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## 复方丙酸氯倍他索软膏与卡泊三醇软膏在退行期寻常型银屑病维持治疗中疗效及安全性的自身对照研究

于秋月<sup>1</sup>, 张胡莲<sup>1</sup>, 张 芬<sup>2</sup>, 陈玉平<sup>2</sup>, 穰 真<sup>2</sup>, 崔 凡<sup>1,2Δ</sup>

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**【摘要】 目的** 比较外用复方丙酸氯倍他索软膏与卡泊三醇软膏治疗在退行期寻常型银屑病患者的维持治疗中临床疗效和安全性的差异。**方法** 自身左右对照临床试验研究。入组 30 例面积小于表面积 10%, 且进入 PASI75 的退行期的寻常型银屑病患者。所有患者在每日两次使用凡士林润肤乳的基础上, 随机决定左侧试验组皮损每周六及周日晚使用一次复方丙酸氯倍他索软膏; 右侧对照组皮损每晚使用一次卡泊三醇软膏。于用药后第 0、4、8、12 周, 使用局部 PASI 评分法及皮肤镜检测对皮损的维持疗效及安全性进行评估。**结果** 治疗 4 周( $P=0.038$ )后, 试验组的 PASI75 维持有效率高于对照组。然而持续至第 8 周( $P=0.393$ )和 12 周( $P=0.690$ ), 试验组和对照组的 PASI75 维持有效率差异无统计学意义。治疗第 4 周( $P=0.347$ )、8 周( $P=0.222$ )和 12 周( $P=0.519$ )试验组和对照组 PASI90 维持有效率差异无统计学意义。治疗第 4 周( $P=0.393$ )、8 周( $P=0.519$ )和 12 周( $P=0.793$ ), 皮肤镜下观察两组维持有效率差异无统计学意义。试验组及对照组药物相关性不良反应发生率差异无统计学意义( $P=0.451$ ), 分别为 16.7% 和 10%。**结论** 复方丙酸氯倍他索软膏在退行期寻常型银屑病的维持治疗中, 短期疗效(4 周)较卡泊三醇软膏好, 长期维持疗效与卡泊三醇软膏无差异, 可作为银屑病长期维持治疗的新选择。

**【关键词】** 寻常型银屑病; 维持治疗; 复方丙酸氯倍他索软膏; 卡泊三醇软膏

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**Self-control Study on the Efficacy and Safety of All-trans Retinoic Acid/Clobetasol Propionate Compound Ointment and Calcipotriol Ointment in the Maintenance Treatment of Degenerative Psoriasis Vulgaris.** Yu Qiuyue<sup>1</sup>, Zhang Hulan<sup>1</sup>, Zhang Fen<sup>2</sup>, et al. 1. Department of Dermatology, Southwest Medical University, Luzhou, Sichuan 646000; 2. Academy of Medical Sciences of Sichuan Institute of Dermatology and Venereal Diseases, Sichuan Provincial People's Hospital, Chengdu, Sichuan 610031, China

**【Abstract】 Objective** To compare the efficacy and safety of all-trans retinoic acid/clobetasol propionate compound ointment and calcipotriol ointment in the maintenance treatment of degenerative psoriasis vulgaris. **Methods** Thirty patients with psoriasis vulgaris who entered the remission phase of PASI75 and with lesions involved less than 10% of the body surface area were enrolled. All patients were given Vaseline lotion twice daily topically. Meanwhile, the lesions on the left side received all-trans retinoic acid/clobetasol propionate compound ointment twice a week only on Saturday and Sunday nights as the treatment group. And the lesions on the right side received calcipotriol ointment every night as control group. After 0, 4, 8, and 12 weeks of treatment, the efficacy and safety of maintenance treatment were evaluated by local PASI score and dermatoscopic examination respectively. **Results**

After 4 weeks( $P=0.038$ ) of treatment, the PASI75 maintenance efficiency of the treatment group was higher than that of the control group. However, there was no difference in the maintenance efficiency of PASI75 between the treatment group and the control group after 8( $P=0.393$ ) or 12 weeks( $P=0.690$ ) of treatment. There was no difference in the maintenance efficiency of PASI90 between the treatment group and the control group after 4( $P=0.347$ ), 8( $P=0.222$ ), and 12 weeks( $P=0.519$ ) of treatment. There was no difference in the maintenance efficiency between the two groups by dermatoscopic examination after 4( $P=$

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