

BAD/DC Travel Fellowship - Summer 2018

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AAD Annual Meeting, Washington D.C. from 1-5 March 2019

I am very grateful to the British Association of Dermatologists for their contribution towards my attendance at this truly inspiring meeting. Personal highlights were as follows:

Contact dermatitis

Propylene glycol - 2018 allergen of the year – increasingly common ingredient. FDA approved for processed foods such as ice cream, salad dressing and baked goods. Also found in 89% of hair dye kits, 62% of topical steroids and 21% of moisturisers

Parabens – 2018 contact (non) allergen of the year - reactions are uncommon and they are actually one of the least allergenic preservatives available. The unsubstantiated public perception of paraben safety has led to it's replacement in many products with preservatives of greater allergenic potential.

Acne and alopecia

Clascoterone – first topical androgen receptor inhibitor under investigation for acne and androgenic alopecia. Phase 3 trial data demonstrated statistically significant results and a tolerable safety profile for the treatment of acne.

Benzophenones serve as UVA and UVB blockers in sunscreens. Oxybenzone is the most common sunscreen allergen was introduced by the FDA in 1988. The first cases of frontal fibrosing alopecia were reported in 1994. Suggestion that mineral sunscreens such as zinc oxide or titanium dioxide are preferable.

Atopic dermatitis

IL-31 and IL-13 on the horizon as well as the oral and topical JAK inhibitors

Psoriasis

Prof Mark Lebwohl's psoriasis pearls including : no risk of tuberculosis reactivation with IL-17 and IL-23 blockers, monitor for Candida infections in IL-17 patients and treat it with a single dose of 150mg of oral fluconazole and IL-17 and IL-23 blockers do not elevate cancer risk but there is a higher risk of non-melanoma skin cancer with TNF-alpha blockers.

