging skin care system consisting of 2 preparations developed to meet the specific needs of sensitive skin conditions of facial and body skin:

- an oil-free o/w emulsion fluid for daily face care (Eucerin® Hydro Protect Mat) containing alpha-glucosylrutin (AGR) and tocopherol (vitamin E) as free radical scavengers plus an SPF 15 and high UVA-protection.

- a light o/w emulsion lotion for daily body care containing micro-encapsulated pure retinol as skin firming active (Eucerin® Anti-Age Body Lotion).

For both products an open controlled multicentric clinical in-use study was performed for 4 weeks in 887 patients with sensitive skin, including chronic dermatoses like atopic dermatitis, psoriasis or contact dermatitis. Concomitant pharmaceutical medication against the underlying skin disease was used if necessary. Evaluation of the facial and body skin in comparison to baseline and compatibility of the products with concomitant medication were assessed by physicians after 2 and 4 weeks of treatment. Additionally, tolerability and product characteristics were evaluated by the patients at the end of the study. According to the physicians' evaluation 85% (facial fluid) respectively 94% (body lotion) of the patients demonstrated improved skin conditions at the end of the study. The skin symptoms fine wrinkles, tension, dryness, scaling, and itch were significantly improved. In 94% (facial fluid) respectively 98% (body lotion) of patients the tolerability of the products was assessed to be very good or good regardless of whether or not concomitant medication was used. At the end of the study, patients' satisfaction with the products was high and the dermatologists were willing to recommend the products in more than 90% of their patients.

We conclude that the Eucerin® medical anti-aging skin care system consisting of Eucerin® Hydro Protect Mat Fluid and Eucerin® Anti-Age Body Lotion is excellently suited for patients with sensitive skin, even in cases of chronic dermatoses like atopic dermatitis.

Introduction

Sensitive skin is caused by endogenous factors like age, skin type, chronic diseases, psychological factors or exogenous factors like climate, season, exposure to chemicals/UV-rays or medical therapy (drugs, x-ray therapy). It causes objective symptoms like redness, scales, edema and/or subjective symptoms like itch, burning and tension. It needs protective skin care for the prevention of irritations and possible consecutive skin diseases (1). Topical preparations that contain active ingredients with radical scavenging properties like alpha glucosylrutin (AGR), retinol and vitamin E (2,3) are known to protect against the signs of skin aging also in sensitive skin conditions (3,4,5). This multicenter in-use study was designed to document under practical conditions the efficacy, tolerability and cosmetic properties of two innovative anti-age preparations developed to meet the specific needs of sensitive facial and body skin.

Materials and Methods

Study preparations

1. Facial fluid: an oil-free hydrophilic emulsion fluid for daily face care (Eucerin® Hydro Protect Mat) containing alpha-glucosylrutin (AGR) and tocopherol (vitamin E) as free radical scavengers plus an SPF 15 and high UVA-protection.

2. Body lotion: a light o/w emulsion lotion for daily body care containing micro-encapsulated pure retinol as skin firming active (Eucerin® Anti-Age Body Lotion).

Patients

887 patients (27 male, 860 female, mean age 43.2 ± 12.5 years) with sensitive skin were included in the study conducted by 180 dermatologists in private practice. 23% of patients suffered from dermatological diseases: 10% of them from atopic dermatitis, 2% from psoriasis, 2.5% from contact eczema, 9% from different diagnoses. 27% of patients were treated with a concomitant pharmaceutical therapy. 36% of the patients had a mixed skin type, 34% rather dry skin, 13% dry skin, 12% normal skin and 4% had an impure skin type. The facial fluid and the body lotion were applied to facial and body skin, resp., over a period of 4 weeks 2 times daily according to the doctors' instructions.

Evaluation criteria

At baseline, skin condition regarding dryness, inflammation, scales, wrinkles, pigmented spots, itch, feeling of tension and burning, was rated from "not present" (grade 0) to "very strong" (grade 3). Current dermatological diseases and their treatment were recorded as well as any allergy present. The efficacy of the products was assessed after 4 weeks on the basis of these parameters. Moreover, any adverse effects observed were recorded and the overall efficacy and tolerability assessed. The cosmetic properties of the facial fluid were assessed by the patients using a 7-point ranking. Any dropouts were likewise recorded as well as recommendation to continue the preparation by the treating physician.

Results

Facial fluid

The comparison of the general skin condition at start and end of the study showed an improvement or normalization in 85% of the patients (Fig. 1).

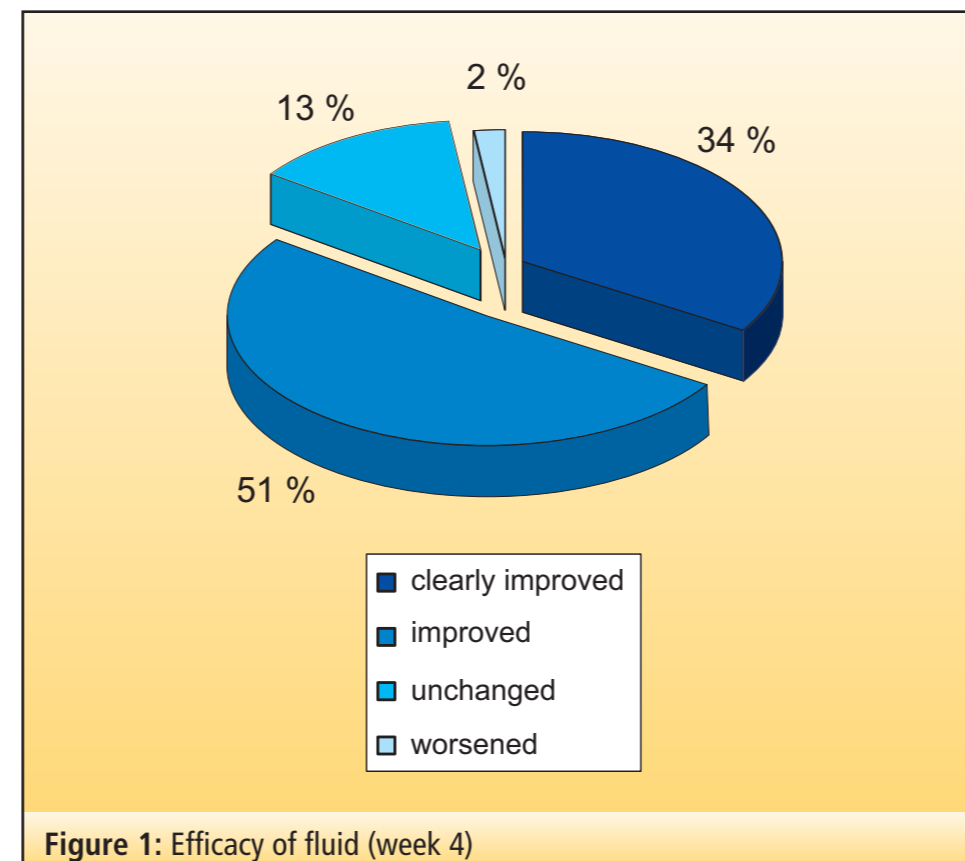


Figure 1: Efficacy of fluid (week 4)

The clinical symptoms were impressively reduced independently of an additional concomitant therapy (Fig. 2). Skin compatibility proved to be good or very good in 94% of the patients, regardless of whether the patients had a dermatological disease or an allergy. Cosmetic properties were judged overall very positively (Fig. 3). 66% of the patients reported to prefer the fluid to their normally used face product. The dermatologists recommended the further use of the fluid in 92% of treated subjects.

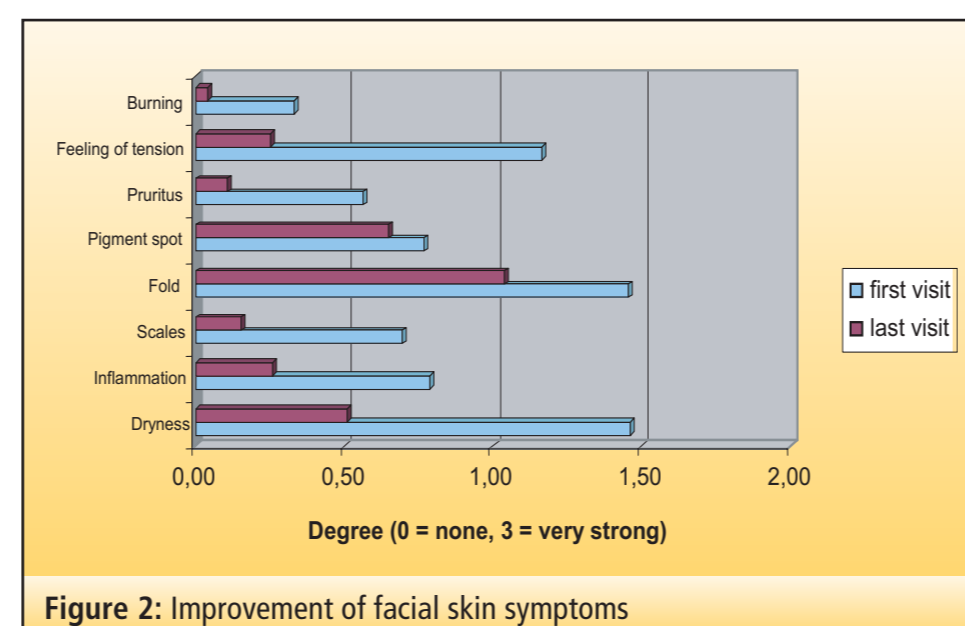


Figure 2: Improvement of facial skin symptoms

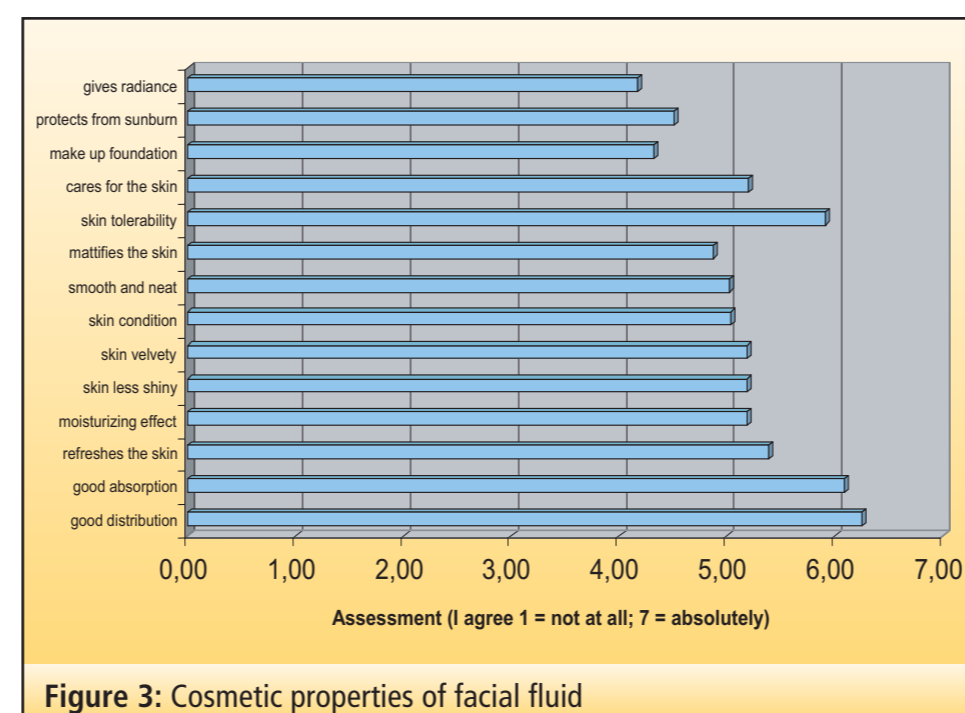


Figure 3: Cosmetic properties of facial fluid

Body lotion

After 4 weeks of treatment the general skin condition was normalized or improved in 94% of the patients. The symptoms of sensitive skin had nearly disappeared in 80% of the patients (Fig.4). The tolerability of the lotion was judged as very good or good in 99% of the cases regardless of having an underlying skin disease or allergy. An additional concomitant therapy did not influence the results. 93% of the patients liked to continue the use of the lotion after the study. It was recommended by the dermatologists for further use in 96% of treated subjects.

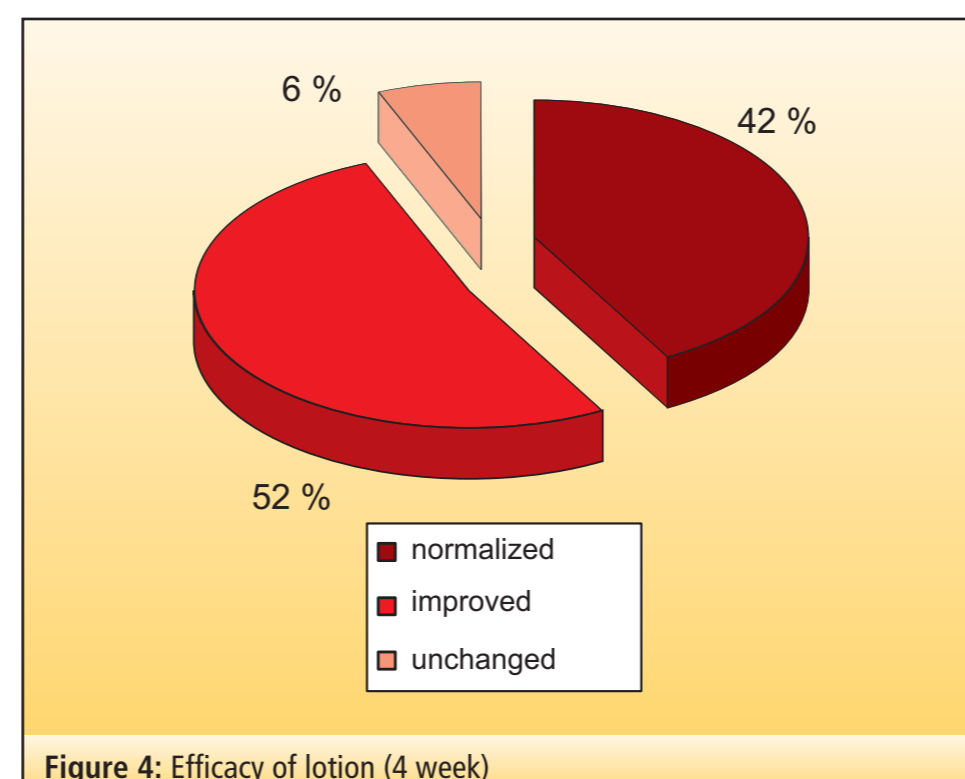


Figure 4: Efficacy of lotion (4 week)

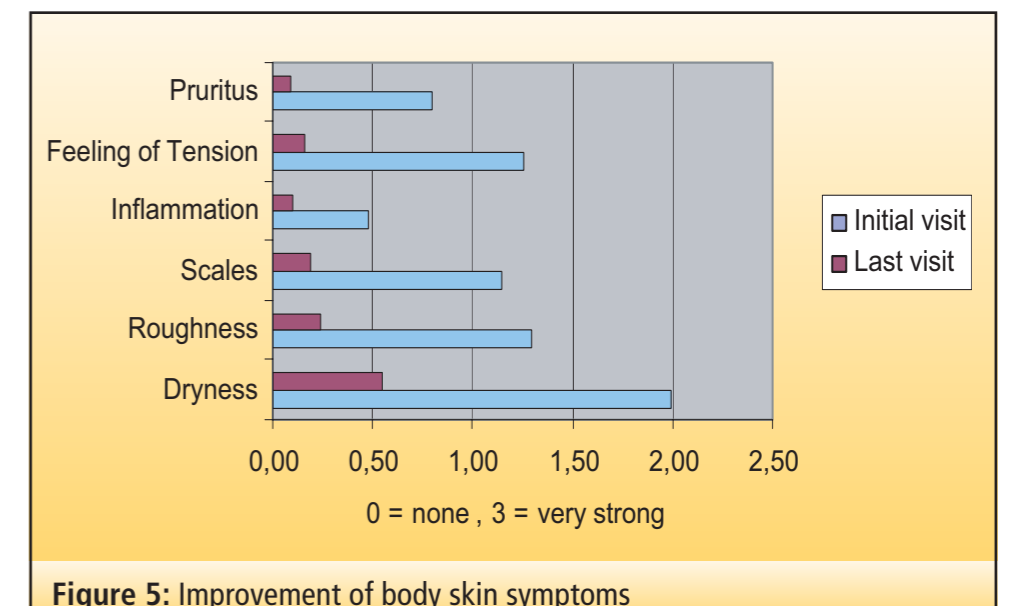


Figure 5: Improvement of body skin symptoms

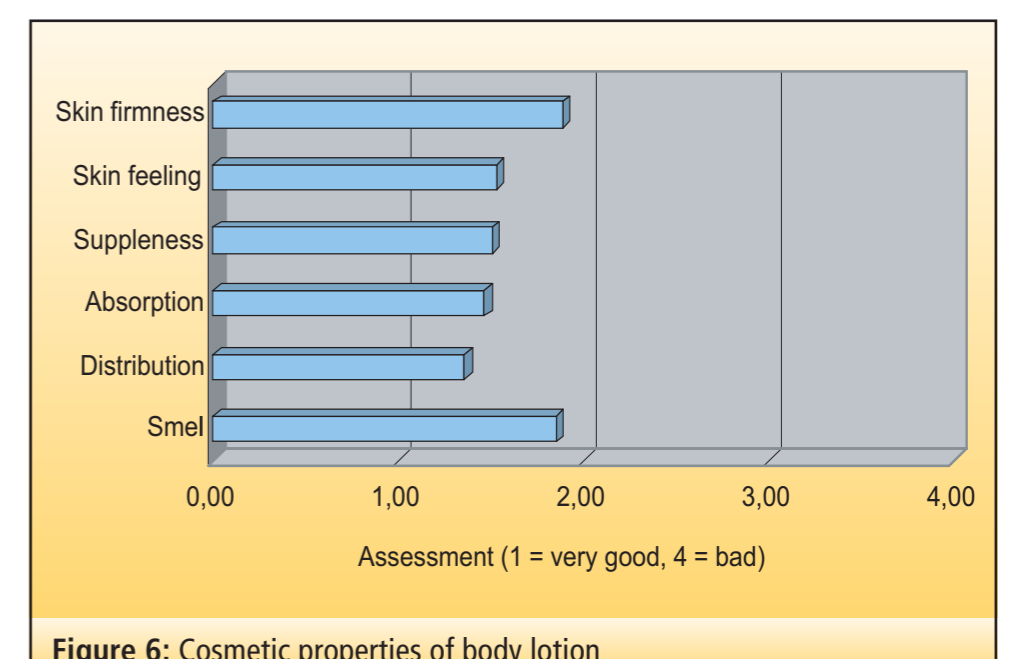


Figure 6: Cosmetic properties of body lotion

Discussion and Conclusion

As sensitive skin is triggered by several environmental factors like UV-rays or chemicals which are known to induce free radical formation (3), it is possible that free radicals themselves are involved in the development of this skin condition. The excellent efficacy and tolerability of the facial fluid Eucerin® Hydro Protect Mat (containing alpha-glucosylrutin, tocopherol plus an SPF 15 and high UVA-protection) and Eucerin® Anti-Age Body Lotion (containing encapsulated retinol as free radical scavenger) were proven in this multicenter study in patients with sensitive skin. Within 4 weeks of treatment there was a distinct improvement in the skin condition, especially in the main symptoms dry skin and feeling of tension. Corresponding to this positive assessment of efficacy, the preparations were very well or well tolerated by 94% (Facial Fluid) and 99% (Body Lotion) of the patients, respectively. The products are therefore proven to be suitable for medical skin care and adjuvant treatment of patients with sensitive skin also in case of chronic dermatoses.

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