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doi: 10.1111/j.1468-3083.2009.03259.x. Epub 2009 Apr 8.

Intraindividual, right-left comparison of topical 5-aminolevulinic acid photodynamic therapy vs. 5% imiquimod cream for actinic keratoses on the upper extremities

E Sotiriou¹, Z Apalla, F Maliamani, N Zapparas, D Panagiotidou, D Ioannides

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Abstract

Background: Actinic keratoses (AKs) are considered as in situ squamous cell carcinoma. Early and effective treatment is important. Objective To compare the efficacy, cosmetic outcome and patient preference of 5-aminolevulinic acid photodynamic therapy (ALA-PDT) with that of 5% imiquimod (IMIQ) cream in patients with AKs on the dorsa of hands and forearms.

Methods: Subjects received two ALA-PDT treatment sessions and one or two courses of imiquimod (three times per week for 4 weeks each). Treatments were randomly allocated to alternate upper extremities. Assessments included lesion response one and six months after treatment, cosmetic outcome evaluated by the investigators and patients' preference 6 months after treatment. Efficacy end point included the individual AK lesion clearance rate.

Results: Thirty patients with 256 lesions were included in the study. At the first follow-up, treatment with ALA-PDT resulted in significantly larger rate of cured lesions relative to 5% IMIQ cream (70.16% vs. 18.26%). At the second follow-up both treatments showed a high rate of cured lesions (65.32% for PDT vs. 55.65% for IMIQ cream). Response rates obtained in grade I lesions were higher for both treatments (71.64% for PDT vs. 72.13% for IMIQ), while treatment with PDT resulted in a significant larger rate of cured grade II lesions (57.89% for PDT vs. 37.03 for IMIQ). Difference in cosmetic outcome was not statistically significant. Results for subject preference favoured ALA-PDT.

Conclusions: Our study shows that ALA-PDT and 5% IMIQ cream are both attractive treatment options for upper extremities AKs with comparable efficacy and cosmetic outcomes.

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- Aminolevulinic Acid / adverse effects
- Aminolevulinic Acid / therapeutic use*
- Aminoquinolines / administration & dosage
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- Dose-Response Relationship, Drug
- Female
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- Imiquimod
- Interferon Inducers / administration & dosage
- Interferon Inducers / adverse effects
- Interferon Inducers / therapeutic use*
- Keratosis, Actinic / drug therapy*

- > Male
- > Middle Aged
- > Ointments
- > Patient Satisfaction
- > Photochemotherapy / methods*
- > Photosensitizing Agents / administration & dosage
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- > Treatment Outcome
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