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Artificial white light PDT for AK: a study of 38 patients in private office practice

Photodynamic therapy (PDT) using daylight (DL) is an effective treatment for actinic keratosis (AK). Unfortunately, DL-PDT can be carried out only in suitable temperature and weather conditions. This study aims to report the clinical outcomes of a new and innovative white LED device (Dermaris, Surgiris, Croix, France) in patients treated for AK lesions of the scalp in a private medical dermatology centre. 38 patients with grade I–II AK of the scalp were treated after standard skin preparation followed by 2 g of MAL cream (Metvixia, Galderma, France) applied on lesions and the surrounding normal skin. Immediately after the Dermaris was placed 20 cm from the scalp and switched on for 2.5 hours of photoactivation leading to a total light dose: 26.1 J/cm². Three months following treatment, the rate of patients with less than five AK lesions was 68%. The median pain score was 0 out of 10 (IQR: 0-0). Crusts, discomfort and pruritus were rated as mild or less in more than 87% of patients. Artificial daylight PDT using the Dermaris as administered in this study is an effective and nearly painless treatment with minimal side effects for patients with AK lesions of the scalp.