

# Ask the doctor about...

## TOPICAL PDE4 INHIBITORS



Dr. Melinda  
Gooderham

Eczema Society of Canada asked leading Canadian dermatologist, clinical researcher, and atopic dermatitis (eczema) expert Dr. Melinda Gooderham to help us better understand topical PDE4 inhibitors, a new treatment for atopic dermatitis.

### WHAT ARE TOPICAL PDE4 INHIBITORS?

Topical PDE4 inhibitors work to block an enzyme called phosphodiesterase 4 (called PDE4 for short) from allowing too much inflammation to occur in the skin. Cells in our immune system produce PDE4 to help the body control cytokines (proteins that contribute to inflammation). Sometimes, such as in the case of atopic dermatitis (the most common form of eczema), cytokines are mistakenly triggered in the body and this inflammation results in atopic dermatitis flares. Eucrisa™ (crisaborole) is currently the only topical PDE4 medication available.

### WHAT IS EUCRISA™

Eucrisa™ (crisaborole) is a topical PDE4 inhibitor approved by Health Canada for the treatment of mild-to-moderate atopic dermatitis in patients two years of age and older. Clinical trial data for Eucrisa™ shows a reduction in the symptoms of atopic

dermatitis such as itching, redness, weepy rash, raw lesions and skin thickening.

### HOW DO I USE EUCRISA™?

Eucrisa™ comes in a 2% topical ointment and is applied to the skin twice daily in a thin layer to the affected areas. It is indicated as safe for use on all skin surfaces, however should not be applied directly into the eyes, mouth, or vagina. In clinical trials the treatment was applied every day for 28 days. Speak with your doctor to learn more about this treatment.

### DOES EUCRISA™ COME IN A CREAM OR AN OINTMENT?

Eucrisa™ comes in an ointment base (sometimes called a "vehicle"). This base is a specially formulated petrolatum ointment, which acts as a moisturizer for the skin as well as a vehicle for the medication.

### DO I APPLY MOISTURIZER WITH EUCRISA™?

There is no need to apply a moisturizer under or over Eucrisa™ as the vehicle is very hydrating to the skin and adding a moisturizer could change the way the treatment works. You may however apply moisturizer to the other areas of skin that are unaffected by atopic dermatitis, and are not being treated with Eucrisa™.

### DOES EUCRISA™ HAVE SIDE EFFECTS?

The only side effect reported in the clinical trial was pain from temporary stinging or burning of the skin where the treatment was applied, and was reported by 4% of patients. All medications carry risks and benefits. Speak with your health care provider about your treatment regimen and any concerns you may have.



# [www.eczemahelp.ca](http://www.eczemahelp.ca)

Eczema Society of Canada thanks Dr. Melinda Gooderham for her volunteer contribution to this educational resource.

For additional information or support  
visit [www.eczemahelp.ca](http://www.eczemahelp.ca) or call 1-855-ECZEMA-1