

A POTENTIAL TREATMENT PROTOCOL IN PEMPHIGOID GESTATIONIS, A CASE REPORT

Replacing Steroids In Treatment Of Pemphigoid Gestationis By A Doubled Antihistamine Dose Can Prevent Blisters Formation

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ABSTRACT

Systemic steroids have been used in treatment of severe cases of pemphigoid gestationis. However, they can be associated with cutaneous fungal infections development. Hence, there would be a solution for the 2 contradictory situations. Successfully, withdrawal of the systemic steroids and replacing them by oral antihistamines doubled dose could prevent the blister formation in a Yemeni case. This empirical successful treatment plan can be extended to more cases and further studies to be further confirmed & accredited as an optional line of treatment in this disorder not to just relieve the itching, but as reliable to prevent using steroids in blisters formation.

KEY WORDS : Pemphigoid gestationis, Steroids, Antihistamines.

DISCUSSION

A Yemeni case of pemphigoid gestationis persistent after delivery for many months.

She was under blisters control by a prednisolone, a systemic steroid; 30 mg/day which was associated with pityriasis versicolor infection due to immunosuppression.

Prednisolone was stopped & was replaced by a doubled antihistamine dose (fexofenadine 180 mg * 2) which continued preventing blisters formation & helped antifungal agents to work well.

CONCLUSION

It's a potential treatment plan to replace steroids in pemphigoid gestationis by a doubled dose antihistamine e.g. fexofenadine in the conditions that the former should be avoided. Further studies are needed to get higher value of the latter & to test many antihistamines not just the fexofenadine.

CONFLICT OF INTEREST

There is NO conflict of interest to disclose.

REFERENCES

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Figure 1 Pemphigoid gestationis affecting the right leg skin

Figure 2 Pemphigoid gestationis affecting the left forearm skin

Figure 3 Pemphigoid gestationis affecting the abdominal wall skin

Figure 4 Pemphigoid gestationis affecting the neck skin

Figure 5 Pemphigoid gestationis affecting the left leg skin

Figure 6 Pemphigoid gestationis affecting the left thigh skin

Figure 7 Pemphigoid gestationis affecting the abdominal wall skin

Figure 8 Pemphigoid gestationis affecting the abdominal wall skin

Figure 9 Pemphigoid gestationis affecting the left leg skin

Figure 10 Pemphigoid gestationis affecting the abdominal wall skin

Figure 11 Pityriasis versicolor affecting the neck skin whilst the patient taking steroids (prednisolone)

Figure 12 Pityriasis versicolor affecting the nape of the neck & the upper back skin whilst the patient taking steroids (prednisolone)

























