



Alpine climate treatment for children with difficult to treat AD

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Atopic dermatitis (AD)



Treatment options

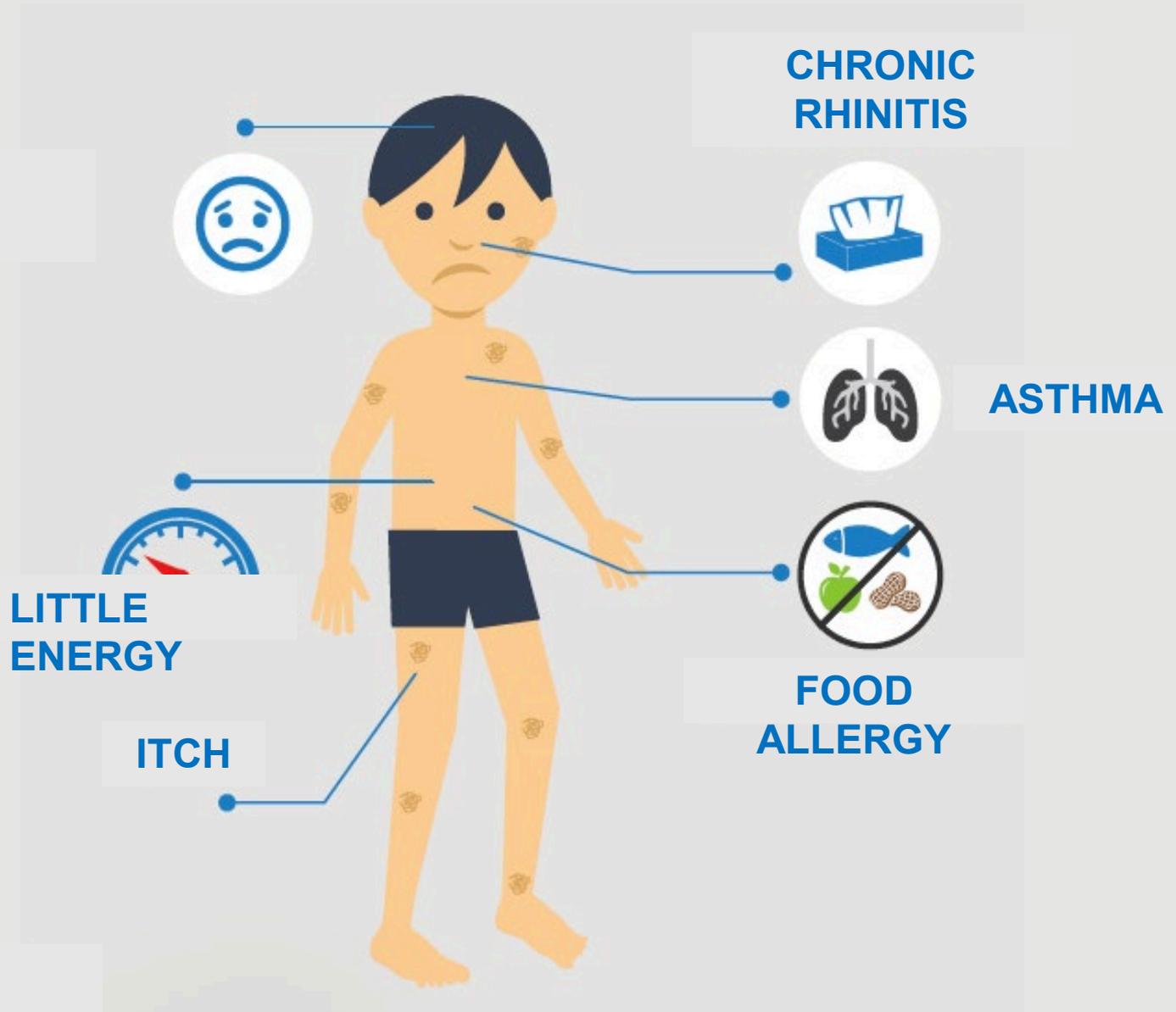
- **Basic therapy**

Emollients, bath oils, avoidance of clinically relevant factors, educational program

- **Mild and moderate AD**

Anti-inflammatory treatment

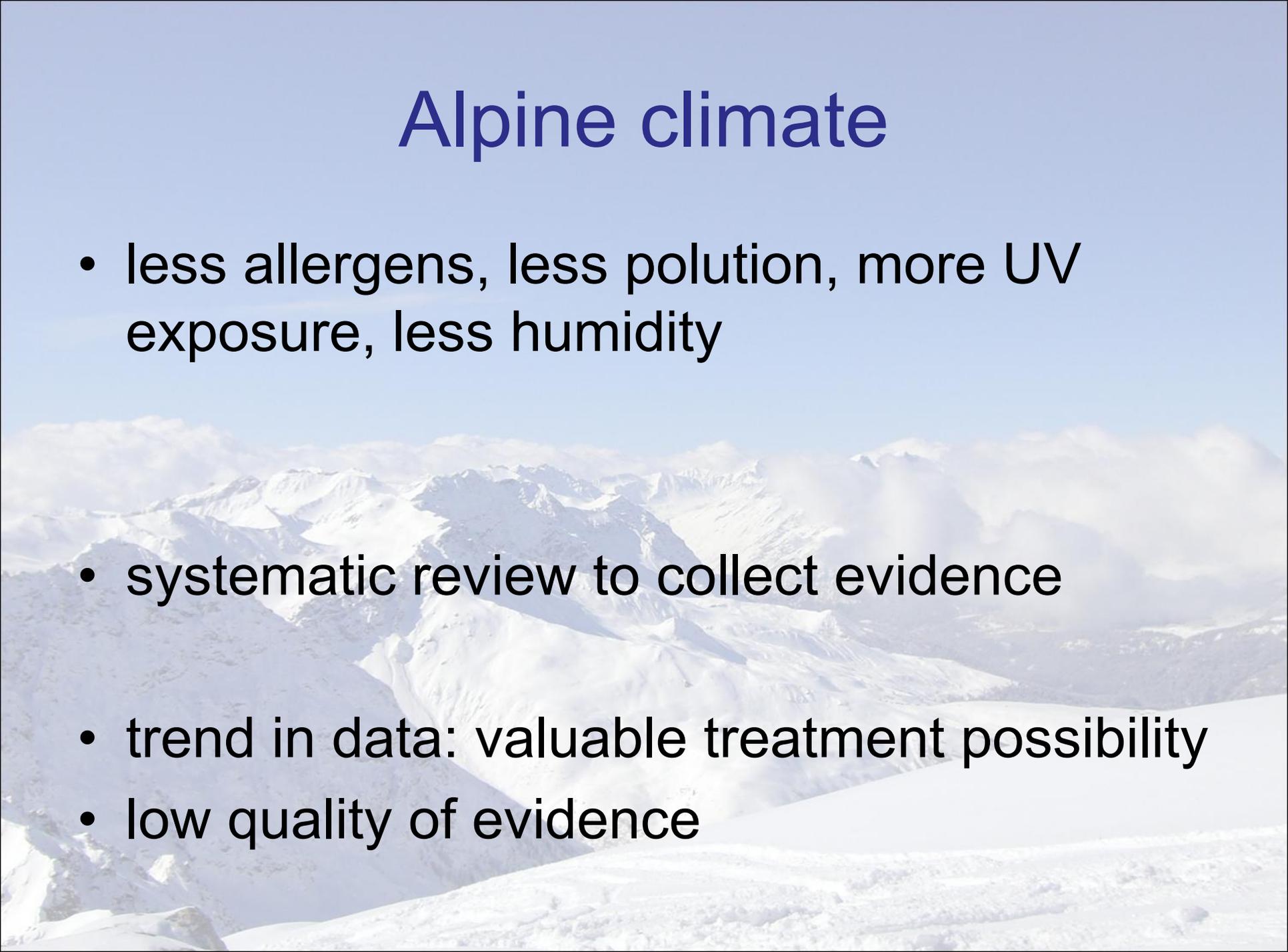
Difficult to treat AD





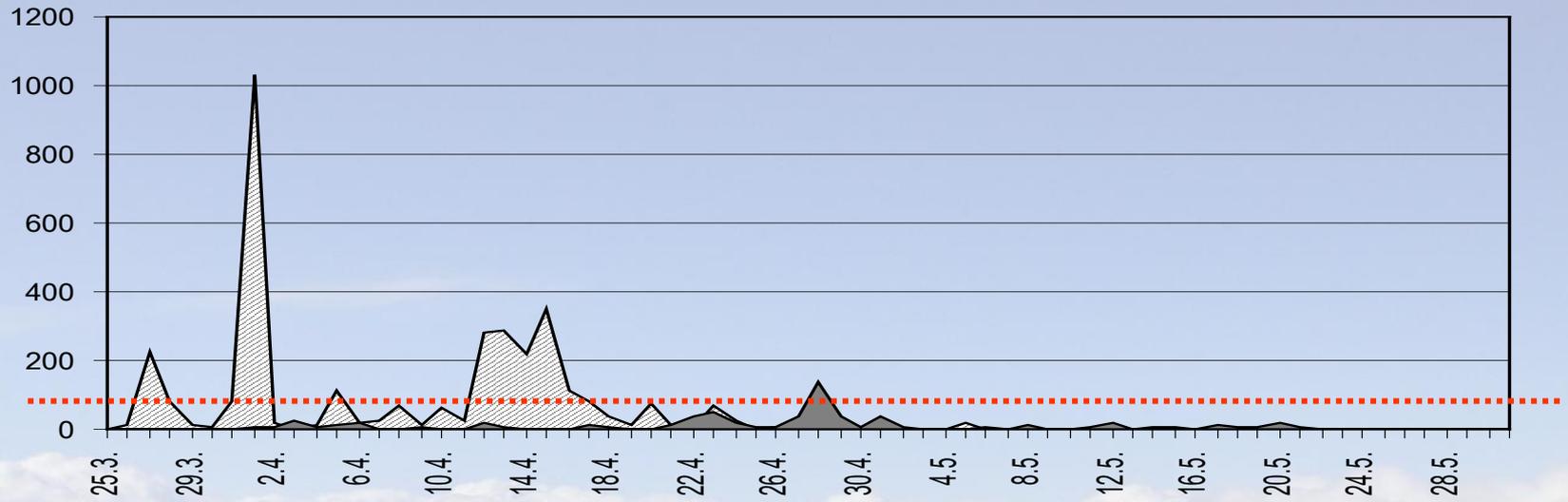
Alpine climate

- less allergens, less pollution, more UV exposure, less humidity
- systematic review to collect evidence
- trend in data: valuable treatment possibility
- low quality of evidence

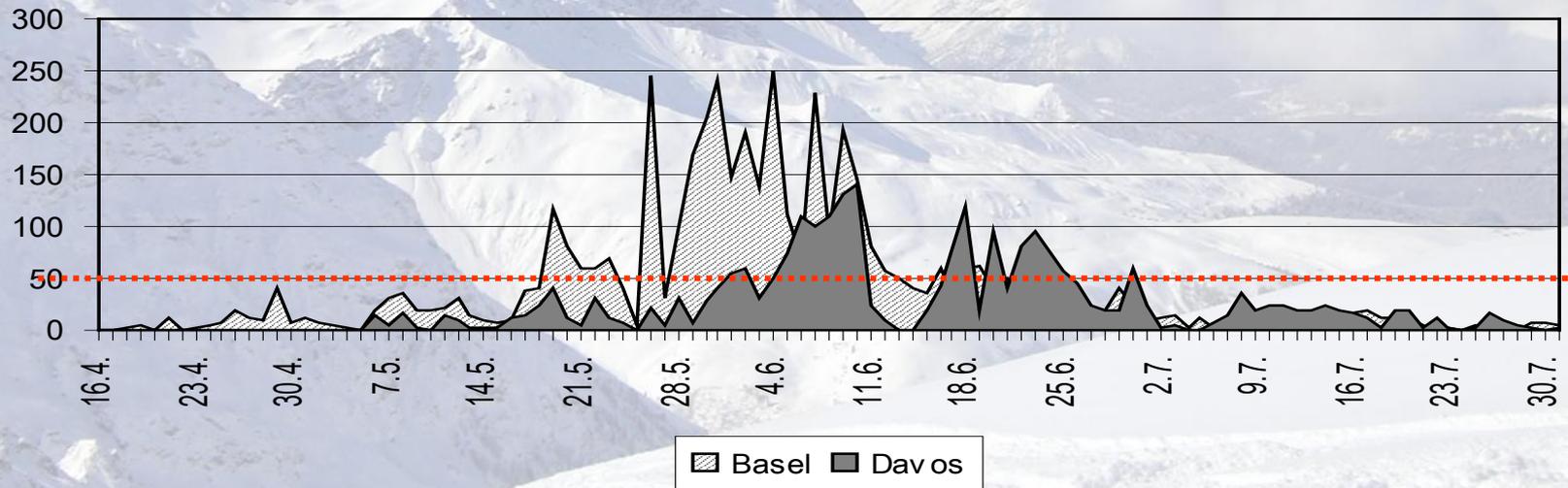


Pollen per m³

Birch pollen 2004



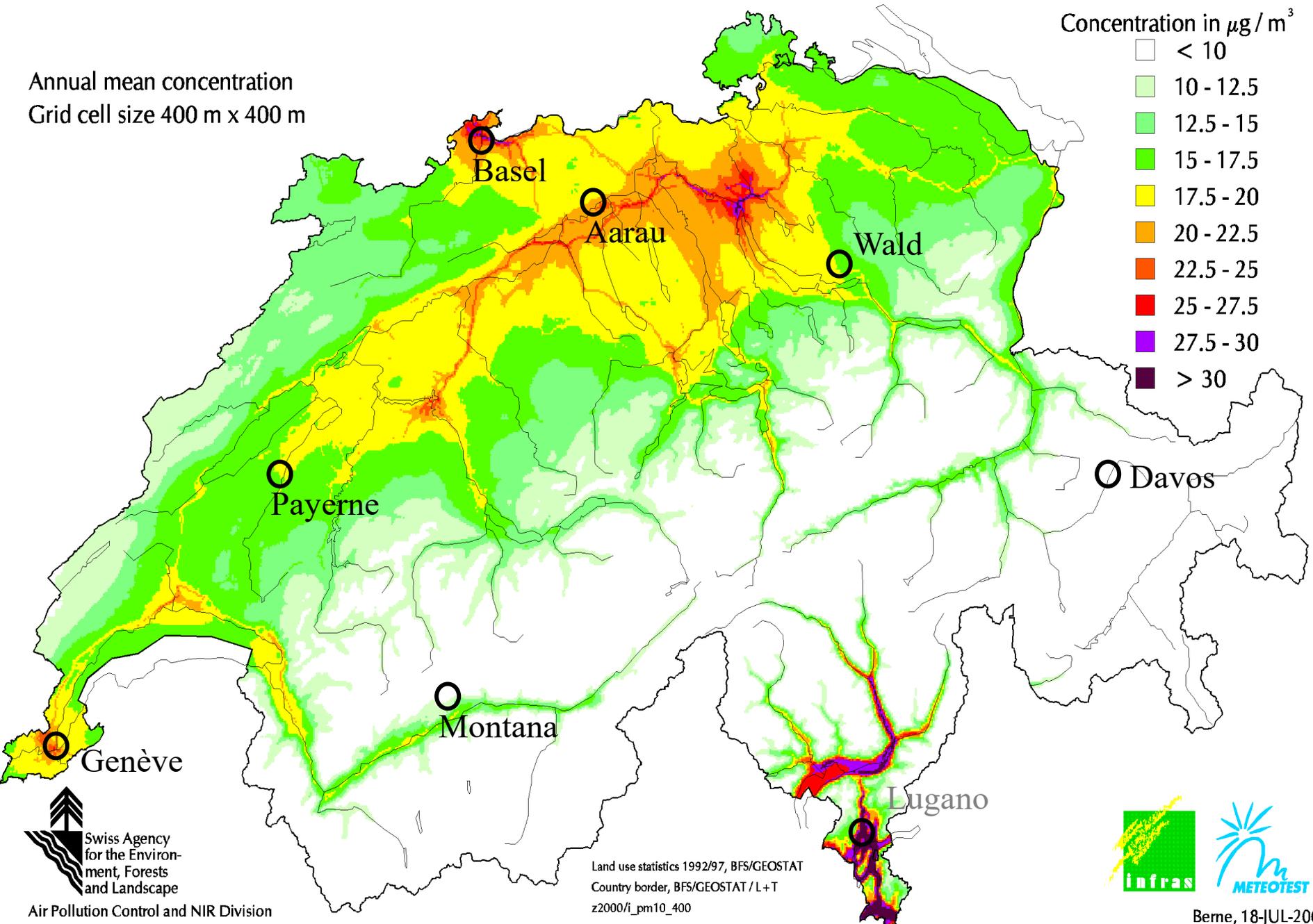
Grass pollen 2003



PM10 concentration in Switzerland in 2000

Annual mean concentration
Grid cell size 400 m x 400 m

Concentration in $\mu\text{g} / \text{m}^3$



Alpine climate

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Utrecht
Netherlands



Davos
Switzerland

Davos trial

- 88 children 8-18 years
- difficult to treat AD
- treatment for 6 weeks
- follow-up 6 months



Personalized treatment plan: Jonathan's goals

- I want to have more control about my itch
- I want to have a better looking skin
- I would love to play soccer again and see my friends
- I want to get up in the morning and do my treatment without having discussions about this with my mother
- I want to sleep better and have a normal school schedule
- I would like to be more cheerful (less depressive)

PSYCHOLOG



CASEMANAGER



ALLERGIST



DERMATOLOG

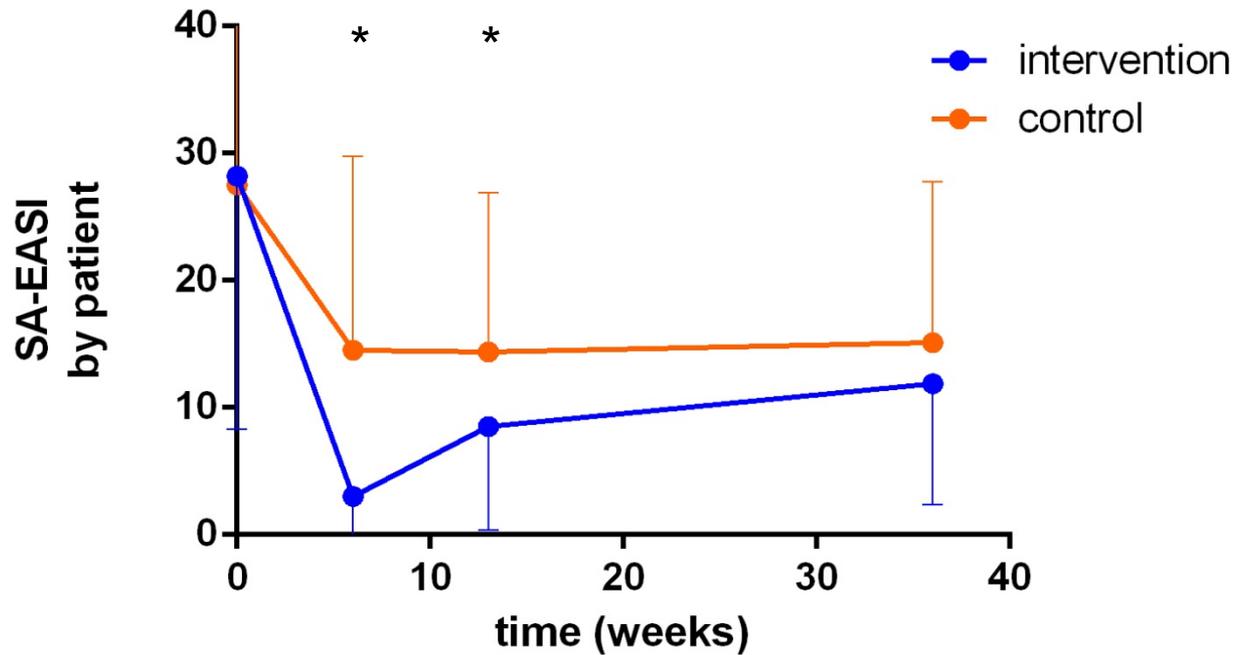


**DERMATOLOGY
NURSE**



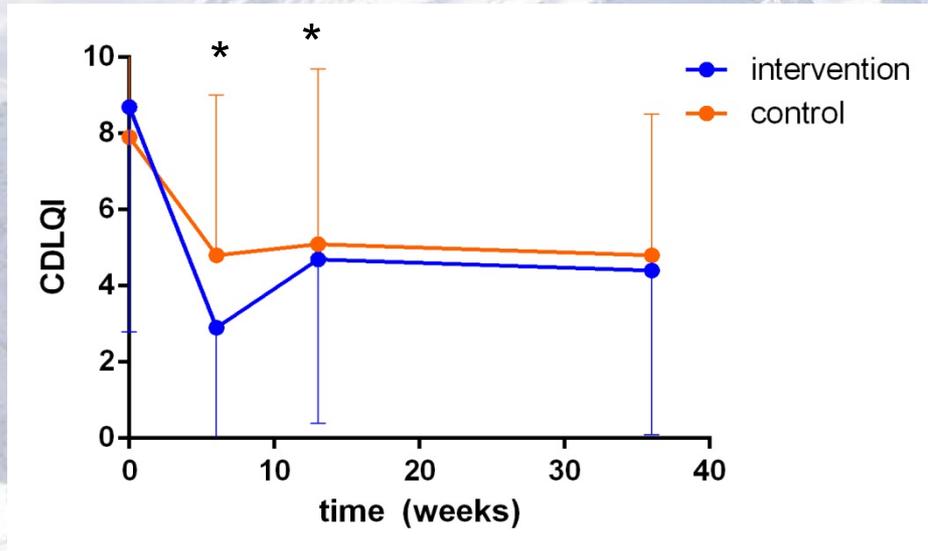
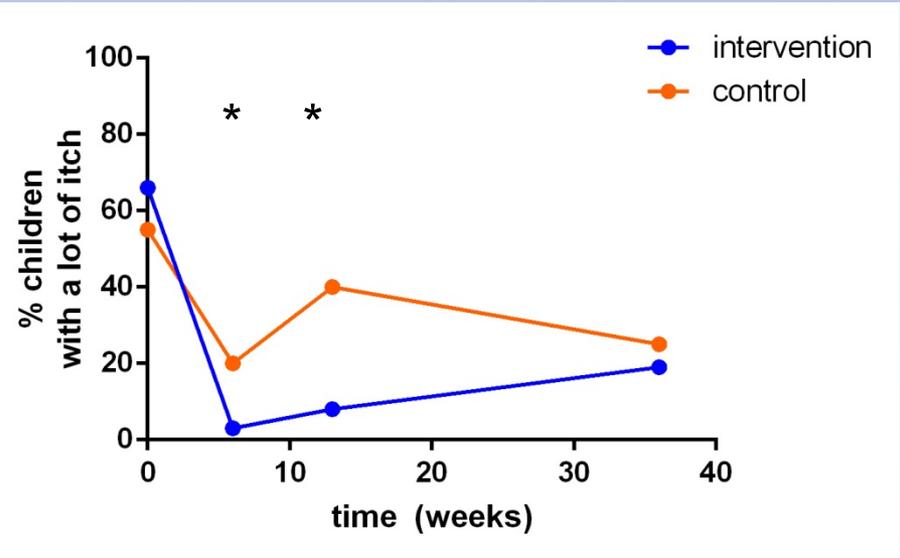
AD severity

SA-EASI



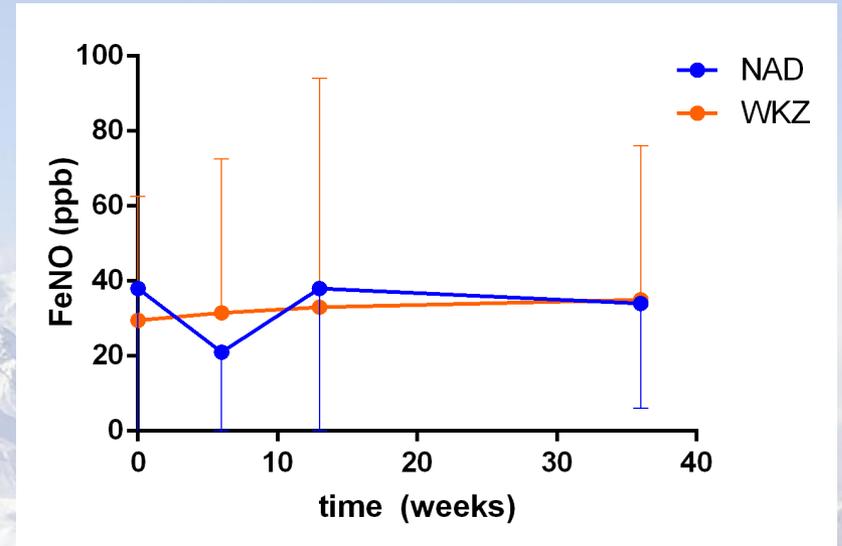
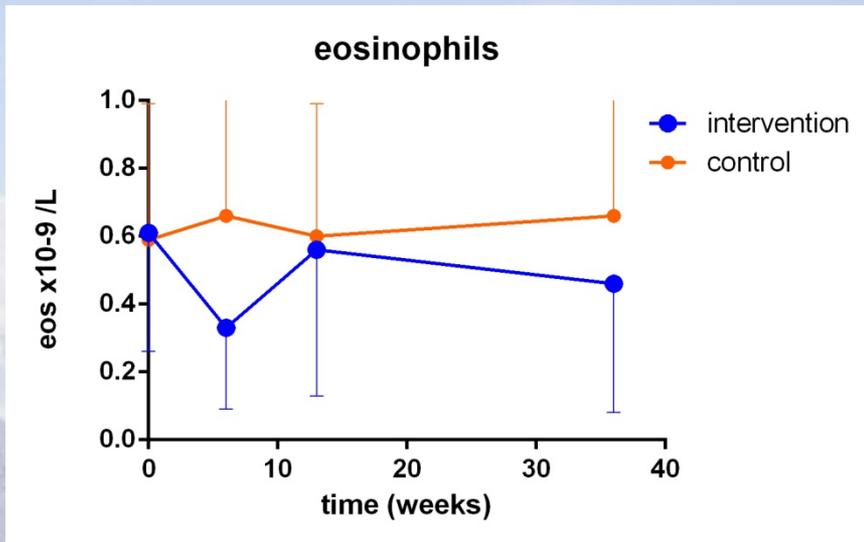
* p<0.001

AD: itch and quality of life

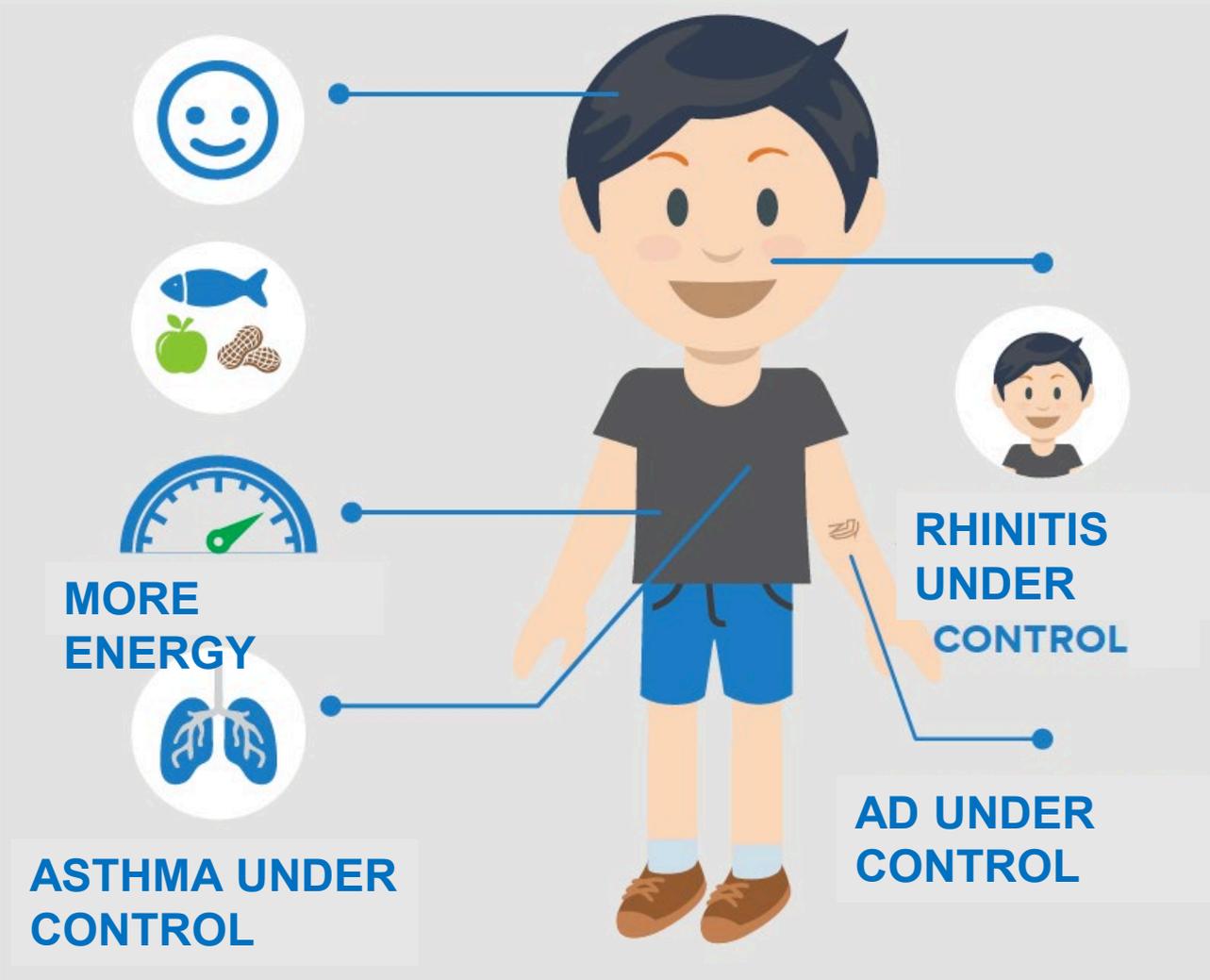


* $p < 0.001$

Inflammation

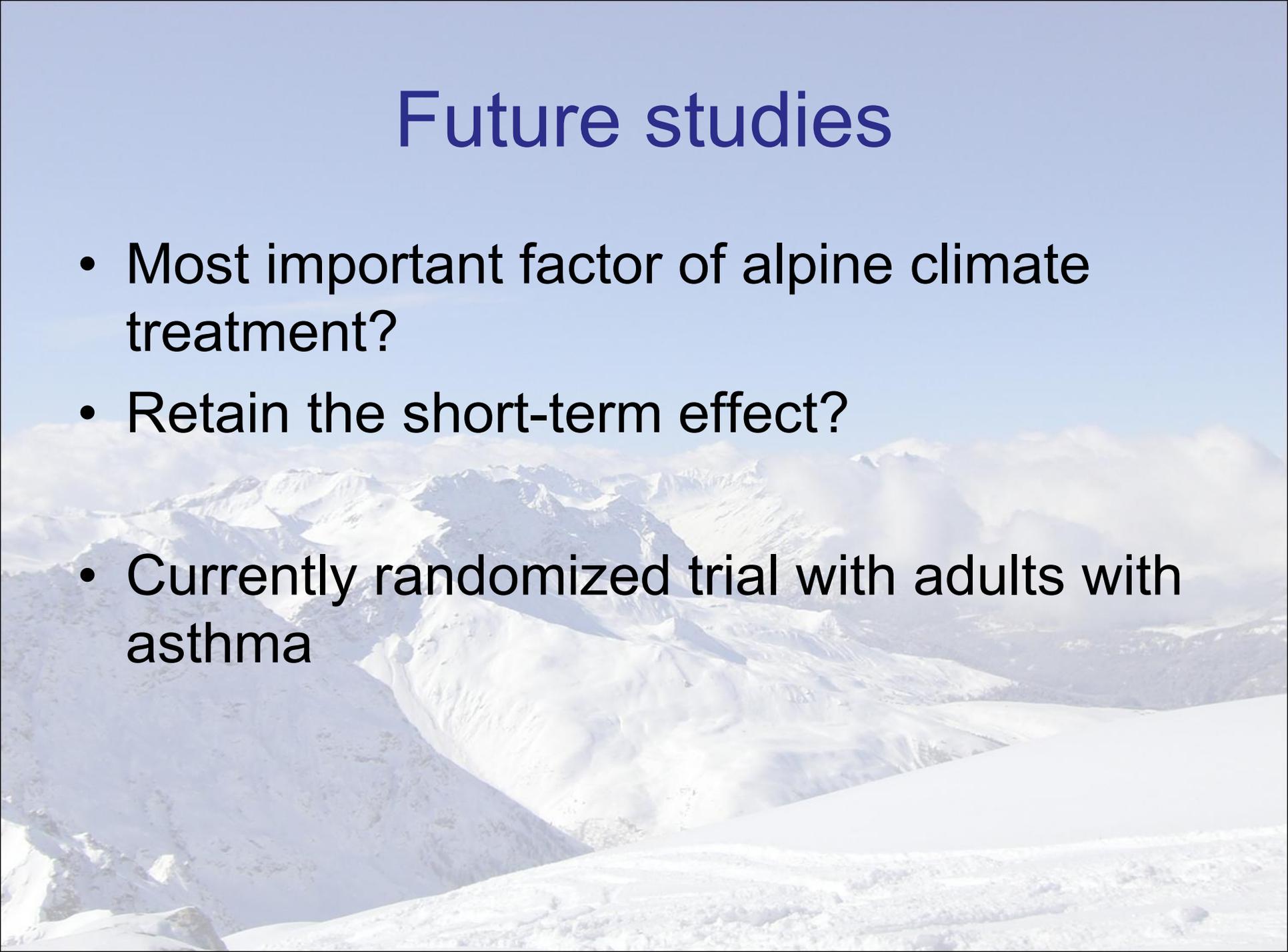


Conclusion



Future studies

- Most important factor of alpine climate treatment?
- Retain the short-term effect?
- Currently randomized trial with adults with asthma



Thank you very much for your attention!

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