Lamellar Ichthyosis: A Case Study

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Historically, with Lamellar Ichthyosis many topical products have been utilized, all have some positive results, none has proven to be a panacea. Some of the newer therapies that have resulted in clinical improvement are Lactic acid cream, (5% lactic acid and 20% propylene glycol in lipophilic cream), topical N-acetylcysteine, (an antiproliferative effect), tazarotene topical 0.1% (a retinoid-receptor retinoid), and calcipotriol (a synthetic derivative of vitamin D3). Also new to the market are the Olivamine™ based products. They are a new advanced skin care line that provides the skin with surfactant-free cleansing ingredients, amino acids, vitamins, and antioxidants in addition to the most sophisticated silicones (moisturizers) available for superior deep repair and moisturization.

PATIENT RECOMMENDATIONS
• Shower only twice a week. Bathe the armpits and groin more frequently, if necessary.
• Use only tepid (lukewarm) water when showering and limit the time actually in the water.
• Do not use soap, only a phospholipid based cleanser.
• Use a humidifier for your home.
• Consider moving to a warm and more humid climate.
• Consider taking supplements such as Flaxseed Oil, Omega 6 and Omega 3 essential fatty acids and Evening Primrose Oil. This can help provide internal healthy oil for your skin.
• Consider taking an over-the-counter antihistamine for intense itching.

STUDY PROTOCOL
1. Cleanse with Olivamine based 4-in-1 cleansing lotion or 4-in-1 body cleanser and gently pat dry.
2. Follow immediately with a thin coating of Olivamine based nourishing repair cream and allow to dry.
3. Then apply Olivamine based dimethicone/silicone barrier cream to seal in the moisture and prevent dehydration of the skin.

CASE STUDY
LP is a 17 year old, Hispanic female who was diagnosed with Lamellar Ichthyosis at birth. She is a high school student and active in young adult church functions. Her lifestyle has been limited in the summer due to extreme heat which was exaggerated by the preparations she was using prior to her participation in the study. She suffered heat exhaustion once due to her condition. She has no other significant medical history. Previous treatment regimens included daily showers or baths followed with application of one of several emollients, such as the alpha-hydroxy acids or the water in oil preparations. This provided limited comfort and relief for her.

On presentation, her skin appeared dry and was dry to the touch. She had generalized erythema, flaky and scaling skin. The scaling was most severe on her lateral thighs and lower legs while her shoulders presented with dry, flaky skin.

After the first week of the Olivamine based treatment protocol, there was noted improvement in her skin. The erythema and dryness had decreased as well as the scaling. She related that “it felt like my skin could breathe, it didn’t feel as hot as before.” There was continued improvement at week two. At week 5 after twice daily application her skin showed vast improvement with nearly normal skin appearance, texture and hydration.

REFERENCES
Groom M. Decreasing the Incidence of Skin Tear in the Extended Care Setting with the Use of a New Line of Advanced Skin Care Products Containing Olivamine. Presented at the Symposium on Advances in Skin and Wound Care. San Diego, CA, 2005.

RESULTS
The Olivamine based skin care regimen proved to be an excellent option for LP. This pleasant 17 year old describes gaining her life back again. The appearance of her skin and the overall quality of life has improved dramatically.

She relates, “I started using (Olivamine-based) products in mid-August. I mainly used an (water-in-oil base product) since I was about a year old and was very used to it and the way it made my skin feel. While it didn’t cure my Ichthyosis, it did provide major relief. It was not without problems though, mainly it was so thick and because I don’t have sweat glands, it caused me to get hotter quicker. I could barely go outside in the summer without feeling overheated. Since I started using the (Olivamine-based) products not only have I seen great improvements in the way my skin looks and feels, the products soaks in faster and is a lot more convenient than my (old regimen). I continue to see these improvements everyday and know that eventually my skin will look and feel almost normal as I continue with this treatment.”