

UVB

가 37 UVB 19.8 3 (mineral oil) . 2 가 11 10 5.2 가 9 13 16 5 3 가 1-2 UVB 2 UVB , oxoralen UVA UVA 가 13 UVB , UVA, UVB, UVAB, PUVA 16 가 1 T (T4) T (T8) , Th-2 interleukin-4, 5, 10 가, Th-1 interferon (IFN- γ) 2 가3 1 8 30% 가 T , 16 , T T8 가 , T4 T4/T8 가 35 (immunologic unresponsiveness) 35 (degranulation) 3 Th-1 67 Th-2 가 가 8 IFN- γ 가

limus) , cyclosporine, FK506 (tacrolimus), interferon cytokine, thymopentin, γ -linolenic acid

1. UVA, UVB, UVAB, PUVA

13 UVB ,

가 16

1998 11 12 > * 1998 4 17 50

: 139-711 1 280-1,

: (02)970-8580 Fax : (02)974-1577

Fig. 1. Ill-defined erythema, excoriations, lichenification on the neck.

가 . 9 가
 (Staphylococcus aureus) Pityrosporum orbiculare
 10 UVB,
 PUVA가 35가 ,
 UVB

1. Brehler R, Hildebrand A, Thomas A. Recent developments in the treatment of atopic eczema. J Am Acad Dermatol 1997;36:983-994
2. Patrick D. Does atopic dermatitis result from cytokine dysregulation? J Invest Dermatol 1994;102:741
3. Jekler J, Larko O. UVB phototherapy of atopic dermatitis. Br J Dermatol 1988;119:697-705

Fig. 2. After 8 times of treatment, the skin lesion improved.

4. Krutmann J, Czech W, Diepgen T, et al. High-dose UVA1 therapy in the treatment of patients with atopic dermatitis. J Am Acad Dermatol 1992;26:225-230
5. Edvard S. UV-light therapies in atopic dermatitis. Photodermatol 1985;2:241-246
6. Simon JC, Mosmann T, Edelbaum D. In vivo evidence that ultraviolet B-induced suppression of allergic contact sensitivity is associated with functional inactivation of Th1 cell. Photodermatol Photoimmunol Photomed 1994; 10:206-211
7. Kremer B, Hilken MU, Sylva MR, et al. Reduced IL-12 production by monocytes upon ultraviolet-B irradiation selectively limits activation of T helper-1 cells. J Immunol 1996;157:1913-1918
8. Matsue H, Cruz P, Bergstresser R, et al. Cytokine expression by epidermal cell subpopulations. J Invest Dermatol 1992;99:42S-45S
9. Grewe M, Walther S, Gyufko K, et al. Analysis of the cytokine pattern expressed In Situ in inhalant allergen patch test reactions of atopic dermatitis patients. J Invest Dermatol 1995;105:407-410
10. Faergemann J, Larko O. The effect of UV-light on human skin microorganism. Acta Dermatol 1987;67:69-72

=Abstract=

UVB Phototherapy in Atopic Dermatitis

Sang Hee You, M.D., Young Gull Kim, M.D., Ai Young Lee, M.D.

*Department of Dermatology, Eulji Hospital College of Medicine
Seoul, Korea*

There have been no known therapeutic modalities as effective as glucocorticoids for the treatment of chronic intractable atopic dermatitis. However, various attempts including phototherapy with UVB irradiation have been tried to avoid side effects from long term corticosteroids treatment. The therapeutic effect of UVB irradiation in the management of chronic atopic dermatitis was examined. Sixteen patients with atopic dermatitis showing severe itching and lichenified lesions, who were dependent on corticosteroids, were treated with UVB. After applying mineral oil or vaseline, patients received phototherapy. Intractable pruritus subsided or ameliorated after mean 5.2 times of treatments in 10 of 11 patients, and the skin lesions disappeared or improved after mean 13 times of treatments in 9 of 10 patients. No side effects were observed. UVB phototherapy could be a valuable alternate for the treatment of intractable atopic dermatitis. (**Korean J Dermatol 1999;37(10) : 1512~1514**)

Key Words : Atopic dermatitis, UVB phototherapy